

Feature Article

Looking at Happiness as a Choice

Are you a person who can act on tough questions?

Questions like: What am I grateful for? What choices do I have? What actions can I take to improve my life? What are my primary strengths? How can I live a more balanced life?

People who can act on these questions likely also describe themselves as happy.

“Happiness is neither a mood nor an emotion. Mood is a biochemical condition, and emotions are transitory feelings,” says Dan Baker, Ph.D., director of the Life Enhancement Program at Canyon Ranch in Tucson, Ariz., and author of *What Happy People Know*. “Happiness is a way of life, an overriding outlook composed of qualities like love, optimism, courage, and a sense of freedom. It’s not something that changes every time your situation changes.”

People often think happiness is something you’re born with, but you can learn the qualities of happiness by mastering Dr. Baker’s happiness tools described here.

Appreciation

“Taking time each day to appreciate what you have, to think about people who have made a difference, to acknowledge the love you have or have had. Each of these things can turn your attention to the good in your life,” says Dr. Baker. “This process shifts your attention away from fear, which is often the basis of unhappiness.”

Choice

Feeling like you have no choices or options in life is like being in jail. It leads to depression, anxiety, and learned helplessness.

“Unhappy people make the mistake of giving in to fear, which limits their perception of the choices they have,” says Dr. Baker. “Happy people turn away from fear and find they have an array of choices they can make in almost every situation.”

Power of language

You think in words, and those words have the power to limit you or set you free. Similarly, the stories you tell yourself about your life eventually become your life.

“Self-talk is powerful, so it’s important to choose your words carefully,” says Dr. Baker. “If you use destructive or critical language, you’ll push yourself deeper into fear. Even something as simple as calling an unexpected situation a possibility instead of a problem can change the way you look at it.”

A good rule to follow in self-talk is to talk to yourself the way you want others to talk to you.

Multidimensional living

There are three primary components of life: relationships, health and purpose, or work. Many people, though, put all their energy into just one area.

“But doing so never works,” says Dr. Baker. “Happiness comes from living a full life.”

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This Month's Webinar: Mindful Meal Planning

Most of us would like to eat healthier, but cost can be a major deterrent. By investing a small amount of time and effort in Mindful Meal Planning, you can easily save 30 percent on your family's food bill. In this fun and informative workshop, you will learn how the simple strategies of meal planning can save them time, stress, and money when it comes eating healthy. Topics covered include: Meal Planning Basics, Why Your Freezer is Your Best Friend, Time Saving Food Prep Tips, and Save Money While Eating Healthy.

Watch this webinar any time throughout the month of January when you log in to IMPACT on the Web at www.MyImpactSolution.com.

New in 2020



Tess: A Mental Health Chatbot

NEW 24/7 mental health chatbot that coaches people through tough times to build resilience, by having text message conversations – similar to texting with a friend or coach. Research findings show that Tess is proven to reduce depression by 28% and anxiety by 18%.



Addiction Resource Center

This new website center is easy to navigate and offers information on commonly abused drugs as well as addictive behaviors such as gambling, shopping, internet use, food addiction and more. You will find helpful information at your fingertips

Visit www.MyImpactSolution.com
Forgot your login information?
Give us a call at 800-227-6007.

Eldercare Spotlight

Changes Over the Holidays

The holidays are over. The decorations are packed away. Perhaps you feel relieved that life will now return to “normal.” Or maybe, after visiting older loved ones, you instead feel fear or a sense that “normal” has been drastically altered.

You may wonder if your loved one has just been too busy to pay attention to the small details, but, upon reflection, you remember that:

- The outside of the home looked neglected.
- There were some strong odors in certain rooms.
- Unopened mail cluttered the counters interspersed with thank-yous from unknown charities.
- The food in the cupboards and refrigerator looked moldy, had expired or was only partially eaten.
- They repeated the same stories and often appeared confused.

If something seems out of place, maybe it is. As challenging as it may be, perhaps it is time to start talking about plans for what comes next. Rest assured: you CAN begin planning; you do not have to wait for a crisis. Your IMPACT Solutions' benefits give you free access to BRI Care Consultation™. Call today to find the support and guidance you need.

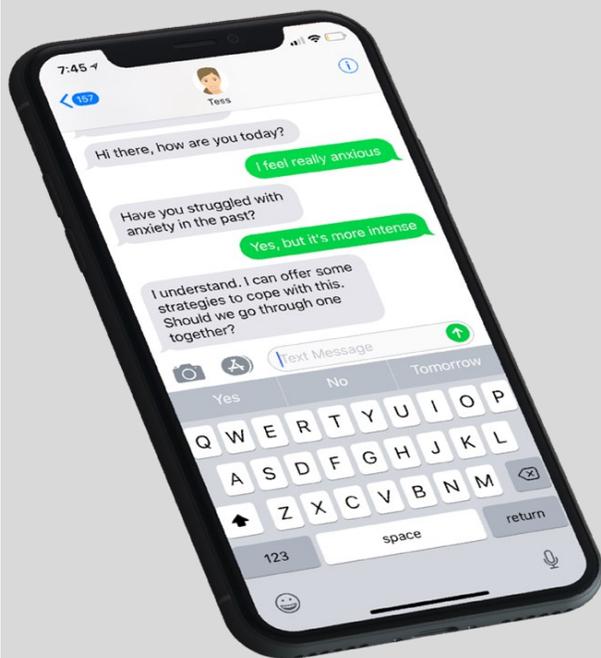
Contributed By: Benjamin Rose Institute on Aging

Information in IMPACT on Wellness is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional.

You can contact IMPACT Solutions for professional counseling and guidance 24 hours a day at 800-227-6007.

IMPACT EMPLOYEE ASSISTANCE PROGRAM

Tess - IMPACT's Mental Health Chatbot



Tess—Mental Health Support Using Artificial Intelligence

1. SAY Hi

Start chatting with Tess by texting “Hi” to +1 (415) 360-0023
Start Code: *your IMPACT Username*

2. Tess ASKS

Like a coach, Tess works to understand your needs by asking “How are you?”

3. Tess HELPS

Tess delivers coping strategies based on the emotions you express

Did You Know... IMPACT offers Tess, a NEW 24/7 mental health chatbot that coaches people through tough times to build resilience, by having text message conversations – similar to texting with a friend or coach.

Tess simulates how a human would behave as a conversational partner while providing clinically proven coping skills and strategies based on expressed emotion, similar to a self-help book. Research findings show that Tess is proven to reduce depression by 28% and anxiety by 18%. If at any time during a chat session with Tess you wish to speak to, or schedule an appointment with a counselor, Tess will provide the IMPACT phone number and/or emergency response services depending on your need.

- **Tess is completely confidential.** You can stop a conversation whenever you are ready by simply texting “stop” and/or ask Tess to delete your conversation at any time - It's that easy!
- **Tess is a great resource for teens, college students and adults** who prefer technology as a communication tool or method for learning.
- **Tess is a great way to supplement counseling** and gain access to strategies and techniques that can help you manage stress in the moment.

Watch an informative video testimonial to learn more about Tess by logging on to your IMPACT website at www.MyImpactSolution.com and click on the Tess Tile.

Questions? Forgot your username? Give us a call at 800-227-6007.