

LET'S FEEL BETTER

NTIC Newsletter



Hydration

Roughly 60% of our body is made up of water. Without correct hydration, we cannot properly bring nutrients to cells, lubricate joints, rid of waste, salivate, or maintain body temperature.

Adults should consume half their body weight in ounces of water each day, and even more, if they are physically active, in the sun, and or sweating. Specifically, if you are 200 lbs, you should drink 100 ounces of water daily. You should drink more if you are also in the sun or sweating!

If you struggle to drink water, you aren't alone! Consider

- Alternating it between drinks you enjoy
- Add flavoring like fruits and herbs
- Challenge a friend
- Taking it to go
- Track it

WATER FLAVOR IDEAS

These 23 flavor combinations can be put in a cup that you fill throughout the day, or done beforehand in a pitcher. Which will you try first?

20 MIN. LOWER BODY

This 20 min. lower body workout is meant for beginners and has no jumping! It's comprised of 30 sec. move with 60 sec. rest over 3 rounds.

5 MIN. BODY SCAN

Connect with your body and maybe notice something new while doing this 5 min. body scan.

Foods That Hydrate

These foods (and more not listed) are high in H₂O and are great to have in addition to your water consumption.

- Apple
- Strawberry
- Tomato
- Cantaloupe
- Bell Pepper
- Orange
- Pear
- Watermelon
- Celery
- Iceberg Lettuce
- Spinach
- Zucchini

How Do I Know I'm Hydrated?

Pinch the skin on the back of your hand. If it quickly relaxes, keep up the water work! If it slowly goes back into place, your skin is telling you it's time to drink more water.

Another way is to look before you flush. Your urine color should be light yellow. If it is amber or darker, drink water immediately and consider contacting a healthcare provider.

If you want to learn more, check out what [NCOA](#) and [USDA](#) has to say about hydration.

National Smile Power Day

June 15th is National Smile Power Day.

Smiles can be powerful. It is a nonverbal cue that communicates safety and kindness. When we smile, our brain releases serotonin, dopamine, and endorphins which are those happy, feel-good hormones.

- Think of a joke or story that makes you laugh
- Recall happy memories
- Watch a show/read a book that brings you humor



How will you make sure you smile?

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Health Advocate

Health Advocate points reset on June 1st!
Hop on the platform sooner than later to earn
points for the 2024-2025 program year!



Start date:
June 1, 2024



Deadline to earn points:
May 31, 2025



Feel good knowing you've
earned a reward

Well-Being Rewards Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Well-Being Rewards Program Eligibility

The NTIC Well-Being Program reward is available to all employees and spouses enrolled in the school district's health insurance. Dependent children age 18+ can utilize the wellness program features, but are not eligible for the reward.

Get Started!

Review the full program details, plus access activities, track your points and progress, view curated health information and more through Health Advocate's member platform.

HealthAdvocate.com/ntic



Your EAP Benefits:

One-on-One Personal & Professional Coaching

Your EAP offers exciting Peak Performance Coaching Benefits to help you grow and succeed both personally and professionally. Connect by phone for one-on-one coaching with ESI Masters and PhD level coaches. Best of all, these benefits are free for you and eligible family members!

Coaching is available in the following areas:

- ✓ **Wellness Coaching** - lose weight, get fit, reduce stress, quit tobacco, and get nutrition help.
- ✓ **Certified Financial Coaching** - get help for budgeting, credit, debt, money management and more.
- ✓ **Balancing Life at Work and Home** - make the most of family life while learning to succeed at work.
- ✓ **Resilience** - recognize your personal strengths and improve resilience to face life challenges.
- ✓ **Effective Communication** - improve your interpersonal communication skills to be more effective.
- ✓ **Home Purchasing** - get help with the home buying process, credit and financing basics.
- ✓ **Student Debt** - learn about Federal Student Loan types, repayment plans, consolidation and more.
- ✓ **Relaxation Coaching for Beginners** - get support and referrals for relaxation, meditation, or yoga training programs.
- ✓ **Workplace Conflict** - improve interpersonal skills and learn methods for resolving conflict.
- ✓ **Retirement Coaching** - get help to address the practical and emotional aspects around retirement.
- ✓ **Succeeding as a Supervisor** - learn key management concepts and ways to develop and empower employees.

Plus, get online tools to support your goals:

- Access thousands of online videos, articles, calculators, self-assessments and other tools.
- Comprehensive personal and professional online trainings available in a variety of easy-to-use formats.
- Wellness tools and tips on diet, nutrition, fitness and smoking available in the Online Wellness Center.



To access a Coach, simply call 800.252.4555 and ask to speak to a Coach.



To access online support resources, simply login at www.theEAP.com.



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