

BSW Be Well

Winter 2025

The ball is dropping and Auld Lang Syne is being sung. As you think about the new year, let Baylor Scott & White Health Plan help you keep your resolutions and Be Well.



- ❄ Be mindful of your New Year's resolutions
- ❄ Walk with a Doc
- ❄ New year, new friends
- ❄ Webinar Wednesdays
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- ❄ Wordsearch: Cheers to a New Year!
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 Baylor Scott & White Health Plan


Be mindful of your New Year's resolutions

When the ball drops and clocks strike midnight on January first, we often feel the urge to list ways we can better ourselves in the new year. But studies show fewer than 10% of Americans stick to their resolutions and accomplish their goals.

However, incorporating mindfulness—being aware of the present while acknowledging your current thoughts and feelings—can help you better tackle your goals.

1
Take some time to determine what your large goals are for the new year and scale that down into smaller, more realistic checkpoints on the path to your big goal.

2
Explore your motivations and barriers. Why do you want to work toward this goal? What's standing in your way? This helps address any roadblocks and reminds you why you're doing this.



Have a mental check-in each day or a few times a week. Ask yourself questions like, “Is this goal realistic/ doable/worthwhile?” or “Where am I struggling/where am I thriving?”

FINALLY

After checking in with yourself, you may need to reassess or tweak your goals. Resolutions (and life) aren't all or nothing.

Goals can shift or change. Mindfully reassessing—changing this, tweaking that—can help you be more successful in the long run.



WALK with a DOC

If you've resolved to move more in the new year, get outside and get to know your doctor during our monthly Walk with a Doc series. After a brief talk by a featured physician, participants will walk around an area park. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs. [Find more walks with more docs.](#)

Miller Park: 1919 N 1st St., Temple, TX 76501
(3rd Saturday of the month)

- January 18 at 9:00 AM
- February 15 at 9:00 AM
- March 15 at 9:00 AM

Carl Levin Park: 400 Millers Crossing, Harker Heights, TX 76548
(3rd Saturday of the month)

- January 18 at 9:00 AM
- February 15 at 9:00 AM
- March 15 at 9:00 AM

Juanita J. Craft Recreation Center, 4500 Spring Ave. Dallas, TX 75210
(3rd Wednesday of the month)

- January 15 at 10:00 AM
- February 19 at 10:00 AM
- March 19 at 10:00 AM

The Kruse Center - Blinn College, 208 Blinn Blvd. Brenham, TX 77833
(1st Tuesday of the month)

- January 7 at 12:00 PM
- February 4 at 12:00 PM
- March 4 at 12:00 PM

New year, new friends

Having strong, supportive social relationships has a positive impact on your health and well-being. Life changes, such as starting a family, changing jobs or moving to a new home, can make it challenging to strengthen current relationships and foster new ones.

Three ways to grow your support system:

- **Be intentional.** Like all good things, relationships take some effort. Being intentional about building and maintaining your relationships will help make them stronger and longer lasting.
- **Take the first step.** Taking the initiative to start or deepen a relationship shows someone you are genuinely interested in getting to know them. This makes people feel valued, and feeling valued is the first building block of a solid relationship.
- **Practice self-care.** Tend to your physical, emotional, social, financial and professional needs. When we treat ourselves well, we are in a better spot to treat others well.



If one of your goals for the new year is to make new friends, check out these [tips](#) from ScrubbingIn.



#WebinarWednesdays

Every month, join us online at lunchtime for a free wellness webinar.

January 8 at 11 AM:

Wellness at Your Desk: Office Fitness with the Wellness Team - [RSVP](#)

Getting fit at your 9-to-5 job doesn't have to be difficult. Join us for a live, interactive webinar on how to maintain physical wellness at the office.

FEBRUARY 5 AT 11 AM:

The Dreaded C Word - [RSVP](#) Lung and colorectal cancers are scary, stressful and draining to go through. Join us for a discussion on prevention and screening, so you can be proactive in your health.

MARCH 5 AT 11 AM:

Cooking it up with the BSW Be Well Team: Meal Prep 101- [RSVP](#)

Join the BSW Be Well team for a live cooking demonstration.

#WebinarWednesdays



Self-care for a busy year

As we head into a busy 2025, it's more important than ever to practice self-care. While some consider self-care a luxury for people with extra time and money, it's actually necessary for your health and well-being. Self-care positively impacts your mental, emotional and physical health, and it helps you be more present in all aspects of your life.

Here are some things to keep in mind while making time for yourself:

GO OUTSIDE.

Whether it's a brisk hike, a leisurely stroll or a bike ride, being outside can rejuvenate you physically and mentally.

REMEMBER TO REST.

You can't go on and on at full steam. Give yourself time—even if it's just five minutes—to rest your body and your mind each day.

FUEL YOUR BODY.

Invite your body to the self-care party with a balanced diet. Focus on things that taste good and make you feel good too.

Self-care looks different to different people. If you need a place to start, [read](#) what Baylor Scott & White Health doctors, nurses and staff have to say about self-care and make your own self-care strategy.



findhelp

The **Findhelp** local resource hub can help you identify resources available in the community. Whether you're seeking services for yourself or looking to offer help to someone else, Findhelp makes it easy. Find and make referrals for food, healthcare, job training and more with dignity and ease.

How it works:

- Visit BSWHealthPlan.Findhelp.com
- Type in your ZIP code.
- Hit the "search" button and discover hundreds of social service organizations at your fingertips.

You can also create an account for access to other free tools and features.



When **you're** ready.

We're here for **you**.

WebMD ONE, brought to you by BSW Be Well™, offers tools to help support every step of your well-being journey.

Motivation takes many forms

No matter your inspiration or motivation, **WebMD ONE** is here when you decide it's time for a change. We provide resources that can help you stay positive, push through challenges and pursue more healthy passions throughout your life.

Find resources that can help with every health goal:

- **Health Assessment**—Learn exactly where your health stands. Answer this quick questionnaire to get a personalized health report and recommendations.
- **Daily Habits**—Work toward your goals one day at a time. This mobile-first experience makes it simple to set a goal and see your progress.
- **Content Hub**—An all-in-one hub that provides multi-media health content. Users can access podcasts, videos, articles and more.
- **Device and App Connection Center**—Automatically track and upload your activity with a fitness device or app.
- **Personal Health Record**—A simple way to view all your health information in one place.

Get started today at My.BSWHealth.com/login.

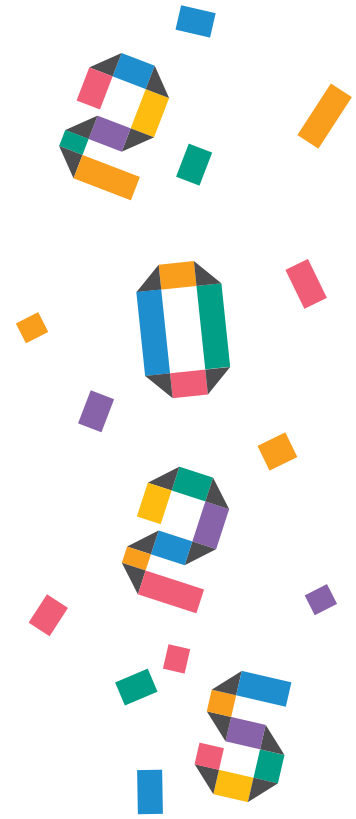
Download our app, Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."
2. Download the app and enter your connection code: **BSWHP**.
3. Register a new account on the WebMD ONE portal and personalize your experience by answering a few questions about your health goals.

Cheers to the new year !

word search

Y R D J D S P G O A L S C E R
T T T D S V Z E E J A T Z A E
I T Q O R L D X E V O L G T E
L H L E B I R E E L Y Z M B T
A F V X E U N M C T S O M E N
U G N J H T O K I L E B X T U
T J O U R N A L W S U E W T L
I E H D E D A T U A R T I E O
R L T Y K U A O I C T W T R V
I I L C T L H N I D E E K E Y
P M T C R N A S C M E B R E R
S S N J A L E W J E A M H I E
W U S E V N O I T A C U D E B
P K L J E O R G A N I Z E V B
Z C Q M L T T N E S E R P E B



BE PRESENT
CLEAN HOUSE
DANCE
DECLUTTER
DRINK WATER
EAT BETTER
EDUCATION

EXERCISE
FLOSS
GOALS
JOURNAL
MEDITATE
ORGANIZE
PUNCTUALITY

SAVE MONEY
SLEEP
SMILE
SPIRITUALITY
TRAVEL
VOLUNTEER
WALK DOG

Answer key [here](#).

Healthy Focus



Consider a “Dry January”

Cutting back on alcohol can lower blood sugar and blood pressure, reduce headaches, heartburn and indigestion, and reduce the risk of cancers, liver disease, diabetes, and cardiovascular disease. Cutting out alcohol can also improve your sleep, mental health, and energy. [American Addiction Centers](#) has more benefits and tips on how to quit.



Marfan Syndrome Awareness Month

Approximately 1 in 5,000 people—men and women and people of all different ethnic backgrounds—are born with Marfan Syndrome. This genetic disorder affects the connective tissue responsible for holding all cells, organs and tissues together, and there is a 50 percent chance that someone with Marfan Syndrome will pass the genetic mutation to their child. The [Marfan Foundation](#) has more on the signs and symptoms, quality of life and management.



Deep Vein Thrombosis (DVT) Prevention Awareness Month

Deep vein thrombosis (DVT) is a blood clot that forms in a deep vein such in the leg, arms or other parts of the body. Certain disorders, obesity, surgery, extended inactive periods, birth control and other hormonal therapies can make someone more susceptible to developing a DVT. To prevent a DVT, try staying active and hydrated, maintaining a healthy weight and monitoring your blood pressure. The [Mayo Clinic](#) has more information and tips to prevent and care for a DVT.



Our mission

as part of the Baylor Scott & White Family

Founded as a Christian ministry of healing, Baylor Scott & White Health promotes the well-being of all individuals, families and communities.

