

# NOVEMBERNEWS

## 2022

Empowering you with information for  
your emotional and physical wellbeing

## Lung Cancer Awareness Month

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#### *November is Lung Cancer Awareness Month*

Lung cancer is the most common cause of cancer in the United States and worldwide, and smoking is the most common cause of lung cancer. In November, organizations and leaders across the U.S. stand together against lung cancer. With nationwide support, we can turn the tide against this type of cancer.

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800.395.1616

<https://link.uprisehealth.com/members>



## Introducing Success Stories— Real People, Real Transformation

We want to hear and share stories from our members who have overcome personal struggles and shine a light on the steps you took to transform and empower positive change.

**If you have a story you'd like to submit please email us at [marketing@uprisehealth.com](mailto:marketing@uprisehealth.com).** You can choose to be anonymous. We look forward to hearing from you and sharing your stories to inspire others.

### Facts about Lung Cancer



#### A Very Prominent Cancer

Lung cancer makes up about 25% of all cancer deaths—more people die each year of lung cancer than colon, breast, and prostate cancers combined. The American Cancer Society estimates 236,740 new cases of lung cancer and 130,000 deaths by the end of this year.



#### Two Major Types

There are two major types of lung cancer: non-small cell lung cancer and small cell lung cancer. Non-small cell lung cancer makes up the most cases and grows slowly. Small cell is less common and spreads quickly.



#### Smoking is Deadly

Smoking is the most significant risk factor for lung cancer, contributing to up to 90% of lung cancer deaths, but it isn't the only factor. Other risk factors include secondhand smoke exposure, radon exposure, and occupational hazards (such as asbestos and uranium).



#### Common Symptoms

Symptoms of lung cancer include a cough that won't go away, coughing up blood, shortness of breath, chest pain, chronic hoarseness, and bone pain. If you have any of these symptoms, contact your doctor.



#### Screening is Available

Screening early and often, especially if you have risk factors for developing lung cancer, can save your life. More than 8 million Americans are considered high-risk for lung cancer and are eligible for annual CT scan screenings.



#### Read on for More Information

If you want more information and resources about lung cancer (or COPD), we have more for you to read on the Uprise Health blog: <https://link.uprisehealth.com/lung>

#### ANOTHER CRITICAL LUNG DISEASE: COPD

*COPD stands for chronic obstructive pulmonary disease, and it's the sixth leading cause of death in the U.S.*

*Like lung cancer, smoking is the primary cause of COPD, but 1 in 4 people with COPD have never smoked.*

*Air pollutants at home (secondhand smoke), fumes, and genetics can also cause COPD.*

*Symptoms include shortness of breath, wheezing, chronic cough, and chronic phlegm production.*

*COPD is sometimes preventable. It's important to not smoke (or quite smoking), avoid exposure to air pollutants, and get the flu vaccine yearly.*

*More information is available on COPD:*

<https://link.uprisehealth.com/copd>





## Mindset for Success: Strategies for Simple Shifts that Make a Positive Change

Your mindset—the beliefs that shape how you view yourself and your world—influences your thoughts, feelings, and behaviors. Mindset can mean the difference between success or failure and resilience or defeat. Mindset is a great predictor of our attitude and happiness, and there are multiple schools of thought when it comes to explaining how mindset works.

Read about mindset theory and frameworks at: <https://link.uprisehealth.com/mindset>

### 6 TIPS FOR CREATING A POSITIVE MINDSET

Here are a few steps to help you practice a positive mindset.

**Recognize that your thoughts are powerful**—Many of our thoughts are almost subconscious and move so quickly that we don't realize how they affect our mindset. If you're feeling frustrated, stop and take note of your thoughts. Are they based on fear or scarcity? Practice reframing your thoughts from your new mindset perspective.

**Embrace change**—Change is difficult for most people, yet it is inevitable and constant. Instead of thinking about what you've lost, think about how change can positively influence your life or pick one thing you're grateful for because of the change.

**Face your fears**—When you recognize you're afraid of something, stop and ask yourself one question: what is the worst that can happen? In many cases, the outcome is not nearly as terrible as what's living in your mind. Use the mantra, "Do it anyway," and you'll come out stronger on the other side.

**Limit technology**—Social media, 24-hour news, and constant ads can wreak havoc on our subconscious by promoting scarcity, fear, and problems with seemingly no solutions. Limiting your exposure will allow you to focus more on your thoughts and reframe them to align with your new mindset.

**Practice mindfulness**—Mindfulness will help you focus on the "now"—how you feel and think in the present. It will help you identify thoughts and choose gratitude for what you have.

**Set small goals**—We often focus on the big goals in our lives, but the smaller ones are more influential to a positive mindset. Choose two or three small things you want to change and celebrate the small wins.

**Complete CBT-based exercises**—CBT, or cognitive behavioral therapy, is the process of changing your thought patterns and developing healthy coping skills for problems. CBT-based exercises can help you create a new mindset from the comfort of your home.

For more information on mindset, check out this blog: <https://link.uprisehealth.com/mindset>





## Your Wellbeing Score Over Time

In the October newsletter, we discussed how the Wellbeing Check works within the Uprise Health Digital Platform. The Wellbeing Check provides you two scores about your health: the wellbeing score and stress score. A high score on wellbeing indicates that your wellbeing is high; similarly, a high score on stress indicates that your stress is high.

Not only is this a great way to learn more about your wellbeing right now, but in the platform you can also see your scores over time. This can help you assess if your current practices are improving your wellbeing and lowering your stress or if you need to adjust your current mental health and wellbeing habits.

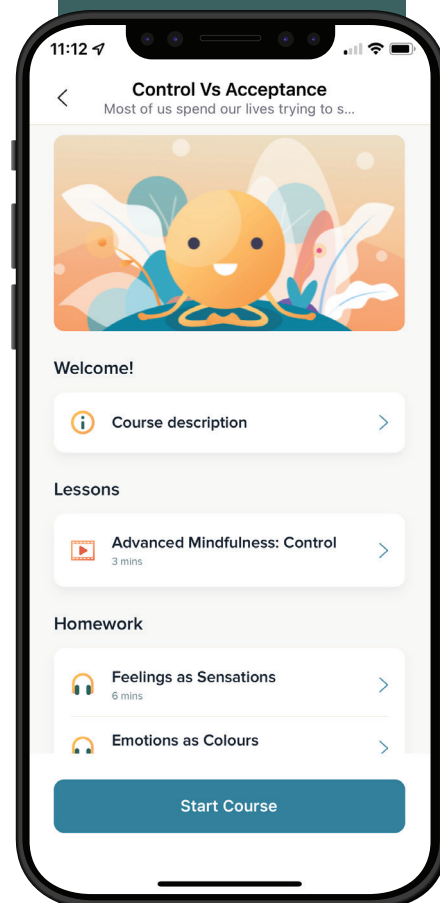
With a long-term view of your wellbeing, you might be able to see patterns (times of year that are harder or easier, or big events that impacted your stress level). The wellbeing tracker can also help make you more mindful of your stress and wellbeing overall—reminding you to check-in and pay attention to your mental health.

Our recommendation is that you take the wellbeing check once a month, but you can take it more often or less often. It's up to you! To look at your wellbeing and stress scores over time, visit <https://app.uprisehealth.com/profile>

### NOVEMBER'S FEATURED COURSE IN THE DIGITAL PLATFORM: CONTROL VS ACCEPTANCE

Most of us spend our lives trying to stay in control. The cost is high, and we can end up feeling like it's just not working. In this course, you will learn a different approach that is based on acceptance, which aims to help us do what we value but without the stress. This is a quick, straight-forward course that will take about 15 minutes. Jump in today:

<https://app.uprisehealth.com/library/course/9/lesson/overview>



## Resources & Events



### Lung Cancer Awareness Month

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### The Great American Smokeout is November 17, 2022

This event started in the 1970s when Arthur P. Mullaney, a high school guidance counselor, asked people to give up cigarettes for just one day and donate the money they saved to a high school scholarship fund. This event has grown dramatically over the past 50 years and is now an event that focuses on helping people quit smoking. "You don't have to stop smoking in one day. Start with day one." November 17th can be the day that starts you on your journey toward a smoke-free life. It helps reduce your risk of lung cancer and COPD. Resources can help

<https://link.uprisehealth.com/quit-smoking>

### *This Month's Mental Health Skill Building Webinar*

#### **Mindfulness/Control vs Mindfulness**

Discover how noticing and accepting thoughts and emotions reduces stress and anxiety.

**Join us for a 30-minute webinar and Q&A  
November 17, 2022 | 12pm PT**

[link.uprisehealth.com/november-webinar](https://link.uprisehealth.com/november-webinar)

### *This Month's Personal Advantage Webinar*

#### **Mindset for Success**

Mindset has a huge influence on physical and emotional wellbeing, relationships, and personal success. You will leave this webinar armed with strategies for making simple shifts in thinking that can lead to great change.

*The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the Uprise Health member site with your assigned Access Code and click "Work-Life Services." Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.*

### Members Love Our Webinars!

*"I didn't know what to expect, but got some great information in the short time of the webinar! Looking forward to doing more of the activities and using the app. Thank you!"*