NOW IS THE TIME TO LIVE WITH PURPOSE

Did you know that living with a strong sense of purpose in life has been shown to lead to a longer life with lower rates of heart disease? That's right, this month's focus is just that powerful. Purpose is interwoven life satisfaction, fulfillment and productivity.

With mental health issues and burnout on the rise, now is the perfect time to get introspective and reconnect with or find greater purpose. Dive deep with us on this topic and more this month.
DEALING WITH BACK PAIN: FINDING YOUR CORE STRENGTH

Back pain is common and often complicated. Majority of adults will experience some type of back injury or pain at some point in their life. According to research conducted by OSHA, back disorders are one of the leading causes of disability for people in their working years with over 600,000 cases each year.

If you have back pain, you should always consult with your doctor first. There are many treatment options such as physical therapy, medication and in some cases medical procedures. However, exercise and changes to your lifestyle are likely to offer the greatest relief and prevention of future pain. Check out our TOP 5 STRATEGIES FOR PREVENTION AND TREATMENT.

SB'S TOP FIVE WAYS TO PREVENT & COMBAT BACK PAIN

1. **Exercise:** With back pain, resist the temptation to stay in bed. Move around and stretch often to heal faster. Avoid strenuous, painful exercise and work with your doctor for correct types. Regular exercise is your number one friend for prevention.

2. **Diet & Weight:** Diets that are highly inflammatory (trans fats, refined sugars and processed foods) can contribute to chronic back pain. Talk to your doctor or dietitian about dietary improvements. Managing weight will help to prevent and reduce back pain.

3. **Posture:** Practice good ergonomics while working. Check in with yourself throughout the day to be sure you have good posture.

4. **Sleep:** Adequate sleep equals recovery. Mattress, sleep position and pillow can all impact your back. Address sleep issues for long-term back and spine health.

5. **Stop Smoking:** Nicotine can weaken your spinal bones and take away vital nutrients from the spongy disks that cushion your joints, making smokers at greater risk for back injury.
LIVING YOUR LIFE WITH GREATER PURPOSE

*Are you living a life of purpose and intent?* We have discussed burnout, stress management and mindfulness a good bit in recent months. At the core of living more mindfully and addressing stress and burnout is **purpose**. Purpose inspires you to become more intentional about what you do and why you do it, which is why having a sense of purpose is so powerful.

The satisfaction of living purposefully and passionately will enhance everything you do, bringing energy and vitality to all areas of your well-being. Then as you make changes in your lifestyle that align with your life purpose, you’ll have even more satisfaction. Living with purpose allows you to pursue second things or goals from a place of clarity, confidence, and intention. *Are you ready to reconnect to your purpose?* Get the [FULL ARTICLE HERE](#) for more.

“PART OF RECONNECTING WITH A LIFE YOU LOVE INVOLVES CHOOSING AN EXISTENCE THAT ALIGNS WITH YOUR VISION AND DESIRES.”
LASTING WEIGHT LOSS HABITS

WEIGHT LOSS IS HARD AND THE JOURNEY IS LONG...CREATE YOUR BEST PATH

Stop living your life on a diet. Dietary change is a slow process that takes ongoing diligence. Fad diets and trendy products will not give you lasting results. To be successful long-term, you need to change your lifestyle. It requires a shift in your habits and perspective. Shift your focus towards a healthier body with less focus on that number on the scale.

Journal: Recognizing patterns and weaknesses, being accountable, keeping motivation up and celebrating small successes are all strong factors in lasting habit change. There is no better tool to achieving and tracking these things than journaling. Regularly review your goals, journal your thoughts and feelings and track your daily progress. This will open your eyes to what you are doing and what you need to do to change.

Consistent active lifestyle: Exercise is an obvious goal for weight loss, but it is not just about burning calories. Regular physical activity or even just consciously moving more all day long, leads to a long list of benefits (more energy, less pain, improved mood, better mindset, improved stress management, better sleep quality and more.) In actuality, it is very tough not to link any of the benefits of exercise to weight management.

Support: Changing long-engrained habits or overcoming food addiction is extremely challenging. The road to success is typically not an easy or smooth ride. Having a good support system is crucial to long-term success. Reach out to friends, mentors or others you admire for support when needed. A registered dietitian and/or health coach can also be beneficial. (Check out our SB Wellness Weight Management Program video)
SB Wellness Coordinator, Ashley Tribou recently presented ‘Bring Back the Family Dinner’ seminar to one of our groups. The topic was very well received and has inspired all of us to make family mealtimes a greater priority. As many of you return to hectic school schedules this month, we encourage you put some focus into family wellness. All members of the family will benefit when you make healthy lifestyle and habits a group effort. Make and enjoy more meals together. Find more ways to be active as a group and ways to be more mindful as a family. Be a role model to your loved ones, by taking care of YOU. Even if your family is not on board, be reminded that you are potentially inspiring their future decisions.

“I believe the greatest gift you can give your family and the world is a healthy YOU.” – Joyce Meyer