



Unplugged:

The Benefits of a Digital Detox

LOOKING AHEAD...

MoveSpring October Challenge

This month we are challenged to complete a digital detox for 26 days.

2024 Boston Heart Walk

Join the RCAB Strong Team at the 2024 Boston Heart Walk on October 26 to support lifesaving science!

Wellness Webinars

This month we learn how to talk about mental health, restore our wellbeing and move forward in difficult situations, and develop a plan to care for a family member with a disability or special needs.

The Recipe Corner

Cozy up this Fall with a bowl of Curry Butternut Squash Lentil Soup.

This newsletter will continue to include timely information on health and wellness but will also feature news, tips, and updates on a variety of benefits topics. If you would like to see a particular topic covered, send us your ideas at benefits@rcab.org.

We live in a digital world. Whether it's for news, entertainment, work, or communication, chances are a digital device is involved. Few places are without internet access, and we are never more than a click away from being in touch with family, friends, or work. While many aspects of our lives have improved due to advancements in technology, many of us have developed unhealthy habits and a need for a constant state of connectivity. According to a [2022 Gallup Poll](#) of 30,000 U.S. adults, 83% say they keep their smartphone near them almost all the time during their waking hours, and 64% admit to checking their smartphone as soon as they wake up in the morning. For many of us, checking our phones or watching TV is also the last thing we do before bed. Being constantly plugged in is not sustainable or healthy. You may benefit from a digital detox if use of digital media (including social media) causes a depressed mood, anger, anxiety, feelings of shame/insecurity, loss of sleep, a need to check your phone constantly, or an unhealthy need to respond, react, or check in.

What is a digital detox? A digital detox involves intentionally limiting or avoiding the use of digital devices and social media for a specific period of time. The positive outcomes of a digital detox are both immediate and lasting. Limiting use of digital media reduces stress/depression, boosts productivity, improves sleep, enhances mental clarity and focus, and encourages real-life connections. As we transition into the fall and winter seasons, rates of seasonal depression increase. For those who struggle during these times of year, a digital detox may be beneficial.

This month we encourage you to complete a digital detox by limiting your use of digital devices (smartphones, tablets, computers, TVs) and social media. For employees and spouses enrolled in the RCAB Health Plan, we invite you to join us for the [October Digital Detox MoveSpring Challenge](#). For 26 days, this Challenge encourages you to (1) create one tech free zone in your house (ex. bedroom, dining room); (2) limit social media to 15 minutes; and (3) avoid screen time one hour before bedtime. If you are not enrolled in the RCAB Health Plan, you are still encouraged to embark on your own digital detox journey this month. You may use the framework of the October Challenge or create individualized, specific goals to limit your screen time, use of social media, and digital devices. The objective is to raise awareness and to gradually set goals which lead to sustainable changes in your digital consumption habits. As you find yourself reaching for your phone out of habit, consider engaging in a new or forgotten hobby, learning a new skill, or reconnecting with loved ones.

You may be apprehensive about a digital detox. It may even seem unrealistic to complete a digital detox in today's world. Taking control of your digital consumption is essential for your well-being. A digital detox is not just about cutting down screen time. It's about rediscovering the joys and connections that exist beyond our devices. Before embarking on this journey, let your family and friends know you are taking a break from your device(s) and not to expect immediate responses from you. Once you've given your detox the time and commitment needed, step back and assess how you're feeling. Do you feel less stressed? Has it improved your productivity or sleep? Do you feel more focused, or seem to have more time on your hands? Once you've figured out the benefits, it will be easier to continue to practice what makes you feel better!



CVS
Health®

The Center for Disease Control recommends you stay up to date with flu and COVID vaccinations. Vaccines offer strong protection, but that protection takes time to build. Vaccines do not provide full (100%) protection, so breakthroughs can happen. However, as more people get vaccinated, it is expected fewer people will come into contact with the virus.

Click [here](#) to schedule your flu or COVID vaccination today!

Seven Steps to Support a Healthy Immune System

1. Eat a balanced diet from a variety of foods, such as vegetables, fruits, wild-caught fish, whole grains, and lean animal proteins and drink 8-10 cups of water daily.
2. Take a [high-quality multivitamin](#) to fill nutritional gaps in your daily diet.
3. Wash your hands throughout the day using soap and water for at least 20 seconds.
4. Aim for 7-9 hours of restful sleep. Aim to go to bed before midnight and maintain a consistent sleep schedule.
5. Engage in regular exercise, aiming for at least [150-300 minutes of moderate intensity exercise](#) every week. A brisk walk counts!
6. Manage stress. Stress weakens the immune system, making it easier for us to get sick. Take a moment to take a few deep breaths and get support when needed.
7. Stay up to date with your flu and COVID vaccinations.



American Heart Association.
Heart Walk®

Scan the QR code to join the
RCAB Strong Team!



I WALK
TO SAVE LIVES

The Roman Catholic Archdiocese of Boston Health Plans has partnered with the American Heart Association for a second year to join the [2024 Boston Heart Walk](#). The purpose of the Heart Walk is to help fund lifesaving science – science that can save life, prevent a stroke, correct heart defects in newborn babies, and someday, find a cure for high blood pressure. Science that can also teach us all how to live longer and healthier. Cardiovascular disease occurs every 39 seconds and is the No. 1 killer of all Americans. Heart disease also kills more women than all forms of cancer combined and congenital cardiovascular defects are the most common cause of infant death from birth defects. When you join the Heart Walk, you join more than a million people in 300+ cities across America in taking a stand against heart disease and helping to save lives!

Click [here](#) to join the RCAB Strong Team at the 2024 Boston Heart Walk!

Saturday, October 26, 2024

Check-In: 9:00am | Walk Begins: 10:30am

Boston Common

Boston Common | 1P Charles Street | Boston, MA 02116

Route Length: 1 & 3-Mile Options



Wellness Webinars

The following webinars are available for educational purposes. Please note that wellness webinars are no longer incentivized as part of the RCAB Health Benefit Trust Wellness Program.

Building a Resilient Mindset

Learn to Live

The Price of Silence - How to Talk about Mental Health

[Thursday, October 10: 1-1:30 p.m.](#)

Use access code **RCAB** to view the webinar.

If you are struggling with anxiety, depression, or a related concern, you know that is when you are least likely to discuss what you are going through. Join us on World Mental Health Day as we discuss effective strategies, guidance in seeking help, and ways we can support others who may be struggling.

Getting Unstuck: The Science of Moving Forward

Learn to Live

[Tuesday, October 29: 1-1:30 p.m.](#)

Use access code **RCAB** to view the webinar.

Do you often feel stuck or powerless in times of uncertainty? In this webinar, the Learn to Live team will help you assess your own challenges and share powerful strategies to help you thrive despite the unknown. You will learn practical ways to restore your wellbeing through specific actions and an intentional approach to difficult thoughts and emotions.

Voya Financial Webinars

[Tuesday, October 15: 12 p.m. and 3 p.m.](#)

The Essentials of Special Needs Planning

This session will provide the basic steps to develop a holistic plan for the lifelong care of a family member with a disability or special needs — especially after the caregiver is no longer able to provide care — looking at all aspects of life from a personal, legal, and financial perspective.

In Case You Missed It...



PLAY NOW!

You can still view the recorded webinars from last month!

[Building a Resilient Mindset](#)
[What Is Anxiety and What Can I Do About It?](#)



Join the October Challenge: Digital Detox

Have you ever tracked how much time you spend on your smartphone or other digital devices? Much of our technology use is related to our jobs, but we can afford to cut down on recreational screen time.

This month you are challenged to detox for 26 days by: (1) creating one tech free zone in your house (ex. bedroom, dining room); (2) limiting social media to 15 minutes or less per day; and (3) avoiding screen time one hour before bedtime. Limiting your screentime can help reduce stress and anxiety, improve your mental health, and enhance your relationships with others.

Eligible employees will receive an email from the Benefits Department to join the Challenge.

Participants must sign up for the Challenge by October 7. Don't forget to share the email with your spouse (if enrolled in the RCAQB Health Plan) so s/he can participate!

Earn \$50 into your HealthEquity HRA or HSA when you complete this Challenge!

THE RECIPE CORNER

Curry Butternut Squash Lentil Soup

Recipe from [Ambitious Kitchen](#)

Ingredients

- ½ tablespoon coconut oil (or olive oil)
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 yellow onion, diced
- 1 large carrot, thinly sliced or diced
- 1 medium butternut squash, peeled and cubed (about 5-6 cups)
- 1 tablespoon yellow curry powder
- 1 tablespoon freshly grated turmeric (or 1 tsp ground turmeric)
- 1 (15 ounce) can light coconut milk
- 3 cups organic low sodium vegetarian broth
- 1 cup green or brown lentils, rinsed and sorted
- 2 tablespoons all-natural creamy peanut butter or cashew butter
- ¾ teaspoon salt, plus more to taste
- Freshly ground black pepper
- 3 cups organic spinach



Instructions

1. Heat coconut oil in a large pot or dutch oven over medium high heat.
2. Sauté garlic, ginger, and onion for 3-5 minutes until onion begins to soften.
3. Add in carrot and butternut squash cubes and sauté for a few more minutes.
4. Add in the yellow curry powder and turmeric. Allow spices to cook for 30 seconds, then immediately stir in coconut milk, vegetarian broth, lentils, and peanut butter. Season with salt and pepper to taste.
5. Bring soup to a boil, then cover, and reduce heat to low. Allow soup to simmer for 20 minutes until lentils soften.
6. After 20 minutes, transfer approximately half of the soup (about 3 cups) to a blender. It's very important to protect your hands from steam and a potential heat explosion, so please place a clean dish towel over the lid and puree the soup until smooth. Start slow, then gradually increase the speed of the blender.
Note: You may utilize an immersion blender instead of a blender to puree the soup.
7. Pour the pureed soup back into the pot with the rest of the soup and stir to combine. This will thicken the soup. Finally stir in the fresh spinach until just wilted. Turn off heat.
8. Taste and adjust the seasoning of the soup as you wish. If you like more of an umami flavor, try adding another tablespoon of peanut butter or even a squeeze of fresh lime juice. This is a soup that can do no wrong! Optional: top with minced cilantro and a handful of peanuts. Serve hot and enjoy!

In health,

Roman Catholic Archdiocese of Boston Benefits Department