



GILA RIVER WELLNESS

## SEPTEMBER WELLBEING PACKET

I Wellness Event Calendar	1
II Group Fitness	2
III Aerial Yoga	3
IV Hiking	4
V Basketball	5
VI Lunch & Learn	6
VII Gallagher Webinar	7
VIII BCBS Webinar	8
IX Golfing	9
X Walker Tracker Challenge	11
XI EAP Focus	12
XII Gallagher Newsletter	13
XVIII BCBS Sharecare Newsletter	19
XX Golf Discounts	20
XXII Yoga Discounts	21

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Connect with wellness at ext 7332,  
wellness@gila.casino or on  
TEAMWORKS by scanning the QR code.





SEPTEMBER 2023

# WELLNESS EVENT CALENDAR

- FITNESS TRAINING**
- LUNCH & LEARN**
- MEDICAL EVENT**
- FINANCIAL ENRICHMENT**
- GOLF FOR WELLNESS**
- WEEKLY WELLNESS CHALLENGE**  
New wellness challenges every week. All challenges start on Sundays and end Saturdays. Complete each weekly challenge once a day for 7 days straight.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
					<b>BENEFITS OF FRIENDSHIPS</b> Increase your sense of belonging & purpose. Improve your confidence & self-worth. Help you cope with traumas.	<b>WELLNESS CHALLENGE</b> <b>STEP IT UP</b> <b>SEPTEMBER- 8K</b> <b>STEPS/DAY</b> SEP.5 to SEP. 30
03	04	05	06	07	08	09
<b>WELLNESS CHALLENGE</b> <b>ONE MINUTE BREATHING-5-5-5 TECHNIQUE</b> SEP.3 to SEP. 09	<b>AVOID NEGATIVE SELF-TALK</b>	<b>MORNING AFFIRMATIONS</b> Start your day off with affirmation meditation to help you align with positive energy all day long.	<b>"Nothing is impossible; The word itself says 'I'm possible!"</b> -Audrey Hepburn	<b>SELF CARE</b> Make healthy choices on a daily basis so you can feel your best physically and emotionally.	<b>GROUP FITNESS TRAINING</b> 9:30AM – 10:30AM	<b>WELLNESS CHALLENGE</b> <b>ONE MINUTE BREATHING-5-5-5 TECHNIQUE</b> SEP.3 to SEP. 09
10	11	12	13	14	15	16
<b>WELLNESS CHALLENGE</b> <b>ACTIVITY OF YOUR CHOICE</b> SEP.10 to SEP. 16	<b>TAKE RISKS AND BE BOLD</b>	<b>AERIAL YOGA WITH WELLNESS</b> 3:00PM – 4:00PM Tough Lotus Studio	<b>"Strong people don't put others down, they lift them up."</b> -Michael P. Watson	<b>PODCAST</b> The Mindvalley Show with Vishen brings you the latest hacks from the leading minds in business, health, spirituality and relationships.	<b>GROUP FITNESS TRAINING</b> 9:30AM – 10:30AM  <b>HIKING WITH WELLNESS</b> 7:00AM – 9:00AM South Mountain	<b>WELLNESS CHALLENGE</b> <b>ACTIVITY OF YOUR CHOICE</b> SEP.10 to SEP. 16
17	18	19	20	21	22	23
<b>WELLNESS CHALLENGE</b> <b>STRETCH FOR 15 MINUTES</b> SEP. 17 to SEP. 23	<b>BASKETBALL WITH WELLNESS</b> 9:00AM – 12:00PM Boys & Girls Club Komatke Branch	<b>AERIAL YOGA WITH WELLNESS</b> 3:00PM – 4:00PM Tough Lotus Studio	<b>SUBSTANCE USE DISORDER</b> 12:00PM – 1:00PM Vee Quiva  <b>OPEN ENROLLEMENT DECISIONS &amp; YOUR MEDICAL EXPENSES WEBINAR</b> 12:00PM – 1:00PM	<b>COUNT YOUR BLESSINGS</b> Giving thanks can help people sleep better, lower stress and improve interpersonal relationships.	<b>GROUP FITNESS TRAINING</b> 9:30AM – 10:30AM	<b>WELLNESS CHALLENGE</b> <b>STRETCH FOR 15 MINUTES</b> SEP. 17 to SEP. 23
24	25	26	27	28	29	30
<b>WELLNESS CHALLENGE</b> <b>WAKE UP 30 MINUTES EARLIER</b> SEP. 24 to SEP. 30	<b>STAND UP FOR YOURSELF</b>	<b>GUIDED MEDITATIONS</b> Gain a sense of calm, peace and balance that can benefit both emotional well-being and overall health.	<b>BOOSTING YOUR IMMUNITY WEBINAR</b> 12:00PM – 1:00PM	<b>PODCAST</b> Dhru Purohit explores the inner workings of the brain and the body with the brightest minds in wellness, medicine and mindset.	<b>GROUP FITNESS TRAINING</b> 9:30AM – 10:30AM  <b>GOLFING FOR WELLNESS</b> 12:30PM - 3:30PM Whirlwind Golf Club	<b>WELLNESS CHALLENGE</b> <b>WAKE UP 30 MINUTES EARLIER</b> SEP. 24 to SEP. 30

Fitness Event

# GROUP FITNESS TRAINING

**SIGN UP FOR A CLASS TODAY**

WHP Corporate Center  
Human Resources

**9:30AM - 10:30AM**



Scan QR Code!  
**Event Registration Required**  
Limited Space Available



**SIGN UP TODAY!**

Join us for functional fitness training, where each session, teaches functional movements used in daily activities. With this program, you can look forward to building strength and improving your range of motion at any skill level.

**SEP 1 | SEP 8 | SEP 15 | SEP 22 | SEP 29**

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

Fitness Event

# AERIAL YOGA WITH WELLNESS

**SIGN UP FOR A  
CLASS TODAY**

Tough Lotus - Aerial Yoga Studio

**3:00PM - 4:00PM**



Scan QR Code!  
**Event  
Registration  
Required**  
Limited Space Available



**SIGN UP TODAY!**

Get ready to flip and fly while strengthening and conditioning your body. This class will focus on strength and control to leaving you feeling better than ever.

**SEP 12 | SEP 19**

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

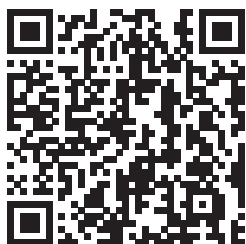
Fitness Event

# HIKING WITH WELLNESS

**FRIDAY | SEP 15**

Telegraph Pass Trailhead  
South Moutain

**7:00AM - 9:00AM**



Scan QR Code!

**Event  
Registration  
Required**

Limited Space Available



**SIGN UP TODAY!**

Come join us for a team hike located at Telegraph Pass Trailhead - South Moutain. The trail is paved/dirt, about 2 miles long, and elevation is 500 ft.

**14021 S Desert Foothills Pkwy. Phoenix, Az 85048**

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



# BALLIN' WITH WELLNESS

**SITE VS. SITE**

**SEPTEMBER 18 | 9AM - 12PM**

**Boys & Girls Club of the Gila River Indian Community**

5047 W Pecos Rd, Laveen Village, AZ 85339



Scan QR Code!

**Event  
Registration  
Required**

Limited Space Available

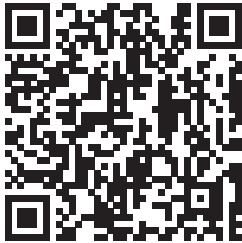
Lunch & Learn

# SUBSTANCE ABUSE DISORDER

**WEDNESDAY | SEP 20**

VEE QUIVA | EVENT CENTER

**12:00PM - 1:00PM**



Scan QR Code!

**Event  
Registration  
Required**

Limited Space Available



**SIGN UP TODAY**

Substance use disorder (SUD) is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications. Symptoms can be moderate to severe, with addiction being the most severe form of SUD. Come learn about the signs of substance abuse disorder.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

Gallagher Webinar

# ALIGNING OPEN ENROLLMENT DECISIONS

**WEDNESDAY | SEP 20**

Online Webinar

**12:00PM - 1:00PM**



Scan QR Code!

**Event  
Registration  
Required**

All Are Welcomed!



**SIGN UP TODAY**

You're invited to our 2023 Getting Better with Gallagher Financial Wellbeing Live Virtual Events. Join Gallagher Retirement Plan Consultants each month to learn more about how you can take small steps to achieve better financial wellbeing.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



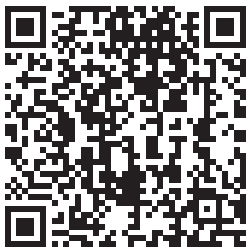
Blue Cross Blue Shield of Arizona

# BOOSTING YOUR IMMUNITY

**WEDNESDAY | SEP 27**

Online Webinar

**12:00PM - 1:00PM**



Scan QR Code!

**Event  
Registration  
Required**

All Are Welcomed!



**SIGN UP TODAY**

We all want to **STAY** healthy, right? Attend this exciting seminar and learn big and small ways we can help or hurt our immune systems. Topics covered include, but are not limited to: addressing common supplement claims, alternative medicine myths and facts, and everyday lifestyle choices we can make to keep a **STRONG** immune system.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



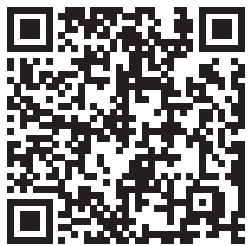
Golf Clinic

# GOLFING FOR WELLNESS

**FRIDAY | SEP 29**

Whirlwind Golf Course

**12:00PM - 4:00PM**



Scan QR Code!

**Event  
Registration  
Required**

Limited to 12



**Whirlwind**<sup>®</sup>  
GOLF CLUB

**SIGN UP TODAY**

Join us as we team up with Whirlwind golf professionals in an engaging instructional 9-hole golf course session. This clinic will introduce you to real golf scenarios while playing on a pro level golf course.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



Whirlwind<sup>®</sup>  
GOLF CLUB



# SUMMER LEAGUE CELEBRATION

**ELITE 8**  
**SEPTEMBER 14 | 12PM**

Top 8 on the leaderboard play a round of golf  
to be crowned champion.

Fitness Challenge

# STEP IT UP SEPTEMBER

**SEP 1 to SEP 30**

At Home Fitness Challenge

**GET 8K STEPS PER DAY**



Scan QR Code!

**Create Your  
Walker Tracker  
Account Today!**

All Are Welcomed!



**SIGN UP TODAY**

On this journey, you will learn how to build healthy habits that range from healthy eating to the science behind a consistent exercise regimen to daily self-care gems, and how to make these newly built habits stick!

All active participants will be entered to win Gila Wellness Gear!

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



## TDR Lunchroom EAP Info Table

# TREATMENT & RECOVERY MONTH

## EAP LUNCH & LEARN BOOTH LOCATIONS

LOCATION <b>LONE BUTTE</b>	LOCATION <b>WILD HORSE PASS</b>	LOCATION <b>SANTAN MOUNTAIN</b>	LOCATION <b>VEE QUIVA</b>
DATE <b>SEPTEMBER 8</b>	DATE <b>SEPTEMBER 15</b>	DATE <b>SEPTEMBER 22</b>	DATE <b>SEPTEMBER 29</b>
TIME <b>10:00AM - 2:00PM</b>	TIME <b>10:00AM - 2:00PM</b>	TIME <b>10:00AM - 2:00PM</b>	TIME <b>10:00AM - 2:00PM</b>

Need Help call EAP 24/7 Helpline 800-946-4452 ext. 8888



## Maintaining Healthy Self-esteem

Your self-esteem can have a big impact on your life. It can affect how you make decisions, the quality of your relationships, and your physical and emotional wellbeing.

Key aspects of healthy self-esteem include:

- A clear grasp of your own abilities
- Realistic expectations of yourself
- Knowledge of your own needs—and the ability to express those needs

### Maintaining healthy self-esteem

How can you keep your self-esteem at a healthy level?  
Incorporate these practices into your daily life:

- **Accept your whole self.** Humans are complex beings. Recognize that you are unique—with your own strengths, weaknesses, talents, and imperfections—and accept yourself as you truly are. No better, no worse.
- **Avoid negative self-talk.** Thinking (and saying) negative things about yourself only serves to tear down your self-esteem. Try to recognize negative self-talk when it arises, and counter it with more positive thoughts.
- **Stand up for yourself.** Your feelings and needs have value, and you deserve to be heard.
- **Try new things.** Exploring new places, activities, foods, and so on can help you discover new things about yourself.

- **Learn from your mistakes.** We all make mistakes—every day. Try to learn from yours instead of beating yourself up over them.
- **Do something nice for someone else.** Helping another person can do a lot for your own self-esteem.
- **Take care of yourself.** Factors outside your control can chip away at your self-esteem. Practicing good self-care can help you be more resilient when challenges arise.

### You are worth it

Devoting time to maintaining healthy self-esteem is one of the best investments you can make. You deserve it!

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*Recognize that you are unique—with your own strengths, weaknesses, talents, and imperfections—and accept yourself as you truly are.*

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# Imposter Syndrome: How to Overcome It

You may have heard high-achieving people like business leaders, actors, and others talk about how they sometimes feel like phonies. A part of them feels as if any minute, someone will realize that they aren't good enough.

This is called imposter syndrome, and it is something many people experience. Imposter syndrome is a belief that you don't really deserve what you've achieved. This feeling can persist despite objective evidence that you're well-qualified.

## Signs of imposter syndrome

The following can be signs of imposter syndrome:

- You minimize your own expertise.
- You obsess over the smallest flaws.
- You think you'll eventually be discovered as someone who is faking it.
- You are very sensitive to criticism or even helpful suggestions.
- You chalk up your success to luck or other external factors.

## Overcoming imposter syndrome

Feelings of being a fraud are often deeply ingrained, but you can still move beyond them. These techniques may help.

- **Talk about it.** One of the best ways to overcome irrational beliefs is to talk about them with someone else.

- **Challenge your thoughts.** Ask yourself if your thoughts are logical—or if you are not giving yourself enough credit.
- **Avoid comparing yourself.** When we compare ourselves to others, we usually compare how we feel on the inside to how we perceive others on the outside. Limiting your use of social media will help you minimize comparisons.
- **Keep going.** Do not let your feelings hold you back. Recognize that just because you *feel* like you don't belong, that doesn't mean it's true.

## Therapy can help

If you have tried to overcome your feelings of inadequacy and are still struggling, consider therapy. A certified therapist can help you identify the causes of your beliefs, challenge those beliefs, and overcome them.





## Practicing Real Self-care

The term “self-care” is used a lot these days. It is especially prevalent on social media—often accompanied by a selfie of someone wearing comfy clothes and holding a glass of wine.

Self-care isn't just about taking a night off for yourself. It also isn't about using alcohol to relax, since alcohol can actually increase anxiety, disrupt sleep, and raise blood pressure.

Real self-care means making healthy choices on a daily basis so you can feel your best physically and emotionally. It isn't always fun or selfie-worthy, but the rewards can be tremendous. Good self-care may help you have better physical health, improved productivity at work, an easier time coping with stress, and a longer, happier life.

### Key aspects of self-care

Follow these guidelines consistently for good self-care:

- **Stay physically active.** More and more research shows that exercise is key for good mental *and* physical health. Find a form of exercise you don't mind doing, and work it into your schedule several times per week.
- **Eat and drink well.** Eat mostly vegetables and fruit and only minimal (if any) processed food. Drink lots of water, and limit soda and alcohol.
- **Get plenty of rest.** Sleep affects health and vice versa. Getting enough sleep can give you more energy, help you focus, and make you feel happier.

- **Make social connections.** Humans are social beings. In today's screen-intensive world, it is more important than ever to focus on building and maintaining connections with other people.

### Prioritize your self-care

It is easy to put our own wellbeing behind jobs, family, friends, and other responsibilities. But by practicing real self-care consistently, you will be better equipped to be your best—for yourself and everyone else in your life.

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*Real self-care means making healthy choices on a daily basis so you can feel your best physically and emotionally.*

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1. <https://www.healthline.com/health/alcohol-and-anxiety>  
2. <https://www.sleepfoundation.org/nutrition/alcohol-and-sleep>  
3. <https://www.everydayhealth.com/self-care/>  
4. <https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>



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# THE BEST CHOCOLATE CHIP COOKIE RECIPE EVER

## Ingredients

- 1 cup salted butter softened
- 1 cup white (granulated) sugar
- 1 cup light brown sugar packed
- 2 teaspoon pure vanilla extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon sea salt
- 2 cups chocolate chips (or chunks, or chopped chocolate)

## Instructions

1. Preheat oven to 375 degrees F. Line a baking pan with parchment paper and set aside.
2. In a separate bowl mix flour, baking soda, salt, baking powder. Set aside.
3. Cream together butter and sugars until combined.
4. Beat in eggs and vanilla until fluffy.
5. Mix in the dry ingredients until combined.
6. Add chocolate chips and mix well.
7. Roll 2-3 tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets.
8. Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just BARELY starting to turn brown.
9. Let them sit on the baking pan for 2 minutes before removing to cooling rack.

Prep Time	Cook Time	Servings
10 minutes	8 minutes	36



## Nutrition Facts

Calories	183
Total Fat	8g
Sodium	153mg
Carbohydrate	26g
Total Sugars	18g
Dietary Fiber	1g
Protein	2g



# Gratitude journal

Each day write down at least 3 things you are thankful for.

Source: <https://www.npr.org/sections/health-shots/2018/12/24/678232331/if-you-feel-thankful-write-it-down-its-good-for-your-health>

## Employer Completion Form

I successfully completed the Gratitude Journal Activity by:

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Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# Count your blessings

Studies have found that giving thanks and counting blessings can help people sleep better, lower stress and improve interpersonal relationships. Earlier this year, a study found that keeping a gratitude journal decreased materialism and bolstered generosity among adolescents.

Source: <https://www.npr.org/sections/health-shots/2018/12/24/678232331/if-you-feel-thankful-write-it-down-its-good-for-your-health>

Your Wellbeing Activity

## Gratitude journal

Each day write down at least 3 things you are thankful for.



Insurance | Risk Management | Consulting

# 3-Ingredient Rotisserie Chicken Salad

Put a twist on the classic chicken salad! Whip up this quick, no-stress recipe that won't put a damper on your wallet.

## Ingredients

- 2 cups chopped rotisserie chicken
- $\frac{3}{4}$  cup chopped celery
- $\frac{1}{3}$  cup lemon-herb-flavored mayonnaise
- Cracked black pepper

## Preparation (serves 4)

1. Combine chicken and celery into a medium bowl.
2. Add in mayonnaise and mix to combine.
3. Season with pepper and serve with your favorite whole grain cracker.

## Nutrition (per serving)

Calories: 230 | Fat: 16g | Protein: 21g |  
Carbohydrates: 1g | Chol: 72mg | Sodium: 365g

### Looking for more tips to maintain a healthy lifestyle?

- 1 Log in to your Sharecare account or register at [azblue.sharecare.com](https://azblue.sharecare.com).
- 2 Discover tools and resources that can help you improve nutrition, reduce your stress, and live a healthier life



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# Time Well Spent

If you've ever felt stressed about your finances, you're not alone! For many, worrying about money is a significant source of stress — which can lead to physical health issues, too. This month, take the time to analyze your finances, eliminate unwanted surprises and boost your wellbeing.

## Try these tips:



### Find your money management style:

Whether you partner with a financial advisor, keep a spending journal, or download a budgeting app, choose a technique that fits your needs.



### Create a budget (and stick to it):

Take a close look at your income and your expenses each month to identify your spending habits.



### Make saving easier:

Build savings into your budget. Pro tip: set up automatic transfers into your savings account each month!



### Plan for your future:

Consider opening up a Roth IRA or 401(k) to set you up for retirement and boost your peace of mind.



For more financial tips, access wellbeing resources at [azblue.sharecare.com](https://azblue.sharecare.com).

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Whirlwind<sup>®</sup>  
GOLF CLUB



# TEAM MEMBER GOLF DISCOUNT

SEP 1 - OCT 26 | \$45

CALL FOR RESERVATION  
**480-940-1500**

\*Discount is valid for Gila River Resorts and Casino team members and their guests. Team members receive the discount when you book 1 day (24 Hours) in advance. Present team member badge during check-in.



# TEAM MEMBER TOUGH LOTUS STUDIO DISCOUNT

Gila River Resorts and Casinos team members receive a **33%** discount when signing up for the Unlimited Membership. Unlimited Membership give you access to ALL classes, as many and as often as you want. Includes Bungee Fitness, Aerial Fitness, Arial Silks, Burlesque and HIIT Bootcamp classes. Memberships are on month to month basis and will bill same date every month. Unlimited Membership will also give access to a 6 Week Workshops\*

**REGULAR - \$120**  
**GILA RESORTS AND CASINOS PRICE - \$80**