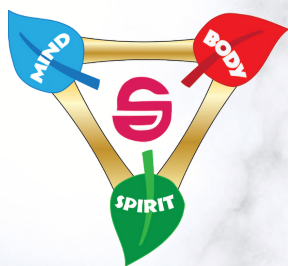


# LISTEN TO YOUR HEART



SETA Wellness and Safety Awareness Newsletter



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## American Heart Month

Why do we observe American Heart Month every February? Every year more than 600,000 Americans die from heart disease. The number one cause of death for most groups is heart disease, which affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

*You're Invited to Wear  
Red on February 5,  
2021*

The first Friday of February is National Wear Red Day in the United States. It's your chance to raise awareness for heart disease while also wearing your favorite red outfit.



## How to Observe American Heart Month



### 1 Take up a heart-healthy habit

Staying active, eating healthy, and watching our weight are important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.

### 2 Educate yourself

Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

### 3 Get your cholesterol tested

If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

Reference:

[American Heart Month](#)

## The 5 Love Languages

Speaking of the heart, did you know that everyone communicates and is a giver and receiver of love language. Love languages come with different descriptions, but the basic concept behind each of the languages is the same.

Are you looking to understand your partner, significant other, or team member or co-worker?

The five love languages describe the way we feel loved and appreciated. Depending on our individual personality types, we may feel loved differently than how our partners do. Understanding and decoding these different ways of showing love will help take the guesswork out of your partner's expectations and needs.

What exactly are they and what do they mean? Each person has a communication style or language. When we learn to recognize not only our own language and what it is, we will be able to communicate more effectively with our loved ones and with other people and co-workers in a more effective manner.

The book that sparked the new way of thinking about love, The 5 Love Languages® by Dr. Gary Chapman, was written in 1995. In 2011 Dr. Chapman, along with Dr. Paul White, wrote a follow-up book titled: The 5 Languages of Appreciation in the Workplace. The 5 Languages of Appreciation in the Workplace gives individuals, teams, and entire organizations an invaluable resource to do just that by making appreciation a foundational part of their culture.

The book is designed to help you learn how to communicate appreciation in ways that are meaningful to the individuals with whom you work. Here we will be summarizing the five languages of appreciation.

**1. Words of Affirmation** – Words of Affirmation is the language that uses words to communicate a positive message to another person. When you speak this language, you are verbally affirming a positive characteristic about a person.

**2. Quality Time** – In Quality Time, the employee simply wants to feel that what they are doing is significant and that their supervisor values their contribution. Taking a few minutes to check in and hear how things are going communicates a genuine expression of interest in what your employees are doing and makes them feel valued.

## 5 Interesting Facts About Heart Health

### 1. Heart attacks can be silent

One in five heart attacks occurs without the person even knowing they had one.

### 2. Heart attacks affect women differently

Women may experience different symptoms than men. These include pain in the back, arm, neck, or shoulder; nausea; fatigue; shortness of breath; and vomiting.

### 3. Young women are at higher risk than men

Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.

### 4. Another reason to hate Mondays

Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend, which leads to increased blood pressure and other changes to the nervous system.

### 5. Diet soda raises heart attack risk

If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.



**3. Acts of Service** – When others reach out to help their co-workers with a task, they are performing Acts of Service. For example, Maggie doesn't work for praise or recognition; what really encourages Maggie is when others pitch in and help her with advanced computer work. Maggie, who is only five feet tall, feels greatly encouraged when co-workers help her reach things that are on the top shelf. When others reach out to help, she feels appreciated.



**4. Tangible Gifts** – Giving the right gift to a person who appreciates tangible rewards can send a powerful message of thanks, appreciation, and encouragement. Tangible gifts are usually small items that show you are getting to know your co-workers personally and what they enjoy. In fact, a key aspect of a meaningful gift in showing appreciation is that it is personal.

**5. Physical Touch** – The authors here believe there is a role for appropriate touch in work-oriented relationships. Physical touch is a fundamental aspect of human behavior. An affirming, work-appropriate touch can be a meaningful expression of appreciation to co-workers. Of course, it is always best to ask if the person would appreciate a hug in the work setting. (Obviously during the pandemic situation, this is something you will want to put off at the current time.)



If you are interested in learning more about The 5 Languages of Appreciation in the Workplace, you can find the book [here](#).

If you are interested in the original book or to find out more information about The Five Love Languages here:

[Mind Body Green](#)

[Crafted With Love](#)

## Creative Valentines

Ideas for both kids and adults in this time of quarantine...

[The Dating Divas](#)

[Good Housekeeping](#).

[First 5](#)



A GRATEFUL  
HEART IS A  
MAGNET FOR  
MIRACLES.

