Be your own hero! By loving yourself first, you create the power within to improve your relationships, your finances, your mental health, and your physical well-being. If you need help identifying the steps or resources required for making a positive change, schedule an appointment with your worksite nurse or Primary Care Physician by calling 24/7 Nurse on Call today at 800.528.7883.

Empowering Women for Better Health

Bellin Health Generations is a unique clinic to support women at every age and every stage of health and happiness. Learn more at bellin.org/generations.
Winston Churchill is credited with saying, “Attitude is a little thing that makes a big difference.” How does that impact your health? Your life? Don’t dwell on your circumstances. Look for the positives about your situation and take small steps every day that help you move in the right direction. **You have the power to create the best version of yourself.**

**BE YOU**

CLAIRE DOTY, AGE 27

- Lost 50+ pounds and went from size 20 to size 10
- Focuses on victories unrelated to the scale/weight to move her health forward

**BELONG**

“I was 26 years old and couldn’t take a flight of stairs without getting completely out of breath. I didn’t like going on dates because I was unhappy and uncomfortable with myself. Then one day on a date we went hiking and I couldn’t keep up. I was embarrassed. I had finally had enough. I joined weight watchers at work to start making better food choices. Then I added in more activity two days a week and worked up to exercising every day. I started running with friends and eventually did a 5K and then a 10K. I was so excited to know my body could do that! My next goal was to fit into an Italian leather belt I bought myself on a trip. I cried the day I moved the buckle to the smallest loop.”

**BE A LIFESAVER**

“It’s important to know where you are emotionally because a lot of your choices reflect what’s happening in your head. We are usually our own harshest critics. If you wake up and think something negative about yourself, that’s how your whole day will unfold. Instead, figure out your vision for yourself beyond the scale. Look in the mirror and give yourself a compliment! Love yourself! I learned that nobody else’s opinion of me was as dependent on my weight as my own opinion of myself. I had the power within me the entire time to make a change and create a better version of myself. Now I feel like I have the capacity to do anything!”

1. **Assess your attitude.** Your thoughts, beliefs, and emotions directly impact your behavior.
2. **Pace yourself.** There’s a saying that you move a giant rock one small pebble at a time. We all know that slow and steady wins the race. The key is persistence.
3. **Wellness is a journey, not a destination.** Bellin Health provides materials and guidance to start a small group program called The Road to Wellness. Each step along your journey makes a difference. Go to bellin.org/lifesaver and click on WELCOA Small Group Programs for more information.

Name: ___________________________  ☐ I gave myself the gift of confidence by recognizing my own power to make a change.