

Katie Johnson: Good morning, and welcome to Apple a Day, Lake Region Healthcare's Health and Wellness Program, where we feature news and information you can use to live a healthier life. I am Katie Johnson your host, and my two guests today are Natalie Knutson, the wellness director at Lake Region Healthcare; and Jason Bergstrand from Partnership for Health. They both work with Live Well Fergus Falls, and are going to be our speakers at this months Living Well Series.

Good morning Natalie and Jason.

JasonBergstrand: Hey, good morning.

Natalie Knutson: Good morning Katie.

Katie Johnson: Thanks for joining me, I always love the episode of the month where we get to talk about the Living Well Series because it's such a great opportunity for our community to come on site, sit down, have some kind of face to face conversation and learning around some of the different components of wellness, and it's also a chance for us to talk on the air, online with all of our listeners as well about all of these important pieces to better health; and the November Living Well Series is going to be on a topic, like we're saying just in time for the holidays, around the theme of staying positive and mentally healthy through the holidays.

So, let's start out by talking about your work with Live Well Fergus Falls and this thrive initiative that's kind of setting the stage for what that talk is going to be about. So, for people who haven't heard, what is thrive?

Natalie Knutson: So, Live Well Fergus Falls is just a group of community members that have gotten together, that show some passion for positive well being, and just continuing to push some different initiatives and thrive is probably our newest one, kind of focusing on the mental health aspect of our community. So it's promoting health and well being through happiness and purpose, and just developing some really simple tools to implement into our every day life.

So, you know, like physical activity and eating differently, those are big tasks that take a lot of work and a lot of dedication, and the simple tools that come with the thrive initiative are just not extra things, they should just be things that end up falling into your daily living; and not only help you live a more positive, and healthy life, but those people that you impact by utilizing these tools also get the benefits of it.

Katie Johnson: I really like that, the concept of it just being part of your life, not like the exercise that I need to block out time on my calendar for. Jason, I know that you focus a lot on this Health Through Happiness and Purpose-

JasonBergstrand: Yeah.

Katie Johnson: ... And you talk a lot about the purpose side of it. Do you want to expound on that a little bit?

JasonBergstrand: Right, well you know there's a lot that you can look at when it comes to well being we know that mental health and physical health tied together, you really can't have one without the other, and when it comes to mental health, the research shows us that it's really though happiness and meaning in our life that give us the biggest boost in our mental well being. There are other things too, in terms of engagement and having personal accomplishments and having positive relationships to kind of round it out in a more comprehensive way, but we're really going to start with the happiness component and the meaning component is kind of the launching pad for this initiative.

Katie Johnson: So, for people that are thinking about coming to the Living Well event, which I should back up, happens the third Monday of every month, so in November it will be coming up here on Monday, November 19th, what can they expect to hear from you as you present this topic of staying positive and mentally healthy by using these thrive tools?

Natalie Knutson: So, I think we can all relate to just this time of the year things get a little stressful, life is busy, whether it's financial stress, or the anxiety of family members coming over and you all maybe don't quite get along, or maybe it's a personal thing of too much food and not enough time to get your physical activity in; and there's so many things that we're all dealing with, but I think the one thing that we can relate to is learning different ways to cope, and different ways to deal with those stressful situations and just trying to stay positive and be thankful for what we do have.

So we will be talking about one of the simple tools is just the three good things, just a simple reflection every evening of the three good things that happened to you throughout each day, and I mean there's scientific research behind that that we'll expand on more at the education series; but that's just something really simple that really make you really realize how good we have it.

Katie Johnson: What about other tools that maybe people who can't come that day, or other resources that you might point people to, like you said, there's evidence behind this, this is evidence based research, so I'm guessing there's some places that we can direct people to kind of dive into this more. Maybe even if they can attend, if they want to have some background about is this for real? Or is this just some feel good kind of talk?

JasonBergstrand: Yeah, sure. Well there's two resources that I would point people to. One being go to Fort Fergus Falls website, and then look for the Live Well tab, and if you click on that then you'll get more information about thrive and kind of where we're going with this community wide initiative because there are some upcoming meetings that you can participate in beyond the Living Well series,

and so this is a community initiative that will keep going, hopefully for a long time; and we're going to be hopefully engaging people at different points along the way, and they can jump on board and be apart of this project at any moment in time. So, that's one.

The other one I would point people to is AuthenticHappiness.com there is just some phenomenal research there and tools there, there are surveys that you can take, there are specific resources there that will help you get on the right track with this concept.

Katie Johnson: So we want to make sure that people do know exactly where and how to attend this event, though if they do want to join us for November's Living Well series, Natalie maybe go over the time, location, and that there's actually even food involved.

Natalie Knutson: Yeah. Yeah, you'll get a healthy snack, meal for some people, at the event. So it's Monday, November 19th from 5:45 to 7:00 at the main entrance of the Lake Region Healthcare Clinic; and if you are able to RSVP, we appreciate that, just for food planning purposes. So, just go onto our website www.lrhc.org, otherwise you can email wellness@lrhc and if you want a phone number, 218-736-8451.

Katie Johnson: And we don't want you to feel like you can't come if you haven't RSVP'd. If your plans change that Monday night, and hey you happen to drive by and see the cars and go, oh yeah, swing in.

Natalie Knutson: Definitely, yeah. We have no problem with people just dropping in because we all know life is crazy and last minute things come up and if you're available, just swing on by.

Katie Johnson: And that whole life being crazy thing is exactly what we're going to be talking about right? And what better time to practice some of these things, like you were saying Jason, then the holidays, when we're in these stressful times and around a lot of people-

JasonBergstrand: Right. Yeah, you're going to walk away with wonderful tools that you'll be able to implement immediately, they're easy, simple, life changing, and nothing that has to be done in addition to what you're already doing in life. They can just become natural.

Katie Johnson: Sounds fabulous, again it's the Living Well series, Monday, November 19th on the topic of staying positive and mentally healthy through the holidays. Natalie and Jason I look forward to hearing what you have to share with us then, if our listeners are wanting more Live Well information, we do invite you to visit our website, sign up for our monthly newsletter, look for our Living Well Community Health Challenge that will happen after the new year and also mark December's

events on your calendar as well. Natalie, maybe just give us a quick preview of what December is going to be, since it's a nice tie in to what we're talking about in November.

Natalie Knutson: Yep, December is going to be all about you. So coming on over, being able to practice some self care things, some massages, and some healthy snacks, and some energy readings, and then we will also be putting together gifts of gratitude, so if you have a person or two in your life that you just don't know what to get them, or you just need to take a second to sit down and make them something, the gifts of gratitude are going to be there, and we will have the packaging and everything so you can wrap it all up, put a bow on it, and you have one of your Christmas holiday gifts done.

Katie Johnson: Oh, that sounds fantastic, so that one will be on December 17th, since these are on the 3rd Monday of the month. Natalie and Jason thanks for taking time to preview the Living Well event coming up on the 19th, and thanks for all of your work, both on this community thrive initiative and on the Live Well Fergus Falls initiatives in general, you are making our community a better, and a healthier place, and I appreciate your leadership.

Natalie Knutson: Thank you Katie.

JasonBergstrand: Thank you.

Katie Johnson: Natalie Knutson, and Jason Bergstrand, my guests today on Apple a Day, inviting you to the Living Well education series Monday the 19th, at 5:45 in our main clinic. Natalie, Jason, and Katie remind you that there is so much to do here, stay healthy for it. Have a great day!