

MyLifeExpert.com

Life, Health and You

January 2023

Is it Time for a Skills Update?

There are lots of ways to develop new work skills or refresh past skills.

How can I learn about what's new in my field—or in a career I want to enter?

- Go online to research what's happening in your industry or career area. Get started by searching for the name of the career or industry and "professional development." You might find recent blogs or articles to read, or webinars to view.
- Find and join a [professional association](#) to learn trends in your field. Many national organizations have local chapters. You might read journal articles and attend a conference or workshop.
- Visit [Tools & Technology Finder](#) to look up the most common tools or types of technology used in hundreds of occupations.

How can I gain skills right away?

- Refresh basic English or math skills at a [literacy training center](#) or find a local library to ask what training or workshops they offer.
- Search online for free training using "How to" and the name of a skill you want to learn.
- Review the professional [certifications](#) related to your career and consider obtaining one to refresh your credentials.
- Enroll in a class in your field at a local college, technical school, community organization, or local school district.
- Volunteer at an organization that uses the kind of skills you need to develop or refresh. Many provide training.
- Consider getting technology training if needed. Take an online class or find free introductory classes through [public libraries](#), and [American Job Centers](#).

What are longer-term training options?

- Consider entering a program to earn a certificate or college degree.
- Find out about [apprenticeships](#) to learn skills on the job while earning an income. Many apprenticeships are in well-paying occupations in the manufacturing, construction, health care and transportation industries, and last from 1-6 years.
- If you're an adult going back to school, read more at [College for adults](#). You might also find resources for you at [Older workers](#) or [Entry-level workers](#).

Source: [CareerOneStop](#) - U.S. Department of Labor



Add More Music to Your Life

Music has been around since ancient times and is a part of every known culture. It can get your foot tapping, lift your mood, and even help you recall a distant memory.

As scientists continue to learn more about music and the brain, try striking a chord for your health. Whether you're looking to boost your mood, stay connected to others, or improve symptoms of a health condition, add a little music to your life.

- Listen to music during the day, like on your way to work or during exercise.
- Sing and dance while you're doing chores or cooking meals.
- Play a musical instrument. Consider taking lessons or joining friends to make music.
- Attend concerts, plays, and other community music activities in your area.
- Encourage your kids to listen to music, sing, play an instrument, or participate in music programs at school.
- Ask your doctor if music therapy is right for you. Consider working with a board-certified music therapist to improve your health.

Visit [MyLifeExpert.com](#) today!

National Health Observances:

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

- **National Glaucoma Awareness Month**

Each January, the [National Eye Institute](#) (NEI) sponsors National Glaucoma Awareness Month. Check out NEI's [Glaucoma Resources for Health Educators](#) to help spread the word about glaucoma, which is the leading cause of vision loss and blindness in the United States

- **Cervical Cancer Awareness Month**

The [National Cervical Cancer Coalition](#) uses the month of January to educate people about cervical cancer, HPV disease, and the importance of getting screened. And share consumer-friendly healthfinder topics about [cervical cancer screening](#) and [the HPV vaccine](#).



Mental Health Minute



MINDFULNESS

Becoming more mindful requires practice. Here are some tips to help you get started:

- **Take some deep breaths.** Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- **Enjoy a stroll.** As you walk, pay attention to your breath and the sights and sounds around you. If thoughts and worries enter your mind, note them but then return to the present.
- **Practice mindful eating.** Be aware of taste, textures, and flavors in each bite. Listen to when your body is hungry and full.
- **Do a body scan.** Bring your attention to how each part of your body is feeling. This can help you connect with your body.
- **Find mindfulness resources** including online programs and teacher-guided practices.

LIVE MONTHLY WEBINAR:

Managing Your Money in Tough Times

Date: 1/11/2023 | Time: 1:30 PM to 2:30 PM EST

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