



Florida Insurance Brokers, simplifying a complicated subject like insurance and helping you design a benefit package that will attract and maintain a healthy, talented workforce.



Joy!

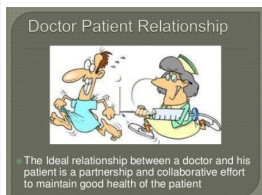
Joy is an emotion experienced by many but understood by few. It's usually mistaken for happiness, yet is unique in its impact on both our mind and body. Joy is not just a mere fleeting emotion – it triggers a host of significant physiological and psychological changes that can improve our physical and mental health. Joy often refers to a broad sense of being satisfied with life that appears after experiencing a sense of awe or wonder. Many of us might better associate it with feeling “blessed”. While joy is experienced naturally, happiness is often pursued. We can work on cultivating joy independent of our circumstances. Increasing your ability to find joy may provide long-lasting health benefits. Your immune system can be strengthened by your mental state (immune cells even have receptors for neurotransmitters). Interventions to increase joy may also decrease stress hormones, improve pain, and relieve depression. Finally, finding joy can help you live longer.



today
I CHOOSE
joy

American Medicine

The paradox that defines modern American medicine: Doctors are working harder and longer, all while patients can access them less. The ways doctors' workloads are exploding are largely clerical and bureaucratic. Paper records were converted to electronic charts, however, the very technology that was supposed to reduce doctors' work has drastically increased it. Doctors today spend two hours doing computer tasks for every one hour facing patients.



Burnout in the health care industry is a widespread problem. According to one report, approximately 117,000 physicians left the workforce in 2021. Rates of physician suicide, partly fueled by burnout, have been a concern for decades. Physician burnout is not due to overwork: We are demoralized by the sick systems we work for (Robert Pearl MD).

Longevity



Research points to interventions in diet, exercise and mental outlook that could slow down aging and age-related diseases. Ideally, our ancestors enjoyed protein-rich red meat for peak energy and performance. But when hunting expeditions failed, people resorted to eating hardy plants. Today, our bodies still infer a state of scarcity if we consume lots of vegetables, switching on the longevity genes. To maximize what longevity experts call “healthspan,” at least 50 percent of protein should come from vegetable sources.

Exercise can further simulate our ancestors' stressful environments, some experts say, which can dupe your genes into extending your span of health. Cardio workouts may extend longevity by multiplying mitochondria, the “powerhouses” within cells.



Other drivers of longevity: long-term, loving relationships; optimism; stress levels; sleep quality.

Our Benefit Consultants have the resources to inform and guide you through the processes and requirements for offering group health insurance. Our online tools and enrollment system, along with a *personal touch*, help ensure benefit administration is done right. Let us help you.