

# Wellness Newsletter

June 2024

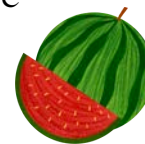
ISSUE #9

## EMBRACE SUMMER'S ENERGY

As the sun gets brighter and the days grow longer, summer is here to fill our lives with warmth and fun. It's the perfect time to shake off the routine and dive into the season's vibrant energy. Picture yourself taking refreshing breaks outside, feeling the sunshine on your face, and enjoying activities that spark creativity and joy. Summer invites us to step out of our usual rhythm and embrace the light-hearted spirit that comes with it.

With the arrival of summer, there's a unique opportunity to blend work and play seamlessly. Let's take advantage of the longer days by incorporating small outdoor breaks into our schedules, whether it's a quick walk during lunch or a brainstorming session in the park. These moments not only recharge our spirits but also boost our creativity and productivity. Summer encourages us to think outside the box and find inspiration in new settings and activities.

Summer is about finding that perfect balance between professional responsibilities and personal enjoyment. Let's embrace the season's positive vibes and let them inspire us both at work and in our free time. Plan a team outing, enjoy the beautiful weather, and make the most of these sunny months. Together, we can soak up the summer magic and create lasting memories while staying motivated and productive. Get ready to make the most of every sunny moment!



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# Summer Wellness: Staying Safe and Healthy



Staying safe and healthy during the summer involves understanding and managing the impact of heat and sun exposure on the body. Hydration is crucial; drinking water regularly helps maintain bodily functions and prevents dehydration, which can lead to heat-related illnesses. Wearing appropriate clothing, such as lightweight and loose-fitting garments made of breathable materials like cotton, allows the body to regulate its temperature more effectively. Sunscreen with a high SPF is essential to protect the skin from harmful UV rays, which can cause sunburn and increase the risk of skin cancer. It is important to reapply sunscreen every two hours or after swimming. Additionally, seeking shade during the hottest parts of the day, usually between 10 a.m. and 4 p.m., can reduce the risk of heat exhaustion and heat stroke. Using insect repellent helps protect against mosquito bites, which can transmit diseases.



Eat



Healthy

Maintaining a healthy diet and exercise routine during the summer contributes to overall well-being and prevents heat-related health issues. Consuming a variety of fresh fruits and vegetables provides essential nutrients that support the body's functions and boosts immunity. Lighter meals are preferable as they are easier to digest and help prevent the lethargy that can accompany heavy, rich foods in hot weather.

Incorporating outdoor physical activities such as swimming, hiking, or cycling can improve cardiovascular health and fitness levels. However, it is advisable to engage in these activities during cooler parts of the day, such as early morning or late evening, and to stay hydrated throughout.

Monitoring local air quality is also important, as high pollution levels can exacerbate respiratory conditions. By understanding and implementing these health and safety measures, individuals can enjoy a productive and enjoyable summer season.



## CHOOSE The Right Sunscreen



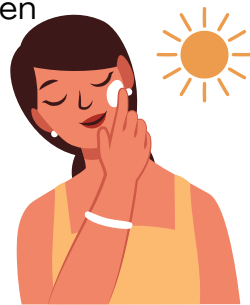
Skin is the body's protective barrier from the outside world. It recognizes pain, alerts us of danger, and protects us from the sun's harmful ultraviolet (UV) rays.

**THE CHOICE TO PROTECT OUR SKIN IS EASY; DECIDING THE RIGHT SUNSCREEN CAN BE AS SIMPLE AS READING THE LABEL AND UNDERSTANDING THE TERMS:**

**Broad spectrum protection:** protect against both UVA and UVB rays. UVB rays are the main cause of sunburn and skin cancers, but UVA rays also contribute to skin cancer and pre-mature aging.

**Sun protection factor (SPF):** The SPF number is the level of protection the sunscreen provides against UVB rays. The American Cancer society recommends using an SPF of 30 or higher. SPF below 15 only protects against sunburn, not skin cancer or skin aging.

**Water resistant:** No sunscreens are waterproof or "sweatproof." For best results, reapply sunscreen at least every 2 hours and even more often if swimming or sweating.



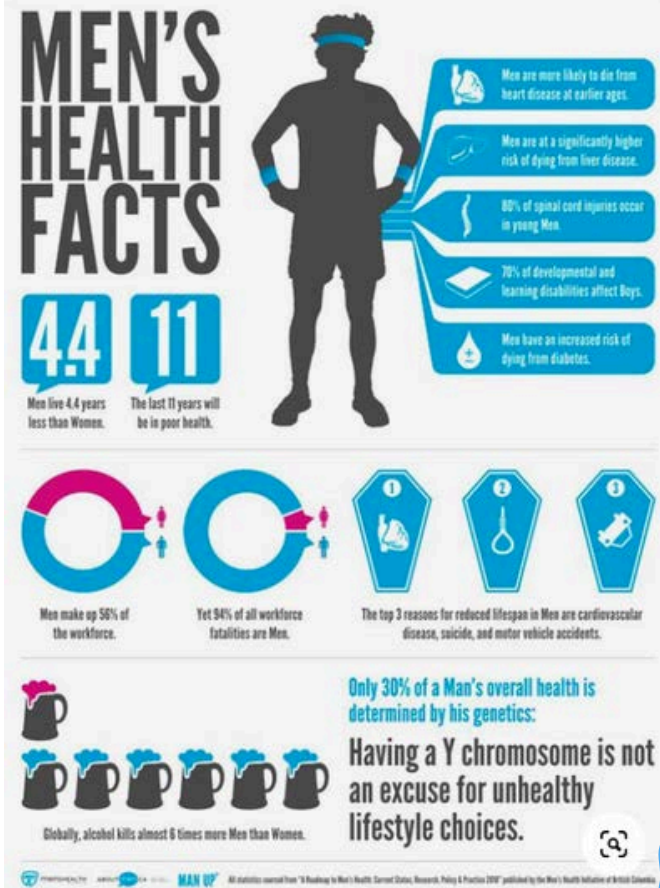


# MEN'S HEALTH MONTH

*Why is it important?*

Men's Health Month holds significance as it directs attention towards the unique health challenges confronting men. By raising awareness, it encourages men to address their health concerns proactively rather than neglecting them. This observance underscores the importance of preventive healthcare practices, like regular screenings and healthy lifestyle choices, fostering early detection and improved outcomes.

It promotes healthy living habits, advocating for proper nutrition, regular exercise, and the avoidance of detrimental behaviors such as smoking and excessive drinking. Men's Health Month endeavors to dismantle stigmas surrounding men's health issues, particularly regarding mental health, encouraging open dialogue and support-seeking. This month serves as a catalyst for increased research funding and enhanced healthcare services tailored to men's needs, all aimed at fostering healthier lives for men.



*Did you know?*

## 5 MAJOR MENTAL HEALTH Problems affecting Men



### DEPRESSION

Over 6 million men suffer from depression per year. Male depression often goes undiagnosed. Men are more likely to report fatigue, irritability, loss of interest in work or hobbies, rather than feelings of sadness or worthlessness.

### ANXIETY

Approximately 19.1 million American adults ages 18 to 54 have an anxiety disorder. 3,020,000 men have a panic disorder, agoraphobia, or any other phobia.



### BIPOLAR DISORDER

2.3 million Americans are affected by bipolar disorder. An equal amount of men and women develop the illness. The age of onset for men is between 16 to 25 years old.

### PSYCHOSIS AND SCHIZOPHRENIA

Approximately 3.5 million people in the U.S. are diagnosed with schizophrenia and it is one of the leading causes of disability. Ninety percent of people who are diagnosed with schizophrenia by age 30 are men.



### EATING DISORDERS

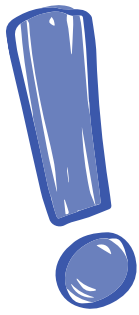
Males account for an estimated 10% of patients with anorexia or bulimia and an estimated 35% of those with binge-eating disorder. Men with eating disorders are less likely to seek professional help than women.

**GET REGULAR HEALTH SCREENINGS**

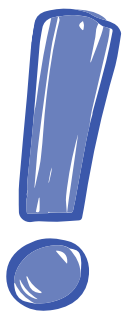
Make it a priority to schedule regular health check-ups and screenings. Health conditions often develop quietly, without noticeable symptoms, particularly in the early stages. By staying proactive with routine check-ups, you increase the chances of detecting potential health issues early on, when they are more manageable and treatable.







# Consequences of Ignoring Men's Health



According to the Centers for Disease Control and Prevention (CDC), 13.2% of men aged 18 and over are in fair or poor health.

- 1. Delayed Diagnosis and Treatment:** Neglecting symptoms or skipping regular check-ups can result in the late detection of health issues. When symptoms finally become apparent enough to seek medical help, the condition may have advanced, making treatment more difficult and less effective.
- 2. Increased Risk of Complications:** Untreated health conditions can lead to complications that adversely affect overall health and quality of life. For instance, untreated hypertension can elevate the risk of heart attack, stroke, and kidney damage, while untreated diabetes can result in nerve damage, vision problems, and cardiovascular issues.
- 3. Reduced Life Expectancy:** Neglecting preventive care and health concerns can reduce life expectancy. Without early intervention and proper management, individuals may face a higher risk of premature death from preventable causes like heart disease, cancer, and complications related to chronic conditions.
- 4. Impact on Mental Health:** Ignoring mental health issues can have serious consequences, including increased stress, anxiety, depression, and a diminished sense of well-being. Unaddressed mental health problems can interfere with daily activities, relationships, and work performance.
- 5. Financial Burden:** Neglecting health problems can lead to higher healthcare costs due to the need for more intensive treatments, hospital stays, and medications for advanced conditions. Additionally, untreated health issues can result in missed workdays and decreased productivity, affecting financial stability.
- 6. Negative Impact on Relationships:** Overlooking health concerns can strain relationships with family, friends, and romantic partners. Health issues can impact emotional well-being, communication, and the ability to engage in social activities, leading to increased stress and tension in relationships.

Ignoring men's health can have extensive consequences on physical health, mental well-being, relationships, and overall quality of life. Prioritizing preventive care, seeking medical attention for symptoms, and promptly addressing health concerns can help reduce these negative effects and support long-term health and wellness.

*Click on this video to learn more about men's health!*



**TAKE CARE  
— of —  
YOURSELF**

# What are the symptoms of mental disorders in men?

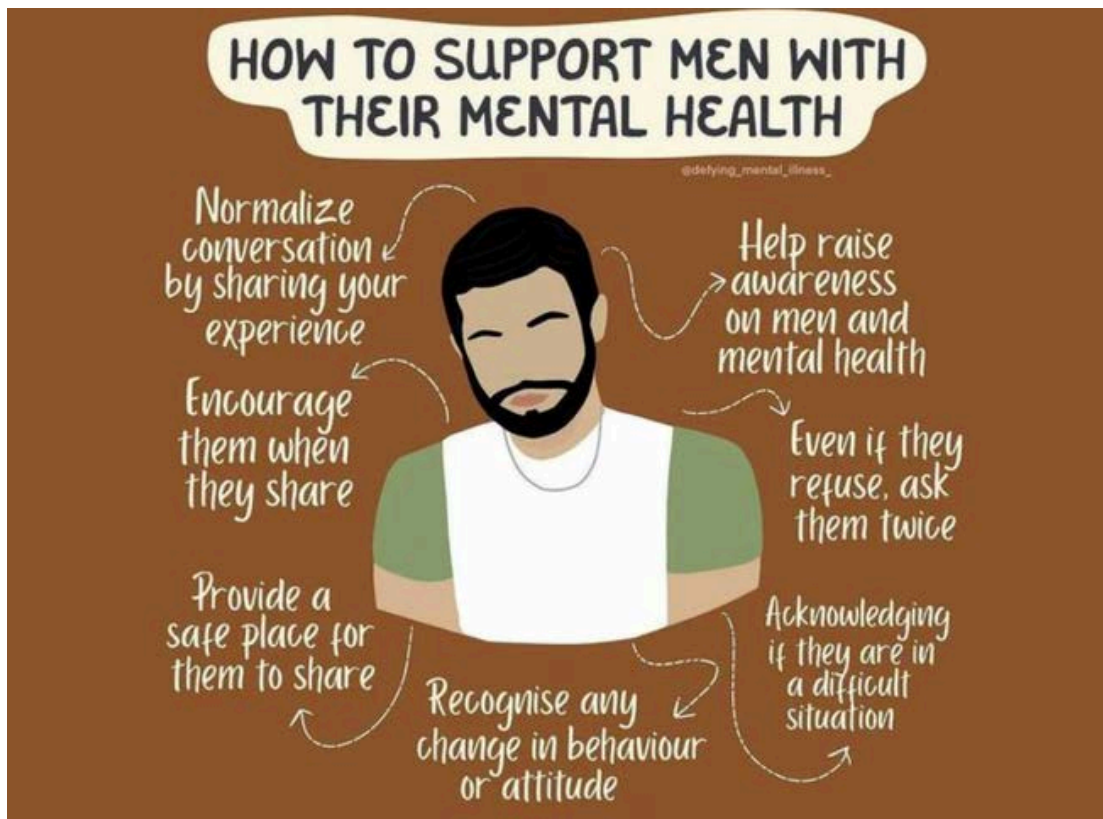
Men and women can develop most of the same mental disorders and conditions, but they may experience different symptoms. Some common symptoms include:

- Anger, irritability, or aggressiveness
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Misuse of alcohol, drugs, or both
- Persistent sadness or feelings of hopelessness
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Aches, headaches, or digestive problems without a clear cause
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Thoughts of death or suicide or suicide attempts

Mental disorders can be treated: A primary care provider is a good place to start if you're looking for help. They can refer you to a qualified mental health professional, such as a psychologist, psychiatrist, or clinical social worker, who can help you figure out next steps. Find tips for talking with a health care provider about your mental health.

You can learn more about getting help on the NIMH website. You can also learn about finding support and locating mental health services in your area on the Substance Abuse and Mental Health Services Administration (SAMHSA) website.

<https://www.nimh.nih.gov/health/topics/men-and-mental-health>



# Recommended Health Screenings

The Men's Health Network, the American Cancer Society, and the American Heart Association suggest the following screening guidelines.

## **In your 20s:**

- complete physical every two to four years
- blood pressure check every two years
- screening for cancers of the thyroid, testicles, lymph nodes, mouth and skin every three years
- cholesterol test for total and HDL (the good kind) every five years
- testicular self exam

## **In your 30s, all of the above, plus:**

- complete physical every two years

## **In your 40s, all of the above, plus:**

- complete physical every year
- prostate specific antigen (PSA) and digital rectum exam (DRE) every year, if you're in a high risk group
- cancer tests every year.



## **In your 50s, all of the above, plus:**

- a sigmoidoscopy or colonoscopy (for colon cancers) every three to five years
- a stool test (for colon or rectal cancers) every three to five years
- a prostate-specific antigen (PSA) and digital rectal exam (DRE) test every year.

## **Men's Health Resources**

- [NAMI HelpLine Knowledge Article: I need to see a Psychiatrist/Therapist. How can I find one?](#) contains information on finding a mental health treatment provider that's right for you depending on your preferences and insurance status.
- [NAMI Knowledge Article: How can I get help/support for substance use disorder?](#) contains resources for finding substance use disorder treatment.
- [NAMI Knowledge Article: I'm having suicidal thoughts and need help.](#) contains vital resources for connecting to mental health crisis support when you need it.
- [Black Men Heal](#) is a non-profit organization that centers on the mental health needs of Black men by pairing them with therapists of color who can attend to their unique cultural experiences. The organization offers up to 8 free therapy sessions to those who apply.
- [Man Therapy](#) offers a Telehealth Connector and National Resources Hub for men to get connected with the right mental health help for their needs. The website also contains a "Worried About Someone" section with great information on how to support the men in your life.
- [Psychology Today's "Find a Therapist"](#) tool offers a "Men's Issues" filter. Use this filter to find therapists who are skilled at providing therapy specific to men's mental health challenges.



## Featured Recipe of the Month

### **AVOCADO CORN SALAD**



3. Dice 2 medium ripe avocados and place in a medium bowl. Drizzle with the remaining 2 tablespoons lime or lemon juice and toss to coat. Just before serving, add the avocado to the salad and stir gently to combine.

### Ingredients

- 1 ½ cups vanilla or lemon snap cookies, such as Mi-Del (about 4 ounces)
- 2 tablespoons melted butter
- 2 pints (4 cups) nonfat vanilla frozen yogurt, softened
- 2 ½ cups sliced strawberries, plus 12 slices for garnish

### Directions

1. Generously coat a 12-cup muffin tin with cooking spray.
2. Place cookies in a food processor and process until fine crumbs form. Transfer to a medium bowl and stir in melted butter. Press about 1 tablespoon of the mixture in the bottom of each muffin cup.
3. Place frozen yogurt and 2 1/2 cups strawberries in the food processor and pulse until the berries are finely chopped. Fill each muffin cup with a generous 1/4 cup of the mixture. Press a strawberry slice on top, if desired. Freeze until firm, at least 3 hours.

### Ingredients

- 2 medium limes or lemons
- 1/4 cup olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 ears fresh corn
- 1/2 medium red onion
- 1 pint cherry or grape tomatoes
- 1/2 small bunch fresh herbs, such as cilantro, parsley, dill, basil, or a combination
- 2 medium ripe avocados

### Directions

1. Juice 2 medium limes or lemons until you have 1/4 cup. Place 2 tablespoons of the juice, 1/4 cup olive oil, 1/2 teaspoon kosher salt, and 1/4 teaspoon black pepper in a large bowl, and whisk until combined.
2. Prepare the following, adding each to the bowl with the dressing as you complete it: Shuck and cut the kernels off 3 ears fresh corn (about 2 cups). Dice 1/2 medium red onion (about 3/4 cup). Halve 1 pint cherry tomatoes. Coarsely chop 1/2 small bunch fresh herbs until you have 1/4 cup. Fold together with a flexible spatula until combined.

## Sweet Treat of the Month

### **MINI STRAWBERRY CHEESECAKES**





# SUMMER READING

Whether enhancing your digital experience with an e-book, or cracking open a hard copy or soft cover, there are benefits of reading books that can positively affect your life. Reading contains both physical and mental benefits, starting from childhood and continuing through the senior years. Reading books can change your brain and your body for the better!

## READING LITERALLY CHANGES YOUR MIND BY:

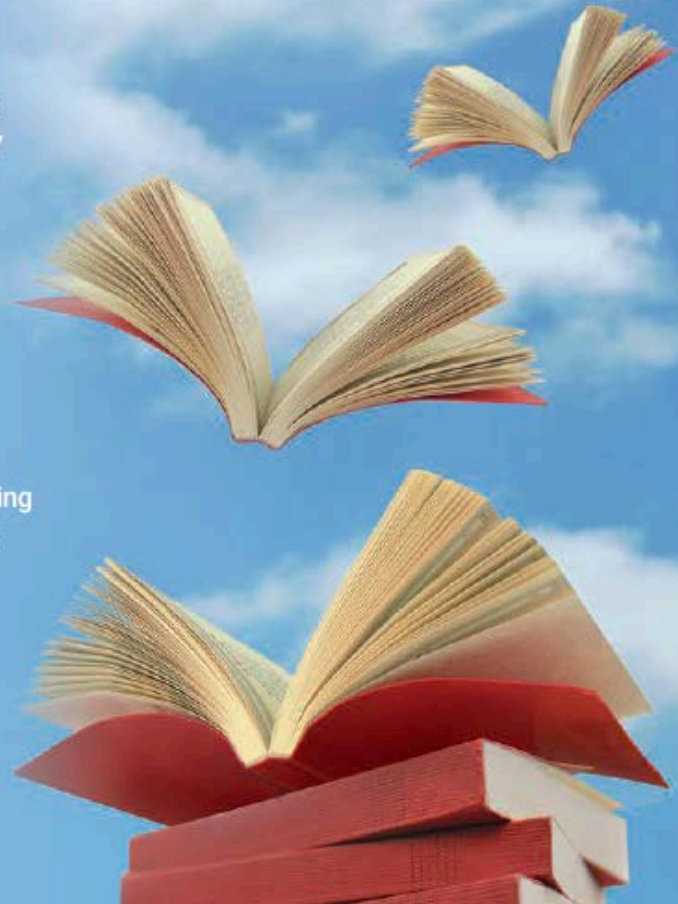
**Reducing stress and helping to alleviate symptoms of depression.** Fictional reading allows a temporary escape through imagined experiences of the characters. Self-help books can offer strategies to manage stress, anxiety and depression.

**Helping to prevent age-related cognitive decline.** The National Institute on Aging recommends reading books and magazines to keep the brain thinking clearly.

**Preparing for a good night's sleep.** Reading as part of a regular sleep routine helps relax the mind. Choose a print book rather than reading on a device, as the lights from screens could keep you awake.

**Increasing the ability to empathize.** Reading fiction stories that explore the inner lives of characters may heighten ability to understand the feelings and beliefs of others.

Literature can help us to learn to replace long-established, negative ways of thinking with a new healthier approach to life and to love.



## Health Tip of the Month

### Track your steps

Tracking your steps will help you see how much you've actually moved throughout the day and may even encourage you to challenge yourself to reach a certain amount of steps every day.

## Fitness Tip of the Month

### Take a walk.

Walking is a calming activity that helps you stay healthy without requiring any equipment. Regular 30-minute walks can help control hypertension and slow the progress of osteoporosis. Take regular walks throughout the week to stay on track!

## Quote of the Month

"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

— Norman Vincent Peale

Believe  
IN YOU



Enjoy your  
SUMMER!

