



The Wellness News

Tips and resources for living well

June 2021

Men's Health Month

June is Men's Health Month! This month is an opportunity to raise awareness of preventable health problems and encourage early detection and treatment of disease in our male population.

On average, men die almost five years earlier than women. It has been shown that men are also more reluctant to go to the doctor; and, in fact, studies show that women go to the doctor twice as much as men.

It's important to stay informed about your health, listen to your body, and never skip regular checkups. Not only will you live longer, but you'll also have a better quality of life.

General health tips:

Even if you are feeling good about your health, it is important to see your doctor at least once per year. Here are some of the screening tests recommended for men 65+:

- Blood pressure
- Colorectal Cancer
- Depression
- Diabetes mellitus, type 2
- Lipid disorders
- STD

Healthy eating tips:

Older men have specific dietary needs. They need more calcium, vitamin D, fiber, and potassium. Experts recommend limiting fat calories to 20 to 35 percent of your diet and suggest the following guidelines for daily calorie needs for men 50 and over:

- Not active: 2,000
- Moderately active: 2,200 to 2,400
- Active: 2,400 to 2,800

Additionally, it is recommended that senior men try to incorporate 30 minutes of physical activity, 5x a week into their daily schedule (physical limitations, permitting).

Sun safety tips:

Up to 50 percent of Americans who live to the age of 65 will be diagnosed with at least one type of skin cancer, and Caucasian men are particularly at risk. It's never too late to take steps to prevent further damage from the sun. Try to avoid the sun during peak hours from 10 a.m. to 4 p.m., wear a hat and sunglasses, and liberally apply SPF 30 or higher sunscreen to all exposed skin.

Use this month to focus on raising awareness about men's health needs, including the need to seek regular checkups, testicular cancer education, prostate cancer education, and other health issues that affect men. (Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.)

These are just a few ways for men to stay healthy as they age and it is a great time to commit to better health is during Men's Health Month! Do it for yourself and your family.



Great Outdoors Month



'Great Outdoors Week' began under President Clinton in 1998 and has grown under the Bush, Obama, and Trump administrations into a month-long celebration of the outdoors. On June 5th of 2019, the US Senate officially designated June as 'Great Outdoors Month.'

We have all been cooped up for so long; it's time to get outdoors! Spending time outside in nature is good for your physical and mental health. We can also easily socially distance in the great outdoors. For a fun summer vacation, why not

enjoy one or more of our beautiful National or State Parks. What a great way to stay active this summer! Or combine your planned vacation with a visit to a nearby park for a fun day of activity. Find a park here www.nps.gov/findapark/index.htm to visit.

If you enjoy camping, here are 10 of the best National or State Parks for Camping in the USA:

- Acadia National Park, Maine
- Glacier Bay National Park, Alaska
- Denali National Park, Alaska
- Shenandoah National Park, Virginia
- Pisgah National Forest, North Carolina
- Peninsula State Park, Wisconsin
- Voyageurs National Park, Minnesota
- Big Bend National Park, Texas
- Grand Canyon National Park, Arizona
- Yosemite National Park, California

As you can see, there are National Parks located across the United States and these are just a handful. Find the 5 closest to you and start enjoying these beautiful parks and the great outdoors!

We know it is not always easy to juggle everything & realize simple tips can help provide a different approach. Your EAP is here to help with family, work, health, well-being & legal issues.

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Here for you as life happens

Healthy Pinwheel Sandwiches

Ingredients

- **Choose your wrap:** plain, spinach, tomato, romaine leaf (may not hold a pinwheel well but is great for a wrap)
- **Choose your protein:** tuna, turkey, grilled chicken, hummus, beans, etc.
- **Choose your veggies:** romaine, spinach, tomato, cucumber, carrot, onion, sprouts, bell pepper, etc.
- **Healthy add ins:** avocado, Greek yogurt, salsa, Pico de gallo
- **Other add ins:** light mayo, light sour cream, light ranch or other dressing, cheese, etc.



Preparation

1. Add your own twist.
2. Roll up, cut into discs (pinwheels!)
3. Place on a tray.
4. Keep cold in shade and on ice for a picnic.

Health Tip:

Safe Summertime Play

- Before travel, check out health and safety risks at your destination.
- Check out the latest inspection scores of pools where you plan to swim.
- Protect your skin from the sun as sunburn is the most common summertime injury.
- Keep warm foods warm and cold foods cold as food poisonings peaks in summer months.

Action: *Take simple, common-sense precautions and enjoy summer and the great outdoors!*

Migraine and Headache Awareness Month



June is National Migraine & Headache Awareness Month (#MHAM). It is a dedicated time for migraine doctors and other health care providers, patient advocates, and the migraine community to unite their voices to advocate for migraine recognition and treatment.

There are several different types of headaches that may present differently. Three of the different types of headaches include tension, cluster, and sinus. Tension headaches are the most common of these three different types of headache. Most people will have at least one

tension headache each year. These headaches are mild to moderate in intensity and they are on both sides of the head. Cluster headaches, which occur in cyclical patterns or cluster periods, are one of the most painful types of headache. A cluster headache commonly awakens you in the middle of the night with intense pain in or around one eye or one side of your head. Bouts of frequent attacks, known as cluster periods, can last from weeks to months, usually followed by remission periods when the headaches stop. Sinus headaches are headaches that may feel like an infection in the sinuses (sinusitis). You may feel pressure around your eyes, cheeks, and forehead. Perhaps your head even throbs. However, many people who assume they have headaches from sinusitis, including many who have received such a diagnosis, have migraines or tension headaches.

Migraines can cause a variety of symptoms including severe throbbing on one side of the head, nausea, vomiting, and sensitivity to light and sound. A migraine may last a couple of hours to a few days or even longer. In some cases, the pain is so severe that it interferes with your activities of daily living. A neurologist is the type of doctor that is trained to treat headaches. Migraines may be diagnosed simply from your medical history, a description of your symptoms, or a physical or neurological exam. Sometimes other tests such as an MRI or CT scan are done to rule out other conditions. There are many types of medications that can help prevent migraines or help once you have one. But an important first step is to be correctly diagnosed.

The Mayo Clinic recommends that when symptoms of migraine start, you should try heading to a quiet, darkened room. Close your eyes and rest or take a nap. Place a cool cloth or ice pack wrapped in a towel or cloth on your forehead or at the back of your neck. Other practices that might soothe migraines with aura pain include:

- Practice relaxation techniques. Biofeedback and other forms of relaxation training teach you ways to deal with stressful situations, which might help reduce the number of migraines you have.
- Develop a sleeping and eating routine. Don't sleep too much or too little. Set and follow a consistent sleep and wake schedule daily. Try to eat meals at the same time every day.
- Drink plenty of fluids. Staying hydrated, particularly with water, might help.
- Keep a headache diary. Continue recording in your headache diary even after you see your doctor. It will help you learn more about what triggers your migraines and what treatment is most effective.
- Exercise regularly. Regular aerobic exercise reduces tension and can help prevent a migraine. If your doctor agrees, choose an aerobic activity you enjoy, such as walking, swimming, or cycling. Warm up slowly, however, because sudden, intense exercise can cause headaches.

CREATIVE PROBLEM SOLVING 101

Don't despair if the same frustrating problems shackle you at work time and time again. Perhaps you're bored with your job or concerned because the competition is passing your company by. Be aware that you can solve these problems with creativity.

Whether you realize it, you already have creative ability. "Ninety-eight percent of people are creative, but our socialization process causes them to put it on the back burner. The fastest way to tap into your creativity is to learn how to use creative problem-solving techniques," says James M. Higgins, author of *101 Creative Problem-Solving Techniques*.

Two of his favorite techniques—one for individuals, the other for groups—may work for you.

Mind Mapping

Mind mapping can help individuals brainstorm solutions to a problem; plan a meeting, party or vacation; organize daily work duties; compose a speech; and take notes at a staff meeting.

An Englishman named Tony Buzan originated the technique, which starts with a core idea and works outward instead of from lists or outlines. The idea resembles streets radiating from the center of a city.

"What makes mind mapping work," says Mr. Higgins, "is that it mirrors the way the brain thinks, from a central idea out, with connections made between thoughts."

How to Mind Map

Draw a small circle in the center of a large piece of unlined paper, and in it write a word or draw a picture representing your main topic. This is like the center of your city. Radiating from the circle, draw lines representing your topic's different facets. These are like your city's main streets.

On each line print only key words rather than complete sentences. Connect smaller lines to the main ones to represent sub-categories, ideas, items, or names. These are like your city's side streets. Whenever you think of a new idea, simply add a line where needed.

To spark more creativity and add organization, use different-colored ink for different categories, or draw symbols next to similar or interrelated items.

Besides awakening your creativity, mind mapping allows you to see the total picture on one page.



Storyboarding

With storyboarding, a group can come up with a multitude of creative ideas quickly while viewing them in an organized fashion.

To use storyboarding in a group setting, encourage people to call out their ideas no matter how off-the-wall or outrageous they sound—and allow no negative comments. One person's zany idea can spark creative ones from other group members. Later on you can decide which ideas to use.

As people express ideas, someone should write them on separate 4-by-6-inch sticky notes, which will be placed on a wall so everyone can see the ideas together. Put the notes under appropriate headings, and move them around as needed.

Begin with these three headings: Topic, Purpose, and Miscellaneous. When several miscellaneous ideas have the same line of thought, group them under a new heading.

When dealing with a complex project, create four separate storyboards: one each for planning, ideas, organization, and communication.

Balance Your Brain

Mind mapping and storyboarding use both the brain's creative right side and its linear left side. "This is important," says Mr. Higgins, "because you want a balanced brain so you can take your creativity and do something with it."

SIMPLE STEPS FOR GETTING & STAYING ORGANIZED

Your ability to accomplish any task or reach any desired goal is directly related to your ability to find the right thing at the right time.

To determine your level of organization, Barbara Hemphill, CEO of Hemphill Productivity Institute in Raleigh, N.C., and author of "The Paper Tiger at Work," recommends you ask yourself these questions:

- Can I find what I need?
- Does my office work?
- Does it work for other people on my staff?

"If the answer to any of these questions is no, your lack of organization is costing you time, productivity and money," says Ms. Hemphill. She offers the following suggestions on how to get and stay organized.

Make decisions

Recognize that clutter indicates postponed decisions. Desks and filing cabinets become inundated with paper -- and computers with files -- because we don't make decisions. In reality, you have only three choices.

"I call it The FAT System: File, Act or Toss. File means 'I don't know if I'll ever need it, but I don't have the nerve to throw it out!' Act means 'The ball is in my court to do it or delegate it.' And Toss speaks for itself," says Ms. Hemphill.

Toss it

Practice the art of waste-basketry on an ongoing basis and encourage others to do the same.

According to Ms. Hemphill, research shows that people never use 80 percent of what they keep. But how do you decide what you really need?

For each piece of information, whether paper or electronic, ask these questions:

- Does this require action?
- Does it exist elsewhere?
- Would it be difficult to get again?
- Is it recent enough to be useful?

If the answers are "No," toss it.

Keep contacts

Implement a fail-safe system for contact information. Many of the pieces of paper that clutter up your desk are deemed valuable because of a name, address or phone number. Choose a system for tracking this information and use it consistently.



Find it

Turn your filing system into a "Finding System." If your filing system isn't working, ignore it and start over.

Clean out your most accessible file space, and put unused files into less accessible space if you're not comfortable tossing them. Begin your new system and as you need information from the old files, incorporate it into the new system.

"The key to the continuing success of your filing system is a File Index -- a list of your file titles," says Ms. Hemphill. "You can create a File Index with a word-processing or spreadsheet program."

On the road

Manage your paper on the road as well as you do in the office. Turn your briefcase into a "mini office." Carry file folders labeled by specific action.

"Act," for example, is for papers you'll work on while you travel. A "Call" file makes it easy for you to spend the 15 minutes before a flight to make one or two quick calls.

"Discuss with your assistant" contains papers to be handled when you return.

"Be sure to include 'File' -- with a copy of your File Index. As you collect papers along the way that you want to file, check the File Index for the keyword or number and write it in the upper-right-hand corner of the paper," says Ms. Hemphill. "When you return, filing will be easy."

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RESPECTFUL COMMUNICATION IN THE WORKPLACE

Prior to this unprecedented past year, when we focused on understanding diversity in the workplace, the main factors considered were differences based on our gender, race, culture, or generational cohort. However, due to recent events, including increased political tensions and the COVID-19 pandemic, it is more important than ever to learn new skills when interacting with others who differ from us in their beliefs—both in our personal and professional lives. As our world is changing, we need to manage these "hot topics" more effectively and thoughtfully in order to reduce tension and stress in the workplace.



As a psychotherapist with 30 years of experience, it is evident that the challenges we are currently facing serve to divide rather than unify us as people; these challenges divide us into categories, perpetuate stereotypes, and increase conflicts—leading to division and tension between family members, friends, and coworkers. Regardless of what your beliefs are, it is important to recognize how you communicate those differences and to respect other people's opinions, beliefs, and perspectives.

Because we feel so strongly that our position and perspective is the right one, we frequently forget that others also feel this way. Therefore, the first step in understanding our differences is to remind ourselves that each of us comes from different educational and socioeconomic backgrounds, cultures, and families. This, in turn, affects the outside factors we are influenced by, such as news outlets and other media we consume. We tend to subscribe to news feeds and expose ourselves to information that confirms our position is the right one and supports our beliefs.

As we continue to have conversations in the workplace, the first thing to be mindful of is how the other person is reacting to your comments, especially if you are discussing an emotionally charged topic. If you can sense the other person does not agree with you or is uncomfortable, the first step is to stop and ask yourself questions, such as: *Is this an appropriate or worthwhile discussion to get into when I know I won't change their perspective and they won't change mine? Will this conversation improve my relationship with my coworker, or could it potentially damage it? Is this relevant to my job and useful to discuss as part of a collaborative effort, or is it irrelevant?*

The issues that face us today fuel many people's fears about the future of our country, which can affect a core human need to feel safe and secure in their day-to-day life. When someone's basic sense of security is threatened, it can impact that person's ability to communicate or function effectively in the workplace. In addition, individuals may have experienced past trauma that is triggered by these present circumstances. It is important to consider that someone's past experiences may be compounding their beliefs, fears, and reactions. In order to engage in respectful communication, a fundamental part of this process is maintaining empathy and understanding of how others' world views differ from your own. Therefore, aim to be respectful of differences while also staying sensitive to the other person's emotional state.

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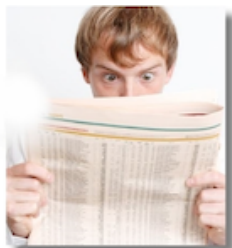
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Affected by 'Headline Stress Disorder'?



Are you affected by "headline stress disorder?" It's not a real mental health diagnosis, but it has been discussed at the National Institutes of Health. News travels faster than ever.

There is more competition for your attention and your loyalty, but it can be at a price if the news you consume keeps you agitated, angry, depressed, and worried. Combine this reality with our ability to share news with others in seconds, and you have a recipe for experiencing palpitations, insomnia, anxiety, depression, endocrine disorders, and hypertension. If this sounds too familiar, monitor your news consumption. Keep a record of what you read, watch, and listen to for a few days. Experiment with cutting back, and if you don't make progress in reducing exposure and reduced symptoms, speak with your EAP or a professional counselor. *Source: www.ncbi.nlm.nih.gov/pmc/search/PMC7104635*

Keep Safety in Your Summer



As the impact of the pandemic diminishes and you head outdoors to have fun in the sun, "keep safety in your summer." A review of safety and wellness websites points to the most

common activities associated with injuries or death: boating and water sports, mowing lawns, unsafe use of playgrounds, bicycling, using trampolines, swimming and pool incidents, activities that include risk of slips and falls, spoiled food illnesses from outdoor eating events, and car accidents. The day of the year with the most car accidents is July 4th.

Have a Burnout Prevention Plan



You can experience burnout even if you love your job. Your initial enthusiasm, energy, and accomplishments can obscure your awareness of being overworked,

resource limitations, lack of control of your schedule, and the negative consequences of neglecting work-life balance. Eventually, enthusiasm and interest wane, excitement diminishes, and job strain begins with associated physical, mental, and emotional effects. Without intervention, you risk a spiraling of increased symptoms of exhaustion, cynicism, and diminished effectiveness. Design strategies for renewal and work-life balance and consider a plan to spot symptoms early so you can intervene in order to halt "burnout creep."

Please, Report Sexual Harassment



Despite the protection of sexual harassment policies, 72 percent of sexual harassment victims don't report the incidents they have suffered. Have you been sexually harassed but

did not report it because you feared the consequences? Did you dismiss the incident, embracing that strategy as a way to cope? Did you think that somehow you were to blame for being harassed? If you are sexually harassed, follow your company's policy and report it. Your employer wants to support you, and every sexual harassment prevention policy forbids retaliation. Decide to step forward so you can be the content and focused employee that both you and your employer want you to be.

Source: i-sight.com (Search "sexual harassment infographic.")



Race-Based Traumatic Stress



The national focus on racial discrimination has produced opportunities to discuss other harms of racism that do not receive much attention in the news. One of these is race-based traumatic stress, which is an injurious response to the

stress experienced in relation to a discriminatory or racist event or interactions. If you have been affected by race-based trauma, you may experience symptoms of post-traumatic stress: anxiety, nightmares, sleep difficulties, and relationship and communication problems with those you love. These types of traumas might lead to fear of social situations, trouble being relaxed in social situations, feeling worried others might notice your anxiety, feeling that the world is an unsafe place to be, avoiding activities that might find you at the center of attention, and many other negative realities. Research shows that children may be particularly vulnerable to race-based traumatic stress from bullying peers and authority figures, or even from what they witness in the media or secondary to the race discrimination experienced by their parents or caregivers. Those affected by race-based traumatic stress may find it tougher to seek help for symptoms because they don't believe professional counselors or mental health clinicians will understand their worldview or experiences about racism. Fortunately, this concern is being overcome with new awareness, education, and increasing numbers of professional counselors who identify as members of diverse communities. If you think race-based traumatic stress is interfering with your ability to be happy, healthy, and productive, consider professional counseling or contacting your EAP. *Source:*

www.fact.virginia.gov/racial-trauma/ (See "download brief.")

The Pandemic and Prolonged Grief



Following the death of a loved one, stages of grief are experienced as you mourn a loss. But what if the pandemic kept you from visiting with your loved one prior to his or her death? What if circumstances did not allow you to be with family and friends in order to offer mutual support? And the

meaningful funeral you envisioned—it didn't happen. Circumstances like these may increase the risk of prolonged grief disorder (PGD). PGD normally affects about 10–20 percent of persons who experience loss. With PGD, the loss you feel seriously interrupts your daily functioning. It lasts for months, and feels extreme and persistent. If you are affected by PGD, learn more about it and consider how your EAP or another community resource can help you move forward with the peace of mind you deserve. *Learn more at www.apa.org (search "pro-a0036836").*

Leadership Skills Can Be Learned



Don't dash your dreams for a leadership position because you think you don't have the skills. They can be learned. A goal of being a leader is a force that can bring more excitement and energy to your job. Some leadership skills are easy to

learn and only require a mental shift to practice. For example, do you know that leaders are also good followers? That doesn't mean sitting back and being told what to do. It means feeling comfortable with someone else having control, being okay with others questioning your ideas, having an open mind, trusting others, spotting opportunities to step in and help, and being a good observer of the larger picture. Explore more about leadership skill development. You may discover the hardest step is just deciding to do it!

Parental Tips: Reducing Dating Violence



One out of three teens will experience dating violence, according to the U.S. Centers for Disease Control and Prevention (CDC). Dating violence can have long-term psychological effects, so the CDC recognizes teen dating

violence as a serious health problem. Plenty of guidance is offered to help parents play a prevention role. The CDC recommends talking with your teens, starting somewhere between the ages of 11 and 14, depending on your child's maturity. Suggested topics: 1) behaviors that are healthy, unhealthy, and unsafe in dating; 2) warning signs of unhealthy dating behaviors; 3) dating issues related to texting and social media, including what's okay and what's not okay; 4) trusting in what has been learned about proper behaviors and boundaries—listening to one's inner voice instead of outside pressures; and 5) being assertive in defining boundaries (e.g., "no means no"). *Source: search.cdc.gov (Search "preventing teen dating violence.")*

We know it is not always easy to juggle everything & realize simple tips can help provide a different approach. Your EAP is here to help with family, work, health, & legal issues.

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