

Road to **WELLfluent**™

Embrace better health.

Wellness Tips and Tools: Everyday Mental Health Tips.

When we talk about mental health we are talking about “a person’s condition with regard to their psychological and emotional well-being.” Our mental health influences how we think, feel, and behave in daily life. It also affects our ability to handle stress, face and overcome challenges, maintain and build relationships, and recover from difficulties and setbacks.

Being mentally or emotionally healthy means more than being free of depression, anxiety, or other psychiatric illnesses. “Mentally healthy” people often:

- Enjoy life and have the ability to laugh and have fun.
- Are able to deal with stress and bounce back from adversity.
- Feel a sense of meaning and purpose, in both their activities and their relationships.
- Are flexible and adaptable to change.
- Are able to build and maintain fulfilling relationships.

We all experience disappointment, loss, and change. And while a normal part of life, these emotions and experiences still cause sadness, anxiety, and stress. But just as physically healthy people are better able to bounce back from illness or injury; people with strong mental health are better able to bounce back from adversity, trauma, and stress. This skill is called resilience. People who are emotionally and mentally resilient have the tools for coping with inconvenient situations and maintaining a positive outlook. They remain focused, flexible, and productive, in bad times as well as good.

Here are a few everyday mental health tips to help you elevate your mood and become more resilient.

Practice self-care and make yourself a priority.

The first step in practicing self-care is to take care of your body. In order to do this, it is important to:

- Eat a healthy diet – research has shown that what you eat—and don’t eat—affects the way you think and feel.
- Exercise, which can help decrease depression and anxiety and improve moods.
- Get enough sleep.



Disconnect from electronics and social media.

Consider adding an electronics-free time period to your day. Taking time to unplug and disconnect from the constant stream of emails and alerts will allow you to interact with people face to face and will help reduce the many feelings of Fear of Missing Out (FOMO) that social media can often stir-up.

Engage in activities that provide meaning

Partake in activities that make you feel happy, productive, and challenge your creativity. Whether through drawing, taking an exercise class, going out to dinner with friends or caring for a pet, spending quality time with those who matter to you can make you feel good.

Volunteer

The meaning and purpose derived from helping others or the community can enrich and expand your life—and make you happier. There’s no limit to the individual and group volunteer opportunities you can explore. Schools, places of worship, nonprofits, and charitable organizations of all sorts depend on volunteers for help in any capacity.

Engage in meditation and/or mindfulness

Relaxation exercises can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calmer.

Continued on next page

Mental Health Tips cont'd:

Avoid heavy substance use

It is important to keep alcohol use to a minimum and avoid other drugs. Many people use alcohol and other drugs to “self-medicate” but in reality, substance use may get in the way of your ability to function at work or school, maintain a stable home life, handle life’s difficulties, and relate to others.

Get help from a licensed mental health professional when and if you need it

Seeking help is a sign of strength — not a weakness. Just as it requires effort to build and maintain physical health, so it is with mental health.

This list included a few small but impactful ways to improve your mental health every day. It is most important to remember that treatment is effective. People who get appropriate care can recover from mental illness and lead full, productive, and rewarding lives.

Source: https://www.bbrfoundation.org/blog/everyday-mental-health-tips?gclid=Cj0KCQjwz7uRBhDRARIsAFqjulnr7dZlhPi_isVOlzRmt4_Oi_mrzkbbIfc00AaT8evL9ELAGjzEeGlaAvzxEALw_wcB

To your Health: Skin Cancer Prevention

Protect Yourself with a Complete Approach

Skin cancer prevention requires a comprehensive approach to protecting yourself against harmful UV radiation. That’s because UV radiation from the sun isn’t just dangerous, it’s also sneaky. Not only can it cause premature aging and skin cancer, but it also reaches you even when you’re trying to avoid it – penetrating clouds and glass, and bouncing off of snow, water and sand. What’s more, sun damage accumulates over the years, from prolonged outdoor exposure to simple activities like walking the dog, going from your car to the store and bringing in the mail.

The Skin Cancer Foundation recommends that you:

- Seek the shade, especially between 10 am and 4 pm.
- Don’t get sunburned.
- Avoid tanning, and never use UV tanning beds.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply one ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every



two hours or after swimming or excessive sweating. Find sunscreen by searching our Recommended Products.

- Keep newborns out of the sun. Use sunscreen on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See a dermatologist at least once a year for a professional skin exam.

Get all the details: **Your Daily Sun Protection Guide. Skin Cancer Prevention PDF.**

Source: <https://www.skincancer.org/skin-cancer-prevention/>

Trending this Month: Nurses Week



Nurses work every day to make sure patients get not only the care they need, but the comfort and compassion they deserve. Their complex jobs are physically and emotionally draining, yet they carry on. Nurses are refueled when they know they have made a difference in the life of a patient or family member, especially when they were unaware of the difference they made. During the week of May 6 – 12 recognize a Nurse with a simple sincere compliment, a handwritten card of thanks, or anything that fits your current situation. They deserve to be recognized all year through.

Give MOM the Gift of Wellness



If anyone needs a little self-care and me-time, it's Mom. She gives so much, so give back with a gift focused on pampering, wellness or helping her stay healthy. Self-care is a big buzzword these days, but what about showing the people we love the most that their mental, physical, and spiritual health is important? Mother's Day is the perfect opportunity to show mom that her happiness is your bottom line. Here are suggestions for products that allow Mom to focus on herself, feel pampered and discover a new calming or luxurious way of experiencing her day. <https://www.hgtv.com/lifestyle/health-and-wellness/best-wellness-gifts-for-mom>

ACTIVITY CORNER

May Events

Date	Time	Location	Event	Description
Sunday, May 7, 2022	8 am	Historic Friday Musical in Riverside Jacksonville, FL	DONNA Mother's Day 5K And Your Way	Celebrate survivorship and every Mom with a NEW 5K race through historic Riverside in Jacksonville, Florida. Mother's Day Weekend, participate virtually with a 5K or "Your Way", earn a medal and support the important programs of The DONNA Foundation from your neighborhood. http://mdyw.breastcancermarathon.com/
Sunday May 15, 2022	5:30 am	Crandon Blvd. Parking Crandon Blvd., Key Biscayne, FL 33149	MAC Cycle 305 Triathlon	On May 15, 2022,, athletes will converge on Key Biscayne for Miami's Premier Multisport experience, the 305 TRIATHLONS! Athletes will enjoy a saltwater swim in full view of spectators. The bike course is set against a Miami city skyline and a pristine view of the turquoise waters of Key Biscayne. The run consists of a scenic 5K route through the park. https://305triathlon.com/
Saturday, May 28, 2022	9 am	3401 S. Hiawasse Rd Orlando, FL US 32835	Lace Up Warriors! Stand Up Survivor's 5K 2022	Thank you for joining us to raise awareness TOGETHER! The 5K will take place on May 28th, 2022, from 9 am to 1pm at Bill Frederick Park. Not in Orlando? That's ok, join from ANYWHERE!! Register here, plot your course, and have FUN! You can run, walk, or bike the 5K. https://runsignup.com/Race/FL/Orlando/LaceUpWarriorsStandUpSurvivors5K

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