Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events

May 2023

"Life doesn't make any sense without Interdependence. We need each other, and the sooner we learn that, the better for us all."
– Erik Erikson

Build Emotional Wellness and Thrive

Celebrate Mental Health Awareness Month!

Please join us to recharge and destress! Take a mind and body refresh class, Yoga, Mindful Meditation or engage in learning more about Aromatherapy and relax and recover with a mid-day escape and massage, for even more tips connect and tune in to the Virtual Expert Panel Discussion.

Wednesday, May 17th, 2023
on the 18th Floor of the Stephen P. Clark Center from 10 am – 2 pm.

For More Information

May is Mental Health Awareness Month!

Mind and Mood – "Practice Stress Management" Wellbeing Challenge

Mind your mood and check in on yourself daily with the Wellbeing Challenge. Emotional wellness is showing yourself care and kindness, as you recognize and experience a wide range of emotional stresses in your personal and professional life. Complete one of the three stress management activities and log them for at least 20 days to earn 100 points to complete the challenge!

Challenge runs **May 1st – May 30th**

Register Now

May is Mental Health Awareness Month: Focus on Emotional Wellness

Join our EAP team and community providers to learn a little more about Emotional Wellness, Mental Health and Support Services at our expert panels.

MH Panel 1: Let's Talk about Trauma
Click here to join the meeting

MH Panel 2: Family Mental Health
Click here to join the meeting

MH Panel 3: Cultivating Self-Empathy and Compassion
Click here to join the meeting

MH Panel 4: Managing Emotional Wellness at Work
Click here to join the meeting

If you are struggling, you are not alone. Learn more about the EAP and their services at www.miamidade.gov/autopsh-services

Mindful May

National Meditation Month is annually observed in May. This month, it's time to get in touch with your body, mind, and soul through meditation practices. You may also challenge yourself by trying new techniques you haven't done before. Push yourself to the limits and learn what you're truly capable of. Moreover, it's also the perfect time to raise awareness regarding the many benefits of meditation. From stress management, better self-awareness, boosting creativity and imagination, to increasing self-confidence, it's the time of the year to explore the countless advantages you can get from meditation.

To learn more, click here

Eat Smart: WellnessWorks Coach Nutrition Corner

Watermelon sorbet

Stay hydrated with this simple yet refreshing treat. Watermelon not only contains water as the name implies, but also Vitamin A and C.

Enjoy this sorbet on a hot sunny day!

Click here to create this healthy tasty treat!

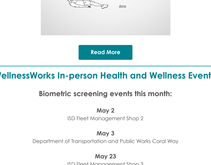
Get Fit! MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Healthy Tip:
Health Tips for Older Adults

As you grow older, you go through many changes, and you may need to adjust your lifestyle for healthy aging. Healthy eating and regular physical activity can be keys to good health at any age. Making healthy lifestyle choices may also prevent some health problems, such as diabetes, heart disease, and some cancers. Health tips include:

For health tips to stay healthy as you age click here

Workout of the Month



Read More

WellnessWorks In-person Health and Wellness Events

Biometric screening events this month:

May 2
ISD Fleet Management Shop 2

May 3
Department of Transportation and Public Works Coral Way

May 23
ISD Fleet Management Shop 3

May 24
Seaport

For more information or to schedule an appointment

Wellness Educational Presentation and Workshops

Enhance your wellness knowledge and learn tips to improve your health and wellness by attending a monthly in-person educational workshop to include a presentation and onsite Health Coaching Table.

May workshops will highlight the topic, Exercise and Fitness.

MDC workshop locations hosting a workshop in April:

May 2, 2023
SPCC- 1111 NW 1st Street, Room 18-4
12 pm -1 pm

May 3, 2023
Miami Dade Corrections, MLK 2525 NW 62nd St.
2nd Floor Conference Room #4
11 am – 2pm

May 9, 2023
TDWM- 1836 NE 6th Ave.
6:00 am – 8:30 am

May 11, 2023
Aviation- Miami International Airport, 2100 NW 42nd Avenue,
Concourse J, Fourth Floor, Auditorium
11 am – 12pm

May 25, 2023
MD – Police Department Headquarters 9105 NW 25th Street,
PMB Classroom – Room 1104
11 am – 12pm

May 30, 2023
MD-Fire Rescue Headquarters, 9300 NW 41st Street,
Hall Room 1-001
11 am – 12 pm

Healthy Selfie:

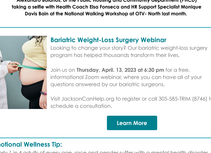
Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.

What makes a selfie healthy?
Activities such as swimming, running, walking, biking, hiking, and yoga may be submitted. *You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as meditation, reading, quality time with friends and family, downtime relaxing, learning a new skill, etc.*

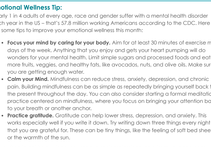
To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to wellnessworks@miamidade.gov.

MDC employees staying on top of their wellness at WellnessWorks Wellness Matters workshops.

Reimalie Lyons of the Medical Examiner's department taking a selfie with Health Coach Jelessa McCollum and HR Support Specialist Monique Davis Bain at the Cooking Demo Workshop of the Medical Examiner's office last month.



Alexandra Balafas, of the Public Housing and Community department (PHCD) taking a selfie with Health Coach Elsa Fonseca and HR Support Specialist Monique Davis Bain at the National Walking Workshop at OTV - North last month.



Bariatric Weight-Loss Surgery Webinar

Looking to change your story? Our bariatric weight-loss surgery program has helped thousands transform their lives.

Join us on **Thursday, April. 13, 2023 at 6:30 pm** for a free, informational Zoom webinar, where you can have all of your questions answered by our bariatric surgeons.

Visit Jackson.CoinHelp.org to register or call 305-585-TRIM (8746) to schedule a consultation.

Learn More

Emotional Wellness Tip:

Nearly 1 in 4 adults of every age, race and gender suffer with a mental health disorder each year in the US – that's 57.8 million working Americans according to the CDC. Here are some tips to improve your emotional wellness this month:

- **Focus your mind by caring for your body.** Aim for at least 30 minutes of exercise most days of the week. Anything that you enjoy and gets your heart pumping will do wonders for your mental health. Limit simple sugars and processed foods and eat more fruits, veggies, and healthy fats, like avocados, nuts, and olive oils. Make sure you are getting enough water.
- **Calm your Mind.** Mindfulness can reduce stress, anxiety, depression, and chronic pain. Building mindfulness can be as simple as repeatedly bringing yourself back to the present throughout the day. You can also consider starting a formal meditation practice centered on mindfulness, where you focus on bringing your attention back to your breath or another anchor.
- **Practice gratitude.** Gratitude can help lower stress, depression, and anxiety. This works especially well if you write it down. Try writing down three things every night that you are grateful for. These can be tiny things, like the feeling of soft bed sheets or the warmth of the sun.

Know when to get help. It's never wrong to seek professional help from your doctor or therapist. The EAP is here to support. If you or a loved one are struggling, there is hope. Please reach out to the EAP (www.miamidade.gov/autopsh-services) or 305-375-3293 to speak with our licensed clinicians and learn more about our services.

For more information visit
https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page
or email wellnessworks@miamidade.gov