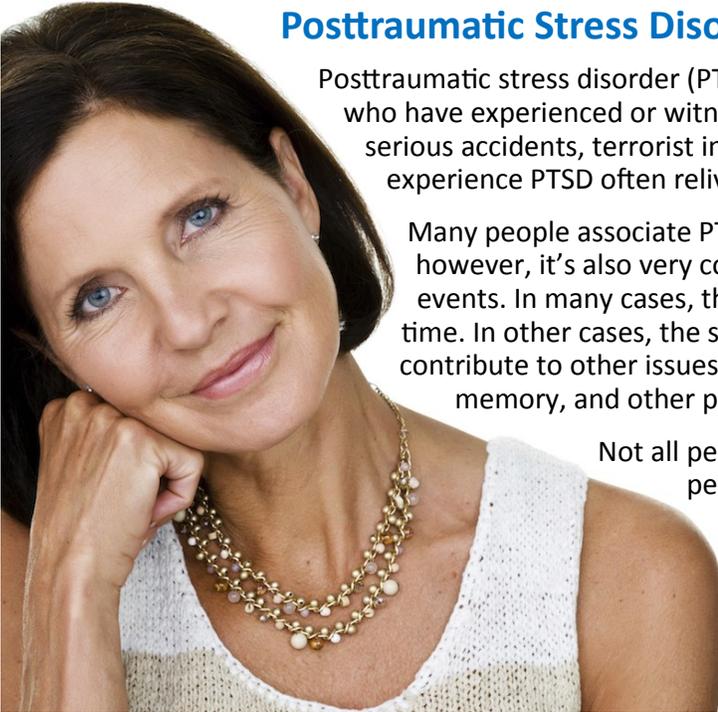


- 1) Mental Health
- 2) Sun Safety
- 3) Life Balance
- 4) Healthy Lifestyle

BHS A.S.S.I.S.T.

JUNE NEWSLETTER



Posttraumatic Stress Disorder (PTSD)

Posttraumatic stress disorder (PTSD) is a very serious condition that occurs in people who have experienced or witnessed life-threatening events such as natural disasters, serious accidents, terrorist incidents, war, or violent personal assaults. People who experience PTSD often relive the event through flashbacks or nightmares.

Many people associate PTSD primarily with war veterans and first responders, however, it's also very common in civilians who have experience traumatic events. In many cases, the symptoms of PTSD may improve or disappear with time. In other cases, the symptoms persist for years. PTSD may occur with or contribute to other issues such as depression, substance abuse, problems with memory, and other problems of physical and mental health.

Not all people who experience trauma require counseling. Some people recover with the support of family, friends, or religious leaders. Many benefit from professional counseling.

If you believe you may struggle with PTSD, call your BHS Care Coordinator at 800-245-1150 to discuss the various options available to you.

Accommodating Employees With PTSD

Because of the high number of veterans experiencing PTSD, the U.S. Department of Labor and other federal agencies created a program called America's Heroes at Work to help those with combat-related PTSD successfully return to the workplace. The following suggestions can be helpful for employers to accommodate employees who struggle with PTSD:

Memory

- Provide written instructions.
- Provide written notes of meetings.

Lack of concentration

- Reduce distractions in the work environment.
- Increase natural lighting or increase full spectrum lighting.

Coping with stress

- Allow time off for counseling.
- Assign a supervisor, manager, or mentor to answer employee's questions.

Working effectively with a supervisor

- Provide positive reinforcement.
- Provide clear expectations and the consequences of not meeting expectations.

Dealing with emotions

- Refer to Employee Assistance Program (EAP).
- Allow frequent breaks.

Panic attacks

- Allow the employee to take a break and go to a place where she or he feels comfortable to use relaxation techniques.
- Identify and remove environmental triggers such as particular smells or noises.

Be "Sun Wise" this Summer!



School is out, the sun is hot and the water is calling. Here are 7 tips to keep your skin safe and make sure you enjoy this summer to its fullest:

1. Do not burn. Five or more sunburns double your risk of developing skin cancer.
2. Avoid sun tanning and tanning beds. UV light from tanning beds and the sun causes skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.
3. Generously apply sunscreen to all exposed skin using a sun protection factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every 2 hours, even on cloudy days, and after swimming or sweating.
4. Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, where possible.
5. Seek shade when appropriate, remembering that the sun's UV rays are strongest between 10:00 a.m. and 4:00 p.m.
6. Use extra caution near water, snow, and sand as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
7. Watch for the UV Index. The UV Index provides important information on planning your outdoor activities in ways that prevent overexposure to the sun's rays. Developed by the National Weather Service and the Environmental Protection Agency (EPA), the UV Index is issued daily nationwide.

Get vitamin D safely through a diet that includes vitamin supplements and foods fortified with vitamin D. Don't seek the sun.

Early detection of melanoma, the most serious form of skin cancer, can save your life. Carefully examine all of your skin once a month. A new or changing mole in an adult should be evaluated by a dermatologist.

Be Good to Yourself



Many people feel stress in their daily lives. Stress can cause you to overeat, feel tired, and not want to do anything. Regular physical activity can give you more energy. Try some of these other ideas to help relieve stress and stay on track with your fitness and nutrition goals:

- Get plenty of sleep.
- Practice deep breathing while relaxing your muscles one at a time.
- Take a break and go for a walk.
- Take short stretch breaks throughout the day.
- Try taking a yoga or tai chi class to energize yourself and reduce stress.
- Try a new hobby, like a pottery class or any activity that sparks your interest.
- Surround yourself with people whose company you enjoy.
- A balanced eating plan, regular physical activity, and stress relief can help you stay healthy for life.
- Eat breakfast every day. People who eat breakfast are less likely to overeat later in the day.
- Choose whole grains more often. Try whole wheat breads and pastas, oatmeal, brown rice, or bulgur.
- Select a mix of colorful vegetables each day. Vegetables of different colors provide different nutrients.
- Have low-fat, low-sugar snacks on hand at home, at work, or on the go to combat hunger and prevent overeating.
- At restaurants, eat only half your meal and take the rest home.
- Visit museums, the zoo, or an aquarium. You and your family can walk for hours and not realize it.
- Take a walk after dinner instead of watching TV.



NATIONAL MEN'S HEALTH WEEK

Take action to be healthy and safe and encourage the men and boys in your life to make their health a priority. Here are a few steps that men can take each day to improve their health.



Get Good Sleep

Adults need between 7-9 hours of sleep. Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, poor sleep is responsible for motor vehicle and machinery-related accidents.

Toss out the Tobacco

It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

Also avoid secondhand smoke. Inhaling other people's smoke causes health problems similar to those that smokers have. Babies and kids are still growing, so the poisons in secondhand smoke hurt them more than adults.

Move More

Adults need at least 2½ hours of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller amounts of time during the day.

Eat Healthy

Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

Tame Stress

Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.

Stay on Top of Your Game

See your doctor regularly for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have.

<https://www.cdc.gov/men/nmhw/>

Kale Breakfast Salad with Bacon & Egg

Ingredients:

- ▶ 1 teaspoon minced garlic
- ▶ Pinch of salt
- ▶ 1 tablespoon extra-virgin olive oil
- ▶ 2 teaspoons red-wine vinegar
- ▶ Pinch of ground pepper
- ▶ 3 cups lightly packed baby kale
- ▶ 1 piece cooked bacon, chopped
- ▶ 1 fried or poached large egg



Nutrition:

262 calories; 22 g fat (4 g sat, 14 g mono); 193 mg cholesterol; 6 g carbohydrates; 1 g total sugars; 11 g protein; 2 g fiber; 345 mg sodium; 358 mg potassium

Makes: 1 serving

Serving size: 2 1/2 cups

Active/Total Time: 15 minutes

Instructions:

Mash garlic and salt together with the side of a chef's knife or a fork to form a paste. Whisk the garlic paste, oil, vinegar and pepper together in a medium bowl. Add kale; toss to coat. Serve the kale salad topped with crumbled bacon and fried egg.