

# STEP INTO WELLNESS



Diocese of Palm Beach  
2022 Healthiest Employers Award Honoree



## April is Stress Awareness Month

April 2023



Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.

Stress is a normal feeling. There are two main types of stress:

**Acute stress.** This is short-term stress that goes away quickly. You feel it when you slam on the brakes, have a fight with your spouse, or ski down a steep slope. It helps you manage dangerous situations. It also occurs when you do something new or exciting. All people have acute stress at one time or another.

**Chronic stress.** This is stress that lasts for a longer period of time. You may have chronic stress if you have money problems, an unhappy marriage, or trouble at work. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you don't realize it is a problem. If you don't find ways to manage stress, it may lead to health problems.

### STRESS AND YOUR BODY

Your body reacts to stress by releasing hormones. These hormones make your brain more alert, cause your muscles to tense, and increase your pulse. In the short term, these reactions are good because they can help you handle the situation causing stress. This is your body's way of protecting itself.

When you have chronic stress, your body stays alert, even though there is no danger. Over time, this puts you at risk for health problems, including:

- High blood pressure
- Heart disease
- Diabetes
- Obesity
- Depression or anxiety
- Skin problems, such as acne or eczema

If you already have a health condition, chronic stress can make it worse.

### SIGNS OF TOO MUCH STRESS

Stress can cause many types of physical and emotional symptoms. Sometimes, you may not realize these symptoms are caused by stress. Here are some signs that stress may be affecting you:

- Diarrhea or constipation
- Forgetfulness
- Frequent aches and pains
- Headaches
- Lack of energy or focus
- Stiff jaw or neck
- Tiredness
- Trouble sleeping or sleeping too much
- Upset stomach
- Use of alcohol or drugs to relax
- Weight loss or gain

Call your health care provider if you feel overwhelmed by stress, or if it is affecting your health. Also call your provider if you notice new or unusual symptoms.

Your provider may refer you to a mental health care provider. You can talk to this professional about your feelings, what seems to make your stress better or worse, and why you think you are having this problem. You may also work on developing ways to reduce stress in your life.

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### Upcoming Webinars and Live Programs in April Spring Into Action!!!

Spring is the season of new growth and change, a wonderful reminder that the cycle of life is starting over again and that better times lie ahead.

Join us as we gear up for Spring with several live and online webinars to help guide you to wellness and healthier living!

#### Healthy Eating: Mindful Eating Sanitas Medical Center

4/19 12 pm - 1 pm

#### Ask The Dietician

The Scoop on Soy

4/19 1 pm - 1:45 pm

#### FLBL Topic

Move More

4/11 1 pm - 2 pm

#### Chronic Condition Series

Understanding Your Cholesterol

4/11,4/18, 4/25 11 am - 12 pm

## Oral Cancer Awareness Month

Signs and symptoms of oral cancer which is predominantly caused by tobacco usage and/or excessive alcohol usage may include one or more of the following:

- Any sore or ulceration that does not heal within 14 days.
- A red, white, or black discoloration of the soft tissues of the mouth.
- Any abnormality that bleeds easily when touched (friable).
- A lump or hard spot in the tissue, usually border of the tongue (induration).
- Tissue raised above that which surrounds it; a growth (exophytic).
- A sore under a denture, which even after adjustment of the denture, does not heal.
- A lump or thickening that develops in the mouth.
- A painless, firm, fixated lump felt on the outside of the neck, which has been there for at least two weeks.

All the above symptoms have the commonality of being persistent and not resolving.

If you have never had an oral cancer examination, there is no better time to schedule one than during Oral Cancer Awareness Month in April. When you do, be sure to ask that this examination be made a routine part of all your future dental check-ups. [www.oralcancer.org](http://www.oralcancer.org)

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## Mobile Mammography and You!

The Florida Mobile Mammography unit has been participating with our annual Employee Health and Wellness Expos for several years. We plan to have them join us again this year. This screening can aid in detecting breast cancer in its earliest stages. The event locations that they plan to attend this year include the Cathedral of St. Ignatius Loyola, St. Joan of Arc, All Saints, St. Anastasia and Cardinal Newman.


**You may schedule an appointment and early registration is highly recommended.** Due to the rising costs of fuel, they have implemented a minimum requirement of at least 18 participants at each location. Therefore, if you are due for your mammogram this year, please consider the mobile unit. They provide a 3D screening at no additional cost, it is convenient and, if you are covered under of the diocese health insurance, there is a zero co-pay as a preventative screening. If you have other insurance through a previous employer or spouse, you may use your insurance as well. To make an advance appointment you may reach Florida Mobile Mammography at 877-318-1349. You do need to have a primary physician or gynecologist to whom the results can be sent. Please bring your insurance card and identification to your appointment.



Mammogram Unit at St. Anastasia Wellness Expo



## April Happenings

April 1 - 30	Stress Awareness Month
April 1 - 30	National Autism Awareness Month
April 1 - 30	Oral Cancer Awareness Month
April 6	Holy Thursday
April 7	Good Friday
April 9	Easter 

### Healthy Eating: Mindful Eating Online Chat



Health questions? Doctor advice




Mindful Eating

Florida Blue invites you to join a **FREE** live online chat session with **Alejandra Boker, a Registered Dietitian and Nutritionist from Sanitas Medical Center.**

The foods you eat affects your mood and energy throughout the day. Don't miss this opportunity to gain control of your eating habits. Join Alejandra for this online chat to learn more about what foods best fuel your body and how to:

- Eat only when you're hungry
- Stop eating when you're satisfied
- Really taste food and enjoy the taste of healthy food
- Manage any emotional issues around food and eating
- Realize which foods don't make you feel very good
- Enjoy the eating experience more, and as a result enjoy life more!



This online chat is **FREE** and you can easily join from your computer or mobile device.

When: **April 19, 2023. Online Chat from 12 p.m. to 1 p.m.**  
Where: **Online Chat – Register now to get the link to join**

If you are interested in joining this chat with the Registered Dietitian and Nutritionist, please email me at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) and I will send you the registration page. At this time, there is not a "short link" to access for this session.



Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocesepb.org/wellness](http://www.diocesepb.org/wellness) for helpful links and information.

## Know Your Benefits: Paid Parental Leave

Bishop Barbarito has always expressed his support of family, pregnant women, mothers and fathers, and fostering a prolife environment. Effective April 1, 2023, Bishop Barito has approved a new benefit for eligible employees. The Diocese of Palm Beach is expanding its leave policy by providing a parental leave benefit payable to eligible employees.

The purpose of paid parental leave is to enable the employee to bond with their newborn or newly adopted child and to achieve a healthy balance between their employment and their new family obligations.

To be eligible for the paid parental leave benefit, the employee must have been employed by the diocese for at least twelve consecutive months preceding the leave.

The Diocese of Palm Beach Parental Leave Policy will be enormously beneficial to our families and promote peace of mind for all the mothers and fathers celebrating new life.

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The Diocese of Palm Beach will grant a paid leave of up to four (4) weeks to eligible full time and part time employees for the care of a child after birth or adoption. Eligibility for the paid leave will be determined as follows: All employees who have been employed for at least twelve (12) consecutive months are eligible for up to four (4) weeks of paid leave upon the birth or adoption of a child (“Parental Leave”).

This paid leave may only be taken during the first four (4) weeks immediately following the birth or adoption of the child. Moreover, employees eligible for FMLA leave must take the leave concurrently with available FMLA leave (See Diocese of Palm Beach Personnel Handbook) and does not exceed available FMLA leave.

Part time employees who meet the above eligibility requirements will be entitled to paid parental leave on a pro-rated basis.

If a father and mother are both employed by the diocese, they are both eligible for parental leave. However, if they both wish to take such leave, only a total of six (6) weeks paid leave will be provided between them, divided as they choose.

If you have any questions, please contact Ana Jarosz at 561-775-9525 or at [anaj@diocesepb.org](mailto:anaj@diocesepb.org)







# HEALTHY ADDITION<sup>®</sup> PRENATAL PROGRAM

Healthy Addition has given me peace of mind as I prepare for my baby. It's helped me understand what to expect in each trimester and helped me figure out which questions I should ask my doctor at each appointment. I would recommend it to any expectant mother. – Florida Blue Member, Sunny Isles Beach, FL



**BetterYou**

## No extra cost for moms-to-be

Every expectant mother wants the best for her baby. Early prenatal care and education may reduce the chances of pregnancy complications.

## What can Healthy Addition do for you?

Florida Blue has found some great ways to help give you and your baby the best care available, even before they are born. When you enroll in our Healthy Addition Prenatal Program, you'll receive the following to help you be as healthy as possible:

- Quick access to a Registered Nurse
- Coaching on maintaining a healthy lifestyle
- Free educational material
- Information on obtaining a breast pump

## Did you know?

Be aware of preterm labor warning signs! Tell your doctor immediately if you have:

- |                         |   |
|-------------------------|---|
| 1 Uterine contractions  | 4 Pelvic pressure                       |
| 2 Menstrual-like cramps | 5 Unusual vaginal discharge or bleeding |
| 3 Low, dull backaches   |   |

Many moms-to-be have enrolled in Healthy Addition. Join them! Here are two easy ways to enroll:



**Email:**  
[healthyaddition@floridablue.com](mailto:healthyaddition@floridablue.com)



**Call:**  
800-955-7635, Option 6  
Monday–Friday,  
8 a.m.–5:30 p.m. EST

WEEK 1: STRIVE FOR A HEALTHIER PLATE

**This Week's Goal:** At least 5 of my meals will use the 2/3 - 1/3 plate principle. I will focus on following the New American Plate by filling at least 2/3 of my plate with cancer-protective, healthy weight-promoting, plant foods.

WEEK 2: GET UP AND GET GOING!

**This Week's Goal:** By the end of the week I will add an extra 5-10 active minutes or 500-1,000 steps each day to maintain a healthy weight and keep active!

WEEK 3: ADD SOME COLOR TO YOUR PLATE

**This Week's Goal:** At each meal, I will eat at least 1 serving of colorful vegetables or fruits.

WEEK 4: UP AND AT 'EM

**This Week's Goal:** By the end of the week I will add daily 5-10 minutes or 500-1000 steps of more intense physical activity to maintain a healthy weight and keep active!

WEEK 5: ENJOY WHOLE GRAINS

**This Week's Goal:** I will eat 3 or more servings daily of whole grains.

WEEK 6: MOVE MORE STRATEGIES

**This Week's Goal:** By the end of the week, I will replace sitting time with 5-10 minutes or 500-1000 steps of activity.

WEEK 7: MAKE PLANTS THE CENTER OF YOUR PLATE

**This Week's Goal:** I will eat no more than 18 ounces of cooked red meat. If I do eat processed meat, I will limit to once a week with the ultimate goal of avoiding it.

WEEK 8: SHAKE UP YOUR ROUTINE

**This Week's Goal:** By the end of the week, I will add 30 minutes or take 4,000 steps while doing NEW physical activity at least 3 days this week.

WEEK 9: QUENCH YOUR THIRST WITH GOOD HEALTH

**This Week's Goal:** I will replace sugar-sweetened beverages with water, tea, coffee and milk. I will replace alcoholic beverages with alcohol-free fizzers or reduced alcohol spritzers.

WEEK 10: PUTTING IT ALL TOGETHER

**This Week's Goal:** I will focus on making 5 improvements to my home, work and social environments to eat smart and move more.