

STEP INTO WELLNESS



Diocese of Palm Beach 2020 Healthiest Employers Award Honoree



April is Stress Awareness Month

We can't stress enough what a major role stress plays in our everyday lives, yet we seldom talk about it. Finding the energy and courage to speak out during a stressful period can feel impossible, but ignoring stress can lead to a whole host of health problems. Since April marks the annual Stress Awareness Month, it's time we talked about the "S" word.

What Is Stress Awareness Month?

Sponsored by The Health Resource Network (HRN), National Stress Awareness Month is an annual campaign that began back in 1992 and has taken place every April since.

During this month, health care professionals unite to raise awareness of what effects stress has on people's everyday wellness, and what can be done to combat it. Public forums, discussion groups, and other informative community events are employed to shed more light on the health impacts of stress.

What Can You Do During Stress Awareness Month?

Seek Professional Support

If you think that stress is harming your health, but you've been putting off doing anything about it, now could be a good time to seek some support. Talk to your doctor and (if necessary) let them refer you to the right professional for the right care.

Reach Out to Your Social Circle

Regardless of whether you want to share your story with the whole world, and even if you seek (and get) professional support, there's no time like the present to engage with your close social circle.

Perfect Your Personal Coping Mechanisms

We're all unique and, as individuals, we all cope with stressful situations in different ways.

If you've suffered from stress before, you may already know what you need to do to take the edge off your stress responses.

Now could be the time to perfect your personal coping mechanisms, perhaps by getting ideas from other people and sharing your stress-reduction techniques with them.

Be Kind!

Kindness seems to be something more people are talking about in regards to stress. It costs nothing but could make a huge difference in people's lives. By being kind to each other in April – and every month before and after that – we could reduce stress all round. This can only be a good thing.

3 Simple Tips for Reducing Stress

Keep a journal—by spending ten minutes per day jotting down how you feel can help lower stress, relieve anxiety, and allow you to better cope with stress.

Exercise—Physical activity causes your body to produce powerful endorphins.

Talk to your friends—Opening up about your struggles might mean you get some extra social support, clarity on the situation, and advice from the people who matter the most.

5 Senses
To Help Manage Stress

- Sight**
Look at a cherished or favorite photo. Find an area with natural light. Surround yourself with warm or cool colors.
- Smell**
Enjoy clean, fresh air. Smell your favorite flowers. Light your favorite candle. Try different scents of aromatherapy to help de-stress.
- Taste**
Indulge in a small piece of dark chocolate. Enjoy a healthy, crunchy snack. Sip some hot tea.
- Touch**
Wrap up in your favorite blanket. Soak in a hot bath. Pet a dog or cat. Give yourself a neck or hand massage. Wear soft clothing.
- Sound**
Tune in to a nature soundtrack to hear the soothing sound of running water. Listen to uplifting music. Sing along to your favorite song.

www.dnaweekly.com/

April 2021

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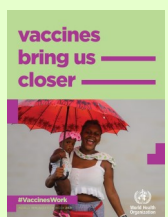
- Stress Awareness Month
- World Immunization Week
- April Happenings
- Parkinson's Disease
- Know Your Benefits— First Stop Health
- Irritable Bowel Syndrome Month
- Oral Cancer Awareness

World Immunization Week

World Immunization Week – celebrated every year in the last week of April – aims to promote the use of vaccines to protect people of all ages against disease.

Immunization saves millions of lives every year and is widely recognized as one of the world's most successful health interventions. Yet, there are still nearly 20 million children in the world today who are not getting the vaccines they need, and many miss out on vital vaccines during adolescence, adulthood and into old age.

Using the theme 'Vaccines bring us closer', World Immunization Week 2021 will urge greater engagement around immunization globally to promote the importance of vaccination in bringing people together, and improving the health and wellbeing of everyone, everywhere throughout life.



Parkinson's Awareness Month

Parkinson's disease is a progressive nervous system disorder that affects movement. Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement.

Symptoms

Parkinson's disease signs and symptoms can be different for everyone. Early signs may be mild and go unnoticed. Symptoms often begin on one side of your body and usually remain worse on that side, even after symptoms begin to affect both sides.

Parkinson's signs and symptoms may include:

Tremor. A tremor, or shaking, usually begins in a limb, often your hand or fingers. You may rub your thumb and forefinger back and forth, known as a pill-rolling tremor. Your hand may tremble when it's at rest.

Slowed movement (bradykinesia). Over time, Parkinson's disease may slow your movement, making simple tasks difficult and time-consuming. Your steps may become shorter when you walk. It may be difficult to get out of a chair. You may drag your feet as you try to walk.

Rigid muscles. Muscle stiffness may occur in any part of your body. The stiff muscles can be painful and limit your range of motion.

Impaired posture and balance. Your posture may become stooped, or you may have balance problems as a result of Parkinson's disease.

Loss of automatic movements. You may have a decreased ability to perform unconscious movements, including blinking, smiling or swinging your arms when you walk.

Speech changes. You may speak softly, quickly, slur or hesitate before talking. Your speech may be more of a monotone rather than have the usual inflections.

Writing changes. It may become hard to write, and your writing may appear small.

Risk Factors

Age—Usually develops at 60 or over

Heredity—Having a close relative with Parkinson's may increase the chances of development

Gender—males are more likely to develop Parkinson's

Exposure to toxins—Ongoing exposure to herbicides and pesticides may slightly increase your risk of Parkinson's disease

When to see a doctor

See your doctor if you have any of the symptoms associated with Parkinson's disease — not only to diagnose your condition but also to rule out other causes for your symptoms.

<https://www.mayoclinic.org/diseases-conditions/parkinsons-disease>

April Happenings Calendar

Apr 1 - 30	Stress Awareness Month
Apr 1- 30	Parkinson's Awareness Month
Apr 1 - 30	Irritable Bowel Syndrome Awareness Month
Apr 1 - 30	Oral Cancer Awareness Month
Apr 22- 28	World Health Immunization Week
Apr 4	Easter Sunday

Irritable Bowel Syndrome Awareness What is IBS?

Irritable bowel syndrome (IBS) is a disorder in which abdominal pain is associated with a range of symptoms. Typically, these include intermittent abdominal pain accompanied by diarrhea, constipation, or alternating episodes of both. Other symptoms may also be present.

A short bout of abdominal pain and diarrhea or constipation now and then is not unusual. But long-term or recurring symptoms are not normal. They may signal irritable bowel syndrome (IBS) – and are generally treatable.

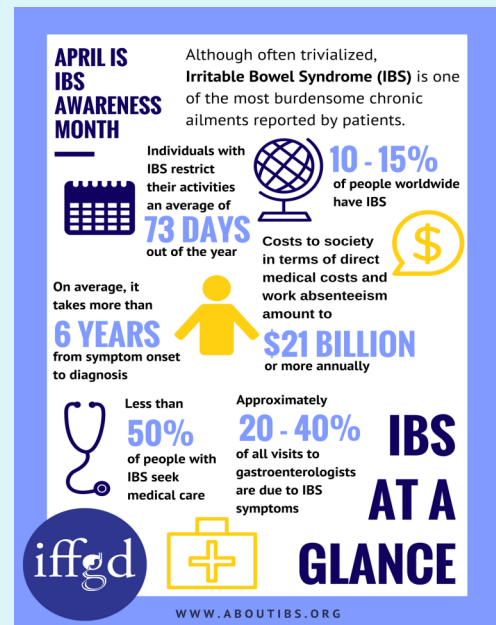
IBS is a long-term condition

Symptoms flare over and over again

Symptoms can change over time

The symptoms themselves are not life threatening

IBS is not a risk for another more serious disease



Aboutibs.org

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

Telemedicine Benefit Provider



Top 10 Reasons to Use Telemedicine

- Sore Throat**
- Allergies**
- Sinus Infection**
- Headache**
- UTI**
- COVID-19**
- Toothache**
- Upset Stomach**
- Muscle/Joint Pain**
- Rx Refill***

*Prescription costs applicable to your medical plan.

Ways To Prevent Back Injuries and Pain

Follow these steps to help protect your back and prevent back pain:

Do back-strengthening and stretching exercises at least 2 days a week.

Stand and sit up straight.

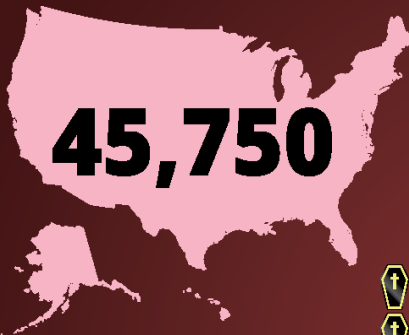
Avoid heavy lifting. If you do lift something heavy, bend your knees and keep your back straight. ...

Get active and eat a balanced diet.



ORAL CANCER AWARENESS MONTH

THE STATS



Americans are diagnosed with oral or pharyngeal cancer each year.¹

It causes over **8,650** deaths a year, killing roughly 1 person per hour.¹



GENDER RATIO

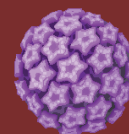
Oral cancers affect men twice as often as women.²



RISK FACTORS

70% of oral cancer patients were heavy drinkers.²

The risk of cancers in heavy drinkers and smokers may be as much as **100X** more than the risk of those who don't smoke or drink.²



70% of oropharyngeal cancers may be linked to HPV.³

25% have no known risk factors.²

DETECTION & PREVENTION



Regular oral cancer screenings during dental check-ups or annual physical exams with your doctor may aid in detecting oral cancers in their early stages.



Quit high-risk behaviors like drinking and smoking.



Eating cancer-fighting foods such as berries, garlic, ginger, cinnamon, turmeric, or cayenne pepper may reduce risk.

¹OralCancerFoundation.org ²Cancer.org ³CDC.gov