



The
Solutions
Group

**Making Great Companies
Better Places to Work**

Work & Well-being

June 2017



JUNE
**Health
Observances**

[Men's Health Month](#)

National Cataract
Awareness Month

[National Home Safety Month](#)

[Post-Traumatic Stress Disorder Awareness Month](#)

Trauma and National Post-
traumatic Stress Disorder
Awareness Day (June 27)

[World Blood Donor Day](#) (June 14)

Celebrate Great Outdoors Month: **Get Out!**

Fun, free and fulfilling – getting outside to enjoy the good weather and connect with nature is one of the best ways to rejuvenate yourself and strengthen bonds with family and friends. Plus, nature offers one of the most reliable boosts to your mental and physical well-being. Some of the potential benefits include better short-term memory, reduced inflammation, enhanced immune system, improved concentration, sharper thinking and creativity and improved mental health.

Try these activities to spend more time outside during Great Outdoors Month in June:

- How about a hike?
[It's the ultimate outdoor workout.](#)
- Sleep under the stars during the [Great American Campout.](#)
- Reel in a big one during [National Fishing & Boating Week.](#)



Safety First: **Make Sure You're Sun Savvy**

Warm, sunny days are here and everyone is heading outside. Before you do, make sure you know the facts about sun safety.

Q: Is a suntan healthy?

A: No. There's no such thing as a "healthy" suntan. Any change in your natural skin color is a sign of potential skin damage.

Q: Are self-tanning lotions safe?

A: Yes, but most do not contain sunscreen. Be sure to wear sunscreen as well to protect against sunburn and other harmful effects from the sun.

Q: Does applying sunscreen mean I can stay outside longer?

A: No. Although sunscreen with an SPF of 30 offers protection from sunburn, it does not block all of the sun's damaging rays. For full protection, spend as much time as you can in the shade, avoid peak hours of sun exposure and wear a hat and loose-fitting clothing to protect exposed skin.

Source: www.spotsskincancer.org



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Food for Thought: Three Strategies for Feeding Your Mental Health

“You are what you eat,” right? Well, sort of. The foods and drinks you consume determine the nutrients in your body. Your body uses those nutrients to fuel itself, repair itself, and maintain strength and health. Those nutrients can also affect how your mind and body work, or don’t work.

Want to focus on feeding your mental health? **Try these tips.**



	Avoid	Try
Drinks	Sugary drinks and those with too much caffeine.	More water instead. You can’t go wrong with H2O.
Breakfast	Skipping it or relying on high-fat and/or high-sugar foods such as doughnuts.	If you’re short on time, grab a whole-grain granola bar, a hard-boiled egg and a piece of fruit to get you off to a good start.
Lunch and Dinner	Fried, processed and sugary foods.	Whole foods such as fruits, vegetables, nuts, whole grains, fish, and unsaturated fats (such as olive oil).

Source: *Mental Health America*



Connecting with Your Spiritual Self

While individual people may have different views of what defines spirituality, it is generally considered to be the search for meaning, purpose and hope in your life. Spiritual activities can include religion, prayer or connecting to a higher power, music, art, nature, helping others, meditation and yoga.

Positive beliefs, comfort, and strength gained from religion, meditation and prayer can aid in healing and provide a sense of well-being. In fact, studies have also shown that people with strong religious and spiritual beliefs:

- Have a stronger immune system
- Have lower blood pressure
- Have less anxiety and depression
- Are better able to deal with arthritis, cancer, diabetes, heart disease, and other chronic illnesses
- Heal faster from surgery.

Spiritual wellness is an important aspect of personal well-being, so be sure to make time in your day for relaxation, meditation and/or prayer.



Keep it Fresh by Shopping at Local Farmers’ Markets

The season for fresh fruits and vegetables is here and local farmers’ markets offer a great opportunity to purchase farm fresh produce, honey, eggs and more while supporting local growers, ranchers and food producers. Growers’ markets also help create a sense of community by allowing local New Mexicans to share their cultural identity and traditions and keeping food dollars within the region.

Produce you buy at local farmers’ markets is fresher than what you find at the grocery store since those fruits and vegetables are often several days old by the time they reach store shelves. Many farmers who participate in local markets use organic methods to grow their produce, which is better for the soil, the environment and your body. There’s a reason the fruits and vegetables for sale at the farmers’ markets are more colorful; local produce is typically picked at the peak of ripeness, which not only tastes better but also provides the best nutrition possible. The more colorful the produce, the more nutrients it contains.

For more information about Local Farmers’ Markets throughout New Mexico, visit the [New Mexico Farmers Marketing Association](http://www.newmexicofarmersmarkets.org) website.

Correction: An article in last month’s newsletter titled “Save a Life: Donate Blood” mistakenly directed readers to the American Red Cross for information. [United Blood Services](http://www.unitedbloodservices.org) is the only community blood program in New Mexico and the Four Corners Region; please contact them for more information about donating blood.