

WELLNESS NEWSLETTER

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HEALTH OBSERVANCE

Happiness Happens Month

Brandon Harrar, Creative Services Manager - Wellworks For You

The month of August is a great time to stop and reflect on things that bring us joy in our everyday lives. As stated by nationaldaycalendar.com, in 2000, the Secret Society of Happy People expanded a day of celebrating the pursuit of happiness to Happiness Happens Month. Members of the society wanted to let happy feelings linger inside them each and every day.

The great thing about happiness is that it is a mindful choice. You can learn to be happy, as it is not a destination, but rather a life-long pursuit that can be found anywhere at any time. The feeling of being happy does not mean you are problem-free, but gives you an opportunity to recognize the good things that are present in your life. Oprah Winfrey said, "it wasn't until I learned to be happy that good things started happening to me."

The Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy.

"Folks are usually about as happy as they make their minds up to be."

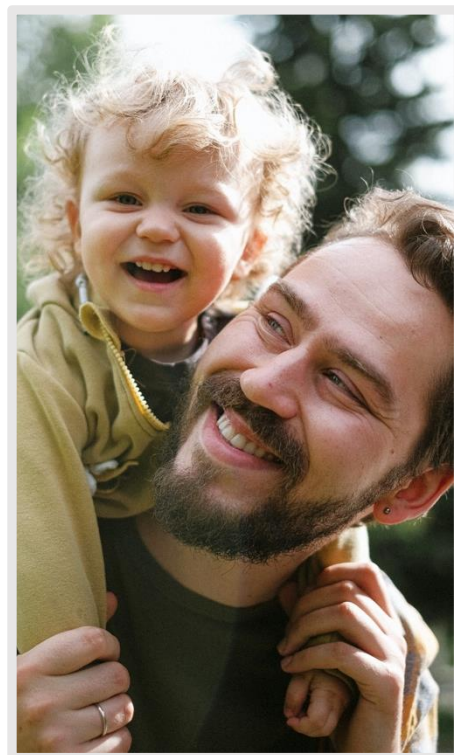
- Abraham Lincoln

A helpful first step on your road to happiness is to read and study self-help material. The following publications are works that can help guide you in your pursuit of happiness:

- *The Power of Positive Thinking* by Norman Peale
- *Meditations* by Marcus Aurelius
- *Man's Search for Meaning* by Viktor Frankl

Sources:

<https://nationaldaycalendar.com/happiness-happens-month-august/>



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HEALTH CORNER

Immunization Awareness

Kimberly Farrell, Preferred Partners Team Lead – Wellworks For You

August is National Immunization Awareness Month (NIAM), and the goal of this annual observance is to highlight the importance of new and routine vaccinations for people of all ages. So, let's jump right in!

We all know that the immune system is responsible for protecting our bodies against invaders. But did you know the immune system has the ability to “learn”? While our bodies naturally do a great job of recognizing and responding to harmful diseases, certain pathogens - especially those that are particularly aggressive or that our bodies have never encountered before - can catch our immune systems off guard and lead to serious illness or even death.

Similar to the way the dictionary assigns a definition to each word, the adaptive immune system identifies and develops a response to each organism that comes into contact with the body. If you encounter something that your immune system cannot identify properly, things can go haywire. Put simply, you get sick.

That's where vaccines come in! Vaccinations “teach” the immune system to recognize novel or aggressive pathogens, so that if you are exposed to them your body knows how to protect itself. It is important to remember that vaccines impact entire communities. Receiving the proper vaccinations not only protects you, but it also protects the people around you, especially those with compromised immune systems and those who are not able to be vaccinated. If you are unsure which vaccinations are appropriate for you, consult with your doctor or pharmacist!

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Back To School Tips

Laura Greim, Senior Wellness Coordinator - Wellworks For You

As summer draws to a close each year, teachers, parents, and students alike all begin their back-to-school preparations. Whether you are sending your child off to Pre-K for the first time, readying a classroom for a new set of students, or attending your freshman year of college, there's a lot to prepare for. Check out some tips below that can be used by both parents and students in order to get back into the swing of things.

Get back into a routine.

Carve out time after school for homework, as well as times to rest or play.

Set your kids' schedule.

Set your/your kids' sleep schedules back to "school time" two weeks before the first day of school, going to bed and waking up around the same time.

Talk about it.

Talk about going back to school. Let your kids express how they feel and try to answer any questions they have.

Get their minds back in learning mode.

Encourage your kids to read at least one or more books before the school year begins.

Make sure your kids are prepared without having to buy new.

Inventory last year's school supplies before going out to buy more.

Check out extra-curricular activities.

Get your kids involved in programs they can do after school to keep them active.



Plan it out.

Help your kids put together a rough outline of their school and activity schedules. Then create a family calendar that tracks everyone's activities and commitments.

Create a workspace.

Learn how to create a distraction-free zone at home. Once interrupted, it can take an average of 25 minutes to return to a task.

Encourage connecting with friends.

Encourage your kids to try to make a friend in every class. This is a good way to form connections and can be beneficial if you/your child has homework questions or missed a day of school!

Look for signs of stress.

Being more clingy than usual, trying to get out of going to school, and appearing overly emotional can be signs of stress related to school.

Cut screen time.

School settings don't involve children staring at smartphones and televisions all day, so it's a good idea to adjust screen time before school starts.

The more you plan ahead as a family, the more it will alleviate any worries you or your child may have and instead equip you with the tools needed to feel confident through the transition to the new school year!

Sources:

<https://www.ed.gov/backtoschool>

<https://www.princetonreview.com/college-advice/back-to-school-study-tips>

<https://www.care.com/c/stories/3192/101-back-to-school-tips-for-kids-and-parents/>

<https://www.cnn.com/2021/03/24/health/returning-to-school-after-covid-wellness/index.html>



What are some of the things that bring you happiness in your life today?

Featured Recipe

Lemon Raspberry Cheesecake Pops

6 Servings

INGREDIENTS

- 5 oz. low fat milk
- 1/4 cup white sugar
- 3 oz. cream cheese, softened
- 1/4 cup plain greek yogurt
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- 1 cup raspberries
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 2 graham crackers, crushed

DIRECTIONS

1. In a small food processor, add raspberries, honey, and 1 tbsp. of lemon juice. Blend until smooth.
2. Add milk and sugar to a small sauce pan and heat up the milk while stirring for about 2-3 minutes, or until sugar is dissolved and milk is warm.
3. In a medium bowl add cream cheese, slowly pour milk mixture over cream cheese, whisking the entire time until it is smooth.
4. Next add in the greek yogurt, vanilla extract, and lemon zest. Whisk until combined. Place in refrigerator to let mixture cool. (about 10 minutes)
5. Fill the popsicle molds halfway with the cheesecake mixture, top with a little bit of the raspberry puree, finish with the cheesecake mixture. (if you want to make it looked swirled, use a toothpick or knife and gently stir the mixture around in the mold)
6. Place the top on the popsicle mold and add sticks.
7. Put popsicle mold in freezer for 4 hours.
8. Remove popsicles from the mold and dip the top in a graham cracker crust.

NUTRITION

Per serving: Each serving contains about 154 calories, 4.1g fat, 1.9g saturated fat, 1g monofat, 0.3g polyfat, 4g protein, 26g carbohydrate, 1g fiber, 14mg cholesterol, 101mg sodium, 91mg calcium

Source: www.joyfulhealthyeats.com



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