

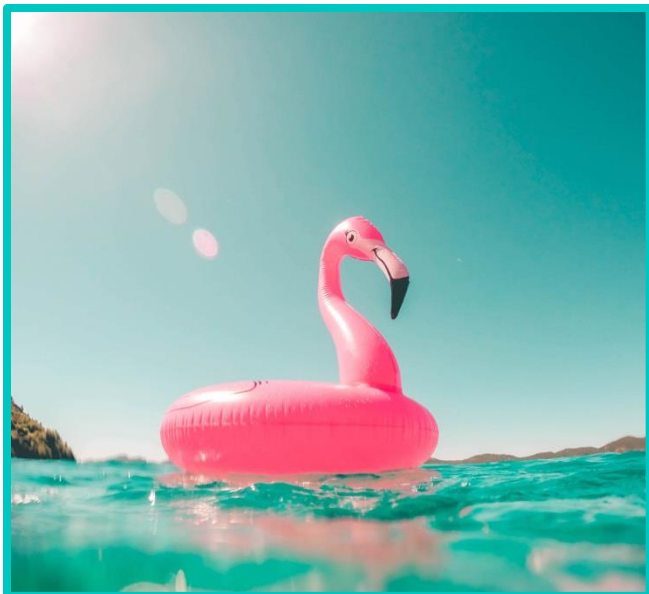
## INSIDE THIS ISSUE

JULY 2022

### 1 UV Safety Month

### 2 New Experiences

### 3 Swimming Safety and Dry Drowning



## HEALTH OBSERVANCE

### UV Safety Month

*Emily Spencer – Orthus Health*

As summer approaches and the weather turns warm and sunny, we are all likely to begin spending more time outdoors. Children will be out of school for the summer, neighborhood pools are beginning to open, and there are more daylight hours available for outdoor fun. Spending time outdoors is a great opportunity for exercise, stress relief, and socializing with friends and family. However, whether you are outside for work or play this summer protecting your skin and eyes from the sun is vital!

Most skin cancers are caused by exposure to ultraviolet (UV) light rays which come, naturally from the sun, and artificially from tanning beds and sunlamps. These UV rays can cause damage to your skin and eyes over time.

#### *5 ways to protect your skin and eyes from the sun*

- 1. Find Shade:** Do your best to sit under an umbrella at the pool or take advantage of a shady tree while at the park!
- 2. Be Mindful of Your Clothing:** Whenever possible, wear long-sleeved shirts, pants, or skirts. Clothing made from a tightly woven fabric is the most effective.
- 3. Wear a Hat:** A hat can offer protection for both your eyes and the tender skin of your face. Try a wide brim hat that covers your face, ears, and the back of your neck for the most protection.
- 4. Wear Sunglasses:** Sunglasses protect your eyes and the sensitive skin around them from UV rays. Wearing sunglasses outdoors can even reduce your risk of developing cataracts! Choose sunglasses that block both UVA and UVB rays for the best protection.
- 5. Sunscreen is Key:** Last, but not least, choose a sunscreen that blocks both UVA and UVB rays and has an SPF of at least 15. Apply a thick layer of sunscreen on all exposed skin before heading outside and remember to reapply every two hours and/or after swimming or sweating. There are many great sunscreen options available such as sensitive formulas made specifically for your face or fragrance and paraben-free formulas!

Don't forget, protection from UV rays is important all year long as rays can reach your body on cloudy days and reflect off surfaces like water and sand!

Source: [Sun Safety](#) | [Skin Cancer](#) | [CDC](#)



### WellBalance Health Corner

#### *Opening Your Mind to New Experiences*

It is important to remain open to new experiences. Learn more about how to stay open to them.

..... page 2



### Swimming Safety and Recognizing Dry Drowning

Learn about the importance of water competency and how to recognize the signs and symptoms of dry drowning.

..... page 3



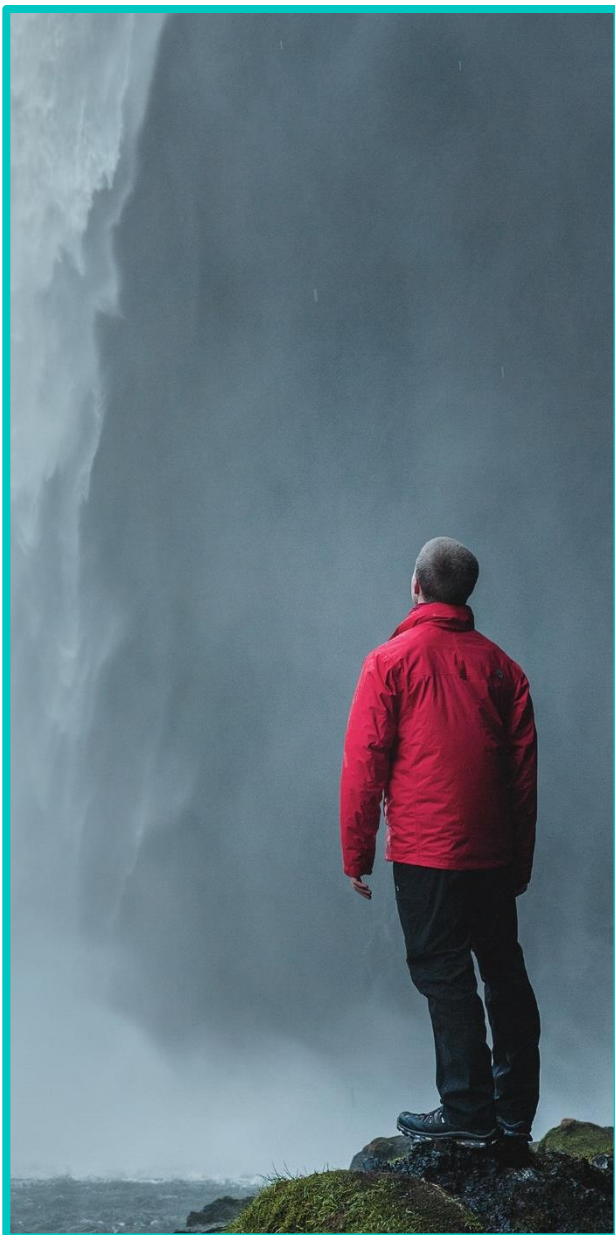
# WelBalance

## HEALTH TIP CORNER

### Intellectual Wellbeing

## Opening Your Mind to New Experiences

Laura Greim – Wellworks For You



Being open to new ideas and experiences can sometimes lead to confusion about the things we believe we know, especially if we learn new things that conflict with our existing beliefs; however, a meaningful and fulfilling lifestyle is filled with exciting new thoughts, ideas, and experiences.

It is important to remember that it is perfectly acceptable to place yourself in situations that are a little strange and uncomfortable, maybe even scary. Know that growth will never take place within your comfort zone and that this makes the journey out of your comfort zone an important step in your growth. If you have anxieties about new situations, you should still take this step, however, these changes should be made slowly.

*Here are some other tips to help you become more open to new ideas*

- **Build positive habits** – Instead of trying to catch each time you say something negative about yourself, focus on creating a positive habit instead. Tell yourself that you *CAN* do it, that you *CAN* get the position. You can do your best, and you can succeed. Start by telling yourself the right things so that you will get the right results.
- **Avoid closing yourself off** - Welcome new situations that are different from those you're familiar with. When you're exposed to differing opinions, look at them as learning experiences.
- **Don't be afraid to ask questions** - Sometimes the only way to learn more about a certain situation and keep an open mind is to ask a lot of questions to gain a better understanding. While you don't want to intrude on someone's personal life, if they're willing to share information, you should be willing and eager to listen.
- **Don't restrict yourself** – Do you find yourself thinking that you can't do something or that you're not capable of some things? You're putting limits on your opportunities! Open the door for yourself and your world by not limiting what you can do, create, experience, feel, or learn.

#### Sources:

[Open Your Mind to New Experiences and Possibilities - Home \(familywellbeingcoach.com\)](https://familywellbeingcoach.com)  
[Keeping an Open Mind: How to Embrace New Ideas | by Steve Spring | Live Your Life On Purpose | Medium](#)  
[10 Ways to Open Your Mind to New Possibilities - Everyday Inspiration \(beliefnet.com\)](https://beliefnet.com)



# Swimming Safety &

## Recognizing Dry Drowning

*Cameron Fluri – Wellworks for You*

Summertime is upon us and many of us are hitting the beaches, pools and overall spending more time in the water! Some of us may remember taking swim lessons, learning to swim on our own, or maybe are learning now. However, there is more to swimming safety than just basic swimming skills. According to the American Red Cross, it is also important to be water competent.

Water competency is a way of improving water safety for yourself and those around you by avoiding common dangers. Developing fundamental water safety skills can make you safer in and around the water and may provide insight on how to prevent and respond to drowning emergencies.

*Water competency has 3 main components:*

1. Swimming skills
2. Water smarts
3. Helping others

Part of being water competent is being aware of common water dangers, including dry drowning. According to Very Well Health, dry drowning is a type of drowning in which the lungs of a drowning victim don't have water in them, it is an acute lung injury caused by water aspiration. This type of drowning occurs over minutes to hours and can progress to eventual respiratory failure. Dry drowning symptoms typically begin to occur right away and include:

- Low energy
- Chest pain
- Difficulty breathing and/or irregular, fast breathing
- Trouble speaking
- The appearance of the chest sinking in
- Pale or bluish skin color
- Diminished alertness or unusual behavior
- Coughing that does not resolve within a few minutes

If you or someone you know experiences these symptoms and they don't subside or worsen, it is important to seek medical attention right away. By making ourselves water competent and knowing the signs and symptoms of dry drowning, we can make water activities safer and more fun for everyone!

**Source:** [Dry Drowning: Overview and More \(verywellhealth.com\)](#)  
[Swimming Safety](#) | [Swim Safe](#) | [American Red Cross](#)



## FEATURED RECIPE

### Creamy Avocado and White Bean Wrap

4 Servings



#### INGREDIENTS

- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- 2 teaspoons finely chopped canned chipotle chile in adobo sauce
- ¼ teaspoon salt
- 2 cups shredded cabbage
- 1 medium carrot, shredded
- ¼ cup chopped fresh cilantro
- (1) 15-ounce can white beans, rinsed
- 1 ripe avocado
- ½ cup shredded sharp cheddar cheese
- 2 tablespoons minced red onion
- 4 whole wheat wraps or tortillas

#### DIRECTIONS

1. Whisk vinegar, oil, chipotle chili, and salt in a medium bowl. Add cabbage, carrot, and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
3. To assemble the wraps, spread about ½ cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about ⅔ cup of the cabbage carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve.

#### NUTRITION

**Serving Size:** 1 wrap, ½ cup bean-avocado mixture and ⅔ cup cabbage carrot slaw

**Per Serving:** 346 calories; protein 11.8g; carbohydrates 44.2g; dietary fiber 12.6g; sugars 3.4g; fat 17g; saturated fat 4.2g; cholesterol 14.4mg; vitamin a iu 3219.6IU; vitamin c 26.5mg; folate 55.1mcg; calcium 134.7mg; iron 1.4mg; magnesium 52.5mg; potassium 487.8mg; sodium 465.1mg; thiamin 0.2mg

**Source:** [Creamy Avocado & White Bean Wrap Recipe | EatingWell](#)