

**INSIDE THIS ISSUE** **AUGUST 2022**

**1 Psoriasis Awareness**

**2 Advocating for Causes You Believe In**

**3 National Dog Month**



**HEALTH OBSERVANCE**

**Psoriasis Awareness**

*Cassidy Carre – Wellworks For You*

**Take Action Against Psoriasis This August**

The month of August is a time for awareness and resilience. Stress, pressure, and fear are common emotions that affect your bodily wellbeing, which includes your skin. They can trigger and even worsen conditions such as psoriasis, eczema, acne, rosacea and skin rashes. The good news is there are many ways you can take action.

All month long, the National Psoriasis Foundation (NPF) is boosting their efforts to create awareness and generate action around psoriasis through research funding, spreading information, hosting events, and more. Psoriasis, as a disease, affects 125 million people worldwide and 8 million in the US. Unfortunately, there is currently no universal cure for psoriasis, but individuals that work with specialists can often find relief with various remedies.

While psoriasis appears on the skin, it is an autoimmune disease. This means the body's immune system becomes overreactive and attacks its healthy cells, which can appear outwardly through the skin. There are a few lifestyle factors that could initiate developing psoriasis. They include a family history of psoriasis, stress, anxiety, obesity, smoking, alcohol, and skin injuries.

Symptoms include itchy, scaly, red, irritated skin, and stiff or swollen joints. Most individuals with psoriasis see a rheumatologist, dermatologist, or other specialists to determine if there is an individualized root cause and actionable therapy treatment. Therapies include:

- Steroid creams
- Topical creams
- Light therapy
- Injected medicines
- Salt baths
- Oral medications
- Reducing stress
- Healthy diet

It's important to note that psoriasis is not contagious and cannot spread through skin-to-skin contact. Given how this disease affects one's outward appearance, it can be overwhelming for those who struggle with it. Through compassion and support for the NPF, we can find a cure and end the shame around this disease.

*SOURCES: [Get Ready for Psoriasis Action Month in August - HealthLink Dimensions](#); [August is Psoriasis Action Month | SignatureMD](#)*



**WellBalance Health Corner**

**Advocating for Causes You Believe In**

There are different ways to advocating for the causes you believe in. Understanding your options is the first step.

..... page 2



**National Dog Month**

Learn how our furry friends help keep us happy and healthy.

..... page 3



## Advocating for Causes You Believe In

*Cameron Fluri – Wellworks For You*

According to Six Dimensions, advocacy is defined as public support for or recommendation of a particular cause or policy. Advocacy falls on a spectrum and can be done on a large or small scale.

There are three different kinds of advocacy – self-advocacy, individual advocacy, and systems advocacy.

- *Self-advocacy is an individual's ability to effectively communicate, convey, negotiate, or assert their interest, desires, needs, and rights.*
- *Individual advocacy is when a person or group of people focus their efforts on one or two individuals. An example would be speaking out on another's behalf or advocating for a person or group of people.*
- *Systems advocacy involves working to change policies, laws, or rules that impact how someone lives their life.*

Whatever type of advocacy resonates with you the most, it is important to advocate for a cause that you believe in. A huge part of advocacy is being a part of a community and connecting with others who share the same belief and passion for the cause.

**Here are three ways that you can get started advocating for your cause:**

1. Fully understand the issue – Even if you feel you already know everything about the issue at hand, there is always more to learn. Be sure you come prepared with research. Make it your goal to gain a deeper understanding of not just the problem, but the counterargument as well.
2. Provide education about the issue – Educate others on the issue. Build a social media page, website, or group of advocates for the cause and talk about the issue regularly, as well as ways you can combat the problem. Provide fact sheets, Q & A, and media resources.
3. Community Organizing - Successful advocacy requires connecting with others who believe in the same cause. There is strength in numbers, so make sure you build your force. Talk to the community that is affected, hear their concerns, and come up with a plan of action to address those concerns.

Source: [3 Ways to Advocate for a Cause That You Believe In – Six Dimensions, LLC. | Public Health Consulting \(sixdims.com\)](#)

# WelBalance

## HEALTH TIP CORNER

Connectedness is the ability to experience meaning in your life through your connections with people, art, music, literature, nature, or a power greater than you. Advocating for a cause that you believe would make the world a better place is beneficial not only for your own mental wellbeing, but the community and environment around you.





# National Dog Month

*Dawn Koch – Wellworks for You*

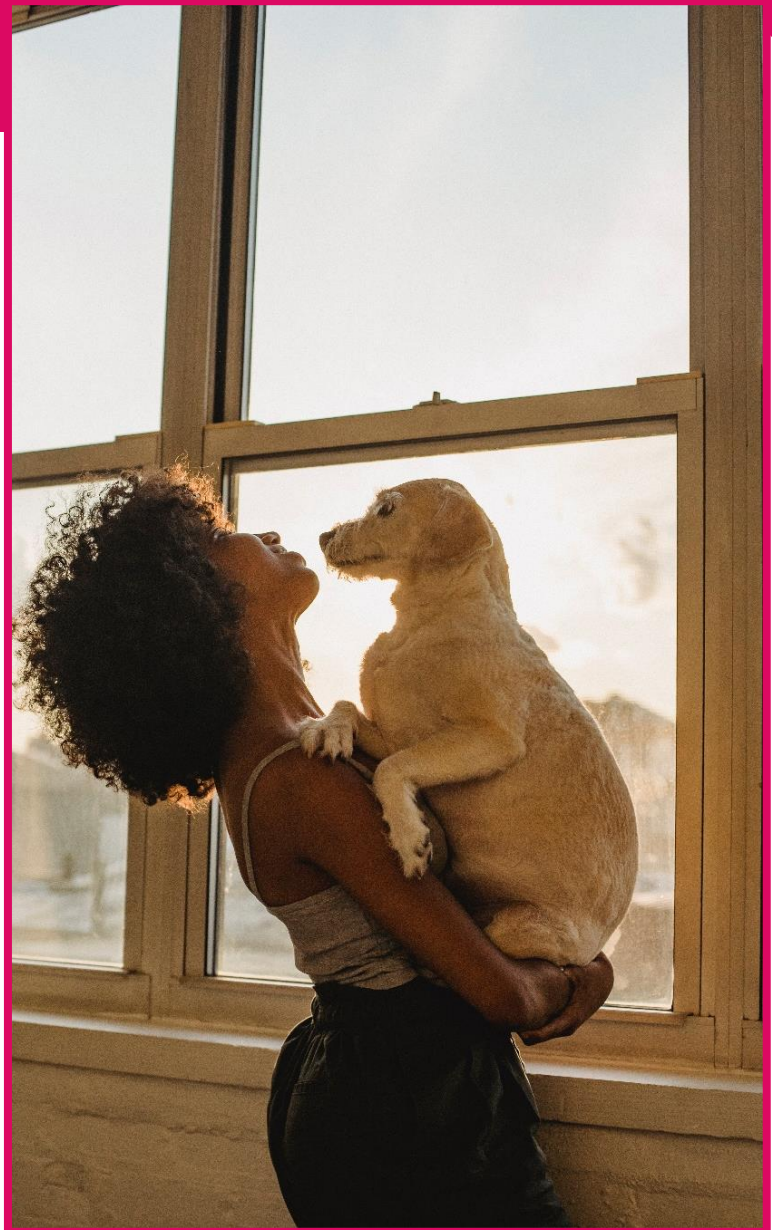
National Dog Month, celebrated in August, is a time to celebrate our furry friends for all they do for us. There are many health benefits of owning a pet. According to the CDC, studies have shown that the bond between people and their pets is linked to several health benefits, including:

- *Decreased blood pressure, cholesterol levels, triglyceride levels, feelings of loneliness, anxiety, and symptoms of PTSD*
- *Increased opportunities for exercise and outdoor activities; better cognitive function in older adults; and more opportunities to socialize*

The heart foundation asserts the health advantages of a dog are not limited to people who have a dog at home. In the 1860s, Florence Nightingale found animal companionship beneficial to her patients. Since then, dogs have been used in many capacities to help people recover from and manage illness, disability, and other conditions. Today, there are many animal-assisted therapy programs in prisons, schools, and hospitals that benefit many people.

A service dog is trained to perform tasks to assist an individual with disabilities. It has the ability to perform observable tasks, on command, that distinguishes a service dog from an emotional support dog, therapy dog, or other working dog. Some examples of tasks are balance and support, retrieving dropped objects, fetching medications, and summoning assistance when needed. The Foundation for Service Dog Support (FSDS) trains service dogs for individuals with mobility challenges, medical needs, hearing impairment, and PTSD.

If you or someone you love has any of these challenges and would benefit from having a service dog, contact FSDS by email at [info@servicedogsupport.org](mailto:info@servicedogsupport.org) or find out how to apply for a service dog on their website at <https://servicedogsupport.org/dogs/>.



## FEATURED RECIPE

### Strawberry-Chocolate Greek Yogurt Bark

32 Servings



#### INGREDIENTS

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 ½ cups sliced strawberries
- ¼ cup mini chocolate chips

#### DIRECTIONS

1. Line a rimmed baking sheet with parchment paper
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl.
3. Spread on the prepared baking sheet into a 10-by-15-inch rectangle.
4. Scatter the strawberries on top and sprinkle with chocolate chips
5. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces

#### NUTRITION

**Serving Size:** One 1 3/4-by-2 1/2-inch piece

**Per Serving:** 34 calories; protein 2g; carbohydrates 4g; dietary fiber 0.2g; sugars 3.5g; fat 1.3g; saturated fat 0.8g; cholesterol 2.8mg; vitamin a iu 19.7IU; vitamin c 4.6mg; folate 2mcg; calcium 27.7mg; iron 0.1mg; magnesium 3.1mg; potassium 44.8mg; sodium 7.6mg; added sugar 2g.

Source: [Strawberry-Chocolate Greek Yogurt Bark Recipe | EatingWell](#)