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## HEALTH OBSERVANCE

### Men's Health Month

*Kim Farrell – Wellworks For You*

June marks Men's Health Month, an annual observance aimed at heightening the awareness of preventable health problems and encouraging early detection and treatment among men and boys. While it's crucial to address all aspects of health, this year, we are turning the spotlight towards an often-overlooked component: men's emotional health.

Historically, societal norms have dictated that men should be stoic and resilient, often at the expense of expressing emotions or seeking help. However, the tides are turning. Emotional wellbeing is critical for everyone, and Men's Health Month provides the perfect opportunity to dismantle stigmas and advocate for mental and emotional support for men.

**Recognizing Emotional Health:** Emotional health is about understanding and managing your feelings, recognizing stressors, and seeking help when needed. It's about cultivating resilience, empathy, and psychological flexibility. For many men, acknowledging emotional struggles is the first step toward healing and growth.

**Encouraging Open Conversations:** One of the most potent tools for enhancing emotional wellbeing is conversation. Encouraging open discussions about feelings, experiences, and challenges can significantly reduce the isolation and stigma associated with emotional distress. It's about creating safe spaces where men feel comfortable sharing and seeking support.

**Promoting Healthy Outlets:** Engaging in activities that foster emotional expression and release is vital. Whether it's through sports, art, journaling, or therapy, finding healthy outlets for emotions is a key component of emotional wellbeing. Encourage exploration and experimentation to find what works best for each individual.

**Seeking Professional Help:** Professional help isn't a sign of weakness; it's a step towards empowerment. Men's Health Month is the perfect time to remind everyone that seeking therapy, counseling, or psychiatric care is a brave and proactive choice.

This Men's Health Month, let's shift the narrative. Let's celebrate strength in vulnerability, courage in seeking help, and pride in emotional resilience. By focusing on emotional health, we can support a future where men's wellbeing is holistic, encompassing both the physical and emotional spheres. Here's to a healthier, more emotionally connected world for all men.

Source: <https://www.psychologytoday.com/us/blog/mens-mental-health-matters/202309/the-changing-view-of-men-on-mental-health>



### Social Wellness Strengthen Your Toolkit

Enhancing your social wellness means investing in relationships and activities that bring joy and health to your life, while creating a community where everyone can thrive.

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### A Rainbow-Hued Journey Embracing Diversity

Read more about why Pride Month is important, how you can get involved, and ways you can be more inclusive in your daily life.

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# LIVE SIMPLY

MENTAL WELLBEING PROGRAM

## HEALTH TIP CORNER

Wellness Pillar: Social

### How to Strengthen Your Social Wellness Toolkit

Lisa Kyler – Wellworks For You

Social wellness is about cultivating relationships that nurture us, finding balance in our caregiving roles, and fostering a community of health and happiness.

Here are some ways you can strengthen your social wellness toolkit, enhancing not just your life but those around you.

**Creating Meaningful Connections:** Dive deeper than the surface. Meaningful relationships are built on shared experiences, sincere communication, and mutual respect. Arrange regular meetups, join clubs or groups with shared interests, or simply make a habit of having heart-to-hearts with friends and family. These connections fortify your support network, crucial for life's ups and downs.

**Balancing Care:** Caring for others is a beautiful aspect of human connection, but don't forget to care for yourself, too. Ensure you're taking time to recharge with activities that you love. Remember, a well-rested, happy you can care for others more effectively.

**Getting Active Together:** Shared physical activity isn't just good for the body; it strengthens emotional bonds. Whether it's family hikes, friend dance classes, or community sports, active engagements are fantastic for building relationships and health simultaneously.

**Shaping Healthy Habits:** Involve your family and friends in healthy habits. Cook nutritious meals together, establish routine health checks, or set collective goals. It's about creating a culture of health that everyone contributes to and benefits from.

**Bonding with Your Kids:** Quality time with children is priceless. Engage in activities that allow for bonding and open conversation. Whether it's story time, playing games, or working on a project together, these moments are building blocks for a strong, supportive relationship.

**Building Healthy Relationships:** Lastly, cultivate relationships that are respectful, supportive, and positive. Recognize toxic patterns and don't be afraid to set boundaries or seek help if needed.

Enhancing your social wellness means investing in relationships and activities that bring joy, support, and health to your life. It's about creating a community, from family to friends to partners, where everyone thrives. So go ahead, reach out, bond, and build up your social wellness toolkit!

Source: <https://www.nih.gov/health-information/social-wellness-toolkit>





# Celebrating Pride Month:

## Embracing Diversity and Inclusion



*Kellie O'Keefe – Wellworks For You*

Pride Month, observed annually in June, is dedicated to celebrating the LGBTQ+ community and promoting inclusivity and acceptance. While its origins are rooted in historical events, today, it symbolizes progress and unity for people of all backgrounds.

June was chosen for Pride Month to honor the LGBTQ+ community's ongoing journey toward equality and to commemorate significant milestones in LGBTQ+ history. It's a time to recognize the contributions of LGBTQ+ individuals to society and reaffirm our commitment to creating environments where everyone feels valued and respected.

At its core, Pride Month is a powerful celebration of diversity. It serves as a constant reminder that each person's unique identity should not only be acknowledged but also celebrated. By embracing and accepting people of all sexual orientations and gender identities, we actively foster an environment of understanding and respect.

Participating in Pride Month activities, be it attending a parade, hosting educational events, or simply showing support through inclusive practices, is more than just a commitment to building a more inclusive workplace and community. It's a unique opportunity to stand in solidarity with LGBTQ+ colleagues, friends, and family members, and to collectively create a sense of belonging for everyone.

Pride Month encourages us to come together to celebrate our differences and promote a culture of acceptance and equality regardless of political affiliations or personal beliefs. Recognizing the importance of diversity and inclusion can create a more vibrant, compassionate, and supportive society.

Regardless of political affiliation or personal beliefs, embracing Pride Month aligns with respect, inclusivity, and equality values. It's an opportunity for companies and individuals to reaffirm their commitment to creating environments where everyone feels valued and accepted for who they are.

Source: [Celebrate Pride With Us: Without Exception! - Human Rights Campaign \(hrc.org\)](https://www.hrc.org/campaigns/celebrate-pride-with-us-without-exception/)

## FEATURED RECIPE

### Avocado Caprese Salad

6 Servings | Total Time: 5 Minutes

*Nut-Free, Vegetarian, Gluten-Free, Soy-Free*



#### INGREDIENTS:

- 3 tablespoons balsamic vinegar
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 ½ cups multicolored cherry tomatoes, halved
- 2 ripe avocados, diced
- 4 ounces small fresh mozzarella balls
- 1 tablespoon drained capers (optional)
- ½ cup lightly packed fresh basil leaves

#### DIRECTIONS:

1. Whisk vinegar, oil, salt, and pepper together in a small bowl.
2. Combine tomatoes, avocados, mozzarella, and capers (if using) in a large bowl.
3. Add the dressing and basil; toss to coat.

#### NUTRITION

**Per Serving:** 2/3 Cup

**Calories:** 218

**Carbohydrates:** 9g

**Saturated Fat:** 5g

**Sugar:** 3g

**Protein:** 5g

**Dietary Fiber:** 5g

**Cholesterol:** 13mg

**Sodium:** 212mg

Source:

<https://www.eatingwell.com/recipe/7945626/avocado-caprese-salad/>