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Wellness NEWSLETTER

HEALTH OBSERVANCE

PTSD Awareness Month

Dawn Koch – Wellworks For You

June is PTSD Awareness Month, and is a time dedicated to raise awareness about post-traumatic stress disorder (PTSD) and supporting those affected by it. PTSD is a mental health condition triggered by experiencing or witnessing a traumatic event, such as war, natural disasters, accidents, or assaults.

Symptoms of PTSD can vary widely from person to person. Over time, PTSD symptoms can vary in how severe they are. According to the Mayo Clinic, PTSD symptoms are generally grouped into four types:

- **Intrusive memories** involve unwanted, distressing recollections of a traumatic event, flashbacks, upsetting dreams, and severe emotional or physical reactions to reminders of the trauma.
- **Avoidance** includes efforts to avoid thinking or talking about the traumatic event and staying away from reminders of it.
- **Negative changes in thinking and mood** encompass negative thoughts about oneself or the world, persistent negative emotions, memory problems, detachment from loved ones, loss of interest in activities, difficulty feeling positive emotions, and emotional numbness.
- **Changes in physical and emotional reactions** (arousal symptoms) involve being easily startled, always on guard, engaging in self-destructive behavior, trouble sleeping and concentrating, irritability, angry outbursts, and physical reactions like sweating, rapid breathing, fast heartbeat, or shaking.

If you or someone you love have disturbing thoughts or feelings, see your doctor right away.

Suicide Prevention resources:

- In the U.S., call or text 988 to reach the 988 Suicide & Crisis Lifeline, available 24 hours a day, seven days a week. Or use the Lifeline Chat. Services are free and confidential.
- U.S. veterans or service members who are in crisis can call 988 and then press "1" for the Veterans Crisis Line. Or text 838255. Or chat online.
- The Suicide & Crisis Lifeline in the U.S. has a Spanish language phone line at 1-888-628-9454 (toll-free).

Source: <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>



2 PREVENTING BURNOUT

Prioritizing Work-life Balance

Learn a few strategies to help prioritize work-life balance this summer.



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Brain Awareness Month is a time for reflection, education, and hope.



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CONNECTEDNESS
HEALTH TIP CORNER



Preventing Burnout: Prioritizing Work-Life Balance

In today's fast-paced world, the demands of work, family, and everyday responsibilities can quickly pile up, leaving little room to focus on your own wellbeing. When you don't set intentional boundaries or carve out time to rest, it's easy to slip into burnout, a state of emotional, physical, and mental exhaustion. The good news is that a few small habits can help you protect your energy and feel more balanced throughout your day.

Establish Clear Work Hours: Set defined start and end times for your workday—and stick to them. Avoid the temptation to "just check one more email" after hours. Creating a firm boundary helps you fully transition into personal time, giving your mind and body a chance to reset.

Prioritize Connection: Make time for relationships outside of work. Whether it's a weekly dinner with friends, a phone call to family, or a walk with a neighbor, nurturing personal connections supports mental wellbeing and helps create a fuller, more satisfying life outside of professional demands.

Take Intentional Breaks: Step away from your desk regularly, even for just a few minutes. Short breaks for a walk, stretch, or deep breathing can significantly boost focus and reduce feelings of overwhelm throughout the day.

Learn to Say No: Overcommitting can quickly lead to burnout. Be realistic about what you can take on, and don't be afraid to respectfully decline additional tasks that don't align with your priorities or capacity.

Create Transition Rituals: Establish small routines that mark the end of your workday—like shutting down your laptop, taking a short walk, or playing your favorite music. These rituals signal to your mind and body that it's time to shift gears and focus on personal time.

Practice Self-Compassion: Some days will feel more balanced than others, and that's okay. Recognizing that balance is an ongoing process can help you avoid perfectionism and maintain a healthier, more forgiving mindset.

By being intentional with your time, protecting your boundaries, and nurturing the relationships that energize you, you can create a healthier work-life balance. Remember: prioritizing your own wellbeing isn't a luxury—it's essential for staying connected, resilient, and present both at work and in life.

Source: <https://www.forbes.com/councils/forbesbusinesscouncil/2023/05/04/five-strategies-to-prevent-and-avoid-burnout-at-work/>

Supporting Memory

Alzheimer's and Brain Awareness Month

Katherine Kline – Wellworks For You



Brain Awareness Month is a time for reflection, education, and hope. For many, caring for a loved one living with Alzheimer's disease or another form of dementia is a journey filled with both heartbreak and profound moments of grace. It teaches patience, forgiveness, and a deeper kind of love that leaves an imprint forever.

Memory is a gift often taken for granted until it begins to slip away. Every story shared, every laugh exchanged, and every quiet moment together becomes even more precious. Witnessing these changes firsthand highlights just how important it is to protect brain health at every stage of life. While there is currently no cure for Alzheimer's, there is growing research showing that certain healthy habits and preventive steps may help support cognitive wellbeing over time.

Protecting brain health means caring for the mind and body together. Regular physical activity, eating a balanced diet rich in fruits, vegetables, whole grains, and healthy fats, staying socially connected, managing chronic health conditions like hypertension or diabetes, and continually challenging the mind with puzzles, reading, and learning new skills are all powerful ways to strengthen memory and resilience.

Medical care plays an important role, too. Talking with a doctor about cognitive assessments, memory screenings, and preventive exams can provide valuable early insights. Monitoring blood pressure, cholesterol, and blood sugar helps protect not only the heart but also the brain.

For those who are caregivers, or have been caregivers in the past, the love and strength given each day is seen and honored. Caregiving is a beautiful and selfless act, but it is important to remember that caregivers need care too. Seeking support, making time for personal wellbeing, and reaching out for resources are vital parts of the journey.

This Brain Awareness Month, it is important to honor the memories that shape us, support the minds that connect us, and take small, meaningful steps toward protecting brain health for ourselves and the people we love.

Source: <https://www.alz.org/>

FEATURED RECIPE

Big Beautiful Summer Salad

*Gluten-Free, Vegetarian, Heart-Healthy***6 SERVINGS** | **25 MINUTES**

INGREDIENTS

- 3 small golden beets (10 ounces total), peeled and trimmed
- 2 small ripe avocados (6 ounces each)
- 1 cup chopped fresh herbs (such as tarragon, dill, parsley, chives, and/or cilantro)
- ½ cup plus 2 tablespoons low-fat buttermilk
- 2 tablespoons water
- 1 small garlic clove
- 2 tablespoons plus 4 teaspoons fresh lemon juice, divided
- ¾ teaspoon salt, divided
- 8 cups chopped romaine lettuce
- 1 (15.5 ounce) can no-salt-added chickpeas, drained and rinsed
- 1 cup lightly packed microgreens (such as pea shoots)
- 1 cup fresh corn kernels (from 2 ears)
- 1 cup frozen edamame, thawed
- 1 small watermelon radish, halved and thinly sliced on a mandolin (about 1/4 cup)
- 2 tablespoons extra-virgin olive oil

NUTRITION

Serving Size: 2 cups salad & about 2 1/2 Tbsp. dressing**Per Serving:**

Calories: 292
Carbohydrates: 31g
Saturated Fat: 2g
Total Sugars: 8g

Per Serving:

Protein: 11g
Dietary Fiber: 11g
Cholesterol: 1mg
Sodium: 400mg

Source: <https://www.eatingwell.com/recipe/272776/big-beautiful-summer-salad/>

DIRECTIONS

1. Wrap beets together in 1 sheet of microwavable parchment paper. Microwave on high until tender, 10 to 12 minutes. Let cool for 5 minutes. Cut each beet into 8 wedges.
2. Meanwhile, cut 1 avocado into 12 wedges. Chop the remaining avocado.
3. Combine herbs, buttermilk, water, garlic, 2 tablespoons plus 2 teaspoons lemon juice, and 1/4 teaspoon salt in a blender. Puree until smooth, about 10 seconds, stopping to scrape down sides as needed. Add the chopped avocado; process on medium speed until blended and smooth, about 30 seconds, stopping to scrape down sides as needed.
4. Arrange romaine on a large platter. Top with chickpeas, microgreens, corn, edamame, radish slices, beet wedges, and avocado wedges. Drizzle with oil and the remaining 2 teaspoons lemon juice; sprinkle with the remaining 1/2 teaspoon salt. Spoon the buttermilk dressing over the salad.