

June 2026

# Wellness NEWSLETTER

## HEALTH OBSERVANCE Men's Health Month

### Wellworks For You

June is Men's Health Month. It is the month we celebrate fathers, the ones who show up early and stay late, who give advice whether or not you asked for it, who quietly do more than they ever take credit for. It is a month for husbands, brothers, sons, coaches, mentors, and friends. The men who hold things together, often without anyone noticing.

Men's Health Month is a reminder that the same men who show up for everyone else deserve to show up for themselves, too. Not as an afterthought, not when things get bad enough that ignoring them is no longer an option, but proactively, intentionally, and without apology.

### Your health matters.

It matters to the people who count on you. It matters to the ones who love you. And it matters because you, independent of any role you play in anyone else's life, are worth caring for.

Physical and mental health are not separate. Stress shows up in the body. Sleep affects mood. Tension accumulates. Taking care of yourself is not a luxury or a sign of weakness. It is how you stay well enough to keep being present for the people and things that matter most to you.

A primary care provider is a great place to start. Annual wellness visits can catch early signs of high blood pressure, diabetes, and high cholesterol, many of which develop with no symptoms at all. A provider can also help assess whether stress, fatigue, or shifts in mood deserve more attention.

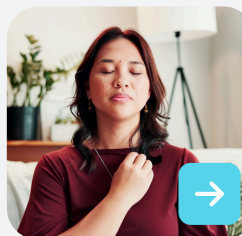
For men navigating emotional difficulties or mental health concerns, support is more accessible than ever. Therapy, peer groups, and digital mental health tools all offer real, lower-barrier options.

In urgent situations, the 988 Suicide and Crisis Lifeline is available 24 hours a day, seven days a week, by call, text, or online chat.

### This Month, Do It for You. Do It for Them. Just Do It.

- Book a preventive care visit if it has been more than a year
- Get key numbers checked: blood pressure, cholesterol, blood sugar
- Check in honestly on stress, sleep, and how you are really feeling
- Reach out if you are struggling, to a friend, a provider, or a counselor
- Be the one in your circle who normalizes taking health seriously

Source: <https://menshealthnetwork.org/>



### 2 HEALTH TIP CORNER

## Recognizing Burnout and Building Recovery Strategies

Learn targeted strategies to support recovery.



### 3 MEN'S HEALTH MATTERS

## Encouraging Preventive Care and Stress Check-Ins

Regular preventive care and honest stress check-ins essential tools for long-term wellbeing.



### 4 Featured Recipe

CONNECTEDNESS  
**HEALTH TIP  
CORNER**

## Recognizing Burnout and Building Recovery Strategies

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It starts small. A task that should take twenty minutes takes forty. You reread the same paragraph three times. Someone asks a simple question, and somehow it feels like too much. None of it seems dramatic enough to name as a problem, so you don't. That is exactly how burnout operates. It does not arrive as a crisis. It accumulates as friction until the friction becomes the default setting, and you can no longer quite remember what normal felt like.

### What Is Actually Happening

When stress becomes prolonged, the brain's threat-detection center, the amygdala, begins treating routine situations as urgent. Cortisol floods the system. The prefrontal cortex, responsible for focus, planning, and decision-making, starts to wear down under the pressure. What you experience as fog, irritability, or emotional flatness is the brain running a deficit. Burnout is not a weakness. It is biology, compounding.

### The Recovery Side

Short-term relief: breathe deliberately. The physiological sigh, two short inhales through the nose followed by one long exhale through the mouth, signals the nervous system to downshift. It sounds too simple to work. It works.

For longer recovery, three things consistently make a difference:

**Protect your focus.** Time blocking, setting aside uninterrupted windows for single tasks, is linked to lower stress, better sleep, and less after-hours rumination. Even one protected hour a day changes the pattern.

**Shrink the decision load.** Burnout worsens when every hour requires choices. Simplify wherever you can. Routines, meals, low-stakes logistics. Save cognitive energy for what actually requires it.

**Rest in ways that restore.** Sleep matters, but so does time spent on activities that feel genuinely replenishing rather than just idle. A walk, a creative project, a real conversation. Recovery is not the absence of doing. It is doing things that refill rather than drain.

Burnout is a signal, not a sentence. Recognizing it early is the first, and most important, step.

Source: <https://scienceinsights.org/feeling-overwhelmed-why-it-happens-and-how-to-cope/>

# MEN'S HEALTH MATTERS

## Encouraging Preventive Care and Stress Check-Ins

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For many men, preventive care has a way of sliding down the priority list when the calendar is full and the body seems to be functioning. If nothing hurts, what is there to address?

Quite a bit, it turns out.

### **The Silent Contributors**

Many of the conditions that most significantly affect men's long-term health, high blood pressure, elevated cholesterol, and type 2 diabetes, develop without a single noticeable symptom. By the time something feels wrong, the window for early intervention has often already narrowed. Annual wellness visits exist precisely to catch what the body has not yet made obvious.

Chronic stress belongs in that same category. When stress persists, it activates the hypothalamic-pituitary-adrenal (HPA) axis, triggering sustained cortisol release. Over time, elevated cortisol is associated with hypertension, impaired immune response, metabolic disruption, and reduced hippocampal function, meaning memory and cognitive performance both take a measurable hit. Despite all of that, stress rarely surfaces in a routine appointment. Patients describe it as fatigue, or being busy, or just having a lot going on. Providers treat what gets named.

### **Where to Start**

At your next wellness visit, try asking directly: "How might my current stress load be affecting my physical health?" It is a straightforward question that opens a conversation that otherwise often stays closed.

Outside of clinical settings, a few honest questions are worth returning to regularly: Am I sleeping and waking rested? Do I have things in my life that genuinely recharge me? Is there anything I have been quietly avoiding, physically or emotionally, that probably deserves attention?

Preventive care works best as a practice, not a reaction. Including mental and emotional health alongside the standard physical markers is not a soft add-on. For men, it may be some of the most important information to track.

**Source:** <https://www.nimh.nih.gov/health/find-help>





#### FEATURED RECIPE

## Zesty Grilled Halibut Burger

*High Protein*

 4 SERVINGS |  20 MINUTES

### INGREDIENTS

- 4 halibut fillets (5–6 oz each)
- 2 tbsp olive oil
- 1 tsp lemon zest
- 2 tbsp freshly squeezed lemon juice
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 4 brioche buns, lightly toasted
- 4 tbsp mayonnaise
- 2 tbsp capers, chopped
- 1 cup shredded red cabbage
- 1 cup arugula

#### Optional Toppings

- sliced tomatoes
- avocado slices
- pickled onions

### DIRECTIONS

1. In a shallow dish, combine olive oil, lemon zest, lemon juice, garlic, smoked paprika, salt, and pepper. Add the halibut fillets and marinate for 15 minutes.
2. Preheat your grill or grill pan to medium-high heat and oil the grates lightly to prevent sticking.
3. Grill the halibut fillets for 3–4 minutes per side until opaque and flaky. Remove from heat and let rest for 2 minutes.
4. In a small bowl, mix mayonnaise and chopped capers to create the caper mayo.
5. Spread caper mayo on the bottom half of each toasted bun. Layer with arugula, grilled halibut, shredded red cabbage, and any optional toppings.
6. Serve immediately and enjoy your Zesty Grilled Halibut Burger.

### NUTRITION

|                       |                 |                       |                 |
|-----------------------|-----------------|-----------------------|-----------------|
| <b>Per Serving:</b>   | <b>1 Burger</b> | <b>Per Serving:</b>   | <b>1 Burger</b> |
| <b>Calories:</b>      | 420             | <b>Protein:</b>       | 35g             |
| <b>Carbohydrates:</b> | 28g             | <b>Dietary Fiber:</b> | 4g              |
| <b>Saturated Fat:</b> | 3g              | <b>Sodium:</b>        | 620mg           |
| <b>Total Sugars:</b>  | 5g              |                       |                 |

Source: <https://boxfamilykitchen.com/2025/02/16/zesty-grilled-halibut-burger/>