HealthyLife®
LETTER

The Solutions Group

*Making Great Companies Better Places to Work*

Thrive as you age

Living a long and healthy life is a goal many share. By prioritizing these four areas of well-being, you can embrace a fulfilling and healthy life after 50!

- **Maintain a healthy diet.** Filling your plate with fruits, vegetables, and whole grains provides essential nutrients for your body. Aim to limit processed foods, sugary drinks, and excessive salt intake.

- **Stay active.** Regular exercise strengthens your body and mind. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise each week. Incorporate a variety of activities like walking, swimming, dancing, or yoga.

- **Prioritize preventive care.** Schedule regular checkups with your doctor to screen for potential health issues. Early detection is key for managing chronic conditions like diabetes and certain cancers.

- **Nurture your mental well-being.** Getting enough sleep, managing stress, and staying connected with loved ones are all crucial for mental health. Practice relaxation techniques like meditation or deep breathing.

Recharge & reset

Taking a mental health day, also called a self-care day, can be a powerful tool to recharge and return to your daily routine feeling refreshed and focused. A mental health day doesn't have to be elaborate or expensive. It's about carving out dedicated time for yourself.
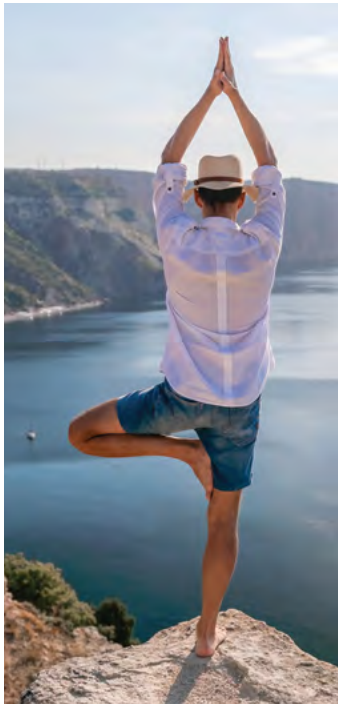

TIPS TO STRUCTURE A RESTORATIVE MENTAL HEALTH DAY

- **Plan ahead.** Don't wait until you're on the verge of a breakdown to schedule a mental health day. Pick a day in advance. This allows you to prepare and minimizes last-minute scrambling.

- **Disconnect to reconnect.** Turn off work notifications, silence your phone, and resist the urge to check email. This creates a crucial space to detach from the constant demands of daily life and reconnect with yourself.

- **Connect with loved ones.** Social connection is important for mental well-being. Spend time with friends and family who uplift and energize you.

- **Prioritize activities you enjoy.** Fill your time with activities that bring you joy and relaxation. Whether it's reading a book, spending time in nature, taking a long bath, or pursuing a hobby, prioritize things that make you feel good.

- **Move your body.** Go for a walk, run, bike ride, or yoga session. Even a short burst of exercise can significantly improve your mood and energy levels.

- **Get enough sleep.** Aim for 7-8 hours of quality sleep the night before your mental health day. Adequate sleep is essential for both physical and mental health.

- **Practice mindfulness.** Techniques like meditation or deep breathing can help quiet your mind and reduce anxiety. There are many free guided meditations available online or through apps, making it easy to incorporate mindfulness into your self-care day.

- **Set boundaries.** Taking a mental health day doesn't mean you have to explain yourself to everyone. Politely let those who may need to reach you know you'll be unavailable and set clear boundaries about when you'll be checking messages.

Protecting yourself from Mpox

Monkeypox (mpox) is a viral illness. While related to smallpox, mpox is generally less severe and does not spread as easily.
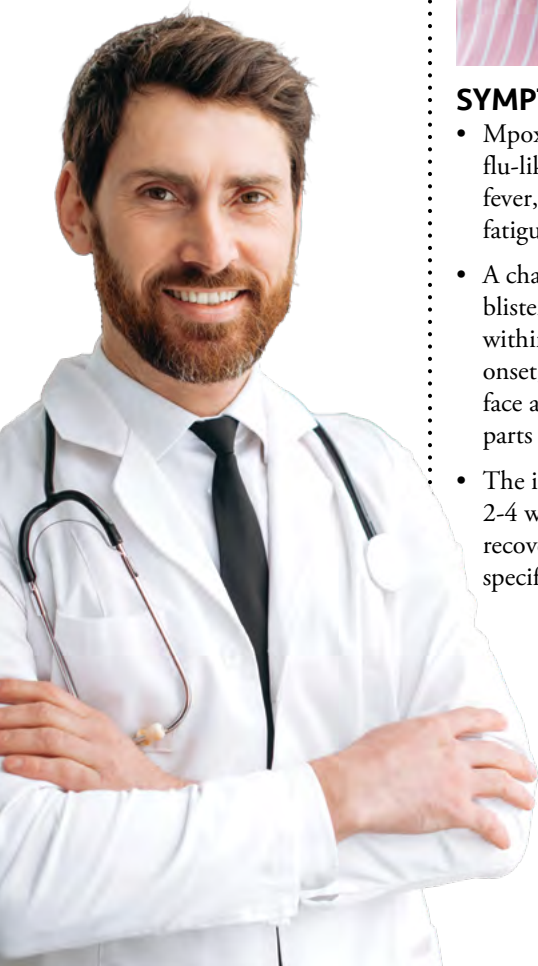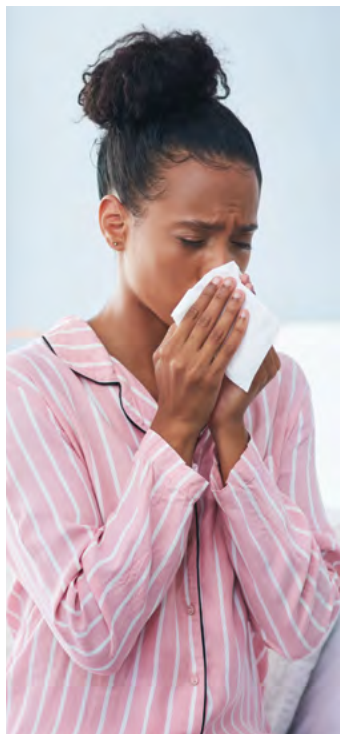
SYMPTOMS
- Mpox typically starts with flu-like symptoms such as fever, headache, chills, and fatigue.
- A characteristic rash with blisters and bumps develops within 1-3 days of fever onset, often starting on the face and spreading to other parts of the body.
- The illness typically lasts 2-4 weeks and most people recover without requiring specific treatment.

RISK FACTORS
- Those who have had direct contact with a person with mpox
- Healthcare workers caring for mpox patients
- People with weakened immune systems may be at higher risk for severe illness or complications from mpox.
- Pregnant people can transmit the virus to their fetus during pregnancy or childbirth.
- Those who have direct contact with infected animals

PREVENTION
- The mpox vaccine is available for individuals at high risk of exposure, including healthcare workers.
- Avoid close contact with individuals and animals who have mpox symptoms.
- Practice good hygiene by washing your hands frequently with soap and water or use alcohol-based hand sanitizer.

If you think you might be sick with mpox, see your doctor as soon as you can. Treatment will depend on how sick you are.

For more information on Mpox, visit: **cdc.gov/mpox**.

Master your time

Effective time management is a valuable skill that can benefit everyone, from busy professionals to students juggling school and work.

TIPS TO UTILIZE TIME EFFICIENTLY & PRIORITIZE WELL-BEING

- Block out time in your calendar for activities that reduce stress and boost your energy levels. This could be anything from a relaxing bath to a brisk walk in nature.

- Identify the most important things you need to accomplish each day and focus on those first.

- Multitasking is often a myth that leads to decreased productivity. Group similar tasks together to improve focus and minimize context switching. For example, dedicate a specific time block to answering emails or returning phone calls.

- There are countless apps and tools available to help you manage your time effectively. Explore calendar apps, to-do list managers, and time tracking software to find what works best for you.