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Wellness Matters

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Your Healthy Body

Reduce Stress: Stay Positive

Life is full of unexpected frustrations. Running late, spilling coffee on yourself, or getting into an argument can start your day off on the wrong foot. The good news is that you can control your mood and prevent these obstacles from ruining your entire day.

The most important thing you can do is to focus on the positive. Studies show that when you're positive, you have 23 percent fewer health-related effects from stress, you are 31 percent more productive, and your creativity levels triple. So, here are a few ways to turn a bad day around and stay on that positive track:

- ✓ Set realistic expectations for your day.
- ✓ Pinpoint the concrete reason for your frustration and address it immediately.



- ✓ Write down or recite three things you are grateful for.

- ✓ Choose **not** to be a victim of your frustration.

- ✓ Make a conscious effort to stay positive.

- ✓ Avoid negative

thinkers; they can just add to the pressure you are feeling.

- ✓ Note what you accomplished at the end of the day, not what you've failed to do.

If you still have trouble coping with stress, talk with your doctor about treatment options. Don't wait too long before seeking help or you risk a stress pile-up. Long-term stress can harm your health and can become chronic, suppressing your immune, sleep, digestive, and reproductive

systems, which may cause them to stop functioning normally.

We feel stress in different ways: some experience mainly digestive symptoms, others may have headaches, sleeplessness, sadness, anger, or irritability. People under chronic stress are prone to more frequent and severe viral infections, such as flu or common cold. Over time, if stress doesn't subside, it can cause heart disease, high blood pressure, diabetes, and other illnesses, as well as mental disorders like depression or anxiety.

So, stay positive, watch for signs of stress, and seek help when needed. For more info, try these resources:

- ✓ National Suicide Prevention Lifeline: (800) 273-TALK (8255)
- ✓ mentalhealth.gov
- ✓ nimh.nih.gov
- ✓ mentalhealthamerica.net

All About Sunscreen

By now the importance of adequate skin protection is widely known. Skin cancer is the most common cancer in the United States, and the number of Americans who have had skin cancer at some point in the last three decades is estimated to be higher than the number for all other cancers combined. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light. The sun's UV rays can damage your skin in as little as 15 minutes. While there are several steps you can take to limit your exposure to the sun, proper sunscreen selection and application is critical.

Sunscreen Labeling and Differences

All sunscreen comes labeled with a Sun Protection Factor, or SPF, which is the measure of a sunscreen's ability to prevent ultraviolet B (UVB) light from damaging the skin. SPF 15 filters out approximately 93% of all incoming UVB rays. SPF 30 keeps out 97% and SPF 50 keeps out 98%. Some sunscreen also protects against Ultraviolet A light, as well as UVB. This kind of sunscreen is called broad-spectrum.

Under new rules mandated by the Food and Drug Administration (FDA), sunscreens can only claim to reduce the risk of skin cancer and early skin aging if it is both broad-spectrum and has an SPF of 15 or higher. Sunscreen that is *not* broad-spectrum or has an SPF of less than 15 can only claim to prevent sunburn and must include a warning it cannot prevent skin cancer or early aging. Sunscreen products also can no longer claim to be waterproof, only water-resistant, and labels must note a time limit of either 40 or 80 minutes before the sunscreen is ineffective.

Sunscreen Recommendations

- Choose sunscreen with an SPF of 30 or higher.
- Choose sunscreen that is broad-spectrum.
- Choose sunscreen that is water-resistant.
- Reapply sunscreen at least every two hours or more often if you're sweating or jumping in and out of the water.



Healthy & Delicious

Keep Your Food Safe on the Grill

It's the time of year when stoves and ovens get swapped for outdoor grills. Don't forget about food safety guidelines while grilling out:

- ✓ Don't cross-contaminate. Keep raw and cooked foods separate by not using the same platters or utensils.
- ✓ Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods.
- ✓ Use a moist cloth or paper towel to clean the grill surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill surface before cooking; bristles may dislodge and stick to food on the grill.
- ✓ Cook your food thoroughly. Cooking on a grill often results in quicker browning of the meat on the outside, but the inside typically remains raw. Use a food thermometer to ensure your meat is cooked properly.
 - » All raw beef, pork, lamb and veal steaks, chops, and roasts should be cooked to a minimum internal temperature of 145 F.
 - » All ground beef, pork, lamb, and veal should be cooked to a minimum internal temperature of 160 F.
 - » Poultry should be cooked to a minimum internal temperature of 165 F.