



MAY 2023

Wellness Matters

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Your Wellness Journey Elevating Your Psychological Resiliency

Psychological resilience is the ability to mentally withstand or adapt to uncertainty and adversity. Building resilience to life's inevitable changes and challenges can help you cope with and manage stressors. It can also help protect you from various adverse mental health symptoms. Health care professionals are noticing stress and anxiety developing at a rapid rate, and because May is *Mental Health Awareness Month*, now is a great time to check in on your feelings and thoughts.

Resilience isn't developed overnight; it's built over time and shaped by your experiences. Like building muscle, elevating your psychological resilience requires commitment. Consider the following strategies:

Adopt a healthy lifestyle.

For a holistic approach to maintaining physical wellness, you should prioritize sleep, eat healthily, stay hydrated, and

engage in physical activity regularly.

Practice self-care.

Self-care is the practice of intentionally engaging in activities that positively impact mental, physical, and emotional well-being. This practice has a direct correlation to mental health. Get



into the habit of caring for yourself and doing activities that make you happy. With the rise in mental health issues, it's important to prioritize yourself now more than ever.

Maintain an optimistic outlook.

Adjusting your thought process and reframing any negative thoughts can be beneficial. Own

your negative thoughts; they can lose their power when you say them out loud.

Review your employee benefits.

Your health benefits offer mental well-being support and resources, so check what's available through your plan.

Make your psychological resilience a priority this month. A good way to start is by focusing on doing at least one thing every day for yourself that supports your overall well-being.

If you have any concerns, contact a health care professional or use the Substance Abuse and Mental Health Services Administration's National Helpline by calling 800-662-HELP (4357).

Do You Have High Blood Pressure?

High blood pressure can cause heart disease, stroke, kidney disease, blindness, and even lead to death. Luckily, high blood pressure is easy to identify through screening, and relatively easy to treat.

Experts recommend that **adults over the age of 18** get screened periodically for high blood pressure. If you haven't been screened lately, talk to your doctor about it.

If you have high blood pressure:

- Make sure you follow up with your doctor to develop a treatment plan. Not addressing high blood pressure can lead to the serious health issues listed above.
- If your doctor prescribes medication, take it according to your doctor's instructions.
- Work on lifestyle changes, such as eating healthier, being physically active, reducing stress, and stopping tobacco use. Developing these healthy habits can help you lower your high blood pressure.

Even if you don't have high blood pressure now, it's important to continue getting screened periodically and strive to lower your risk factors. That means eating nutritiously, getting regular physical activity, lowering your stress level, and quitting smoking.



Healthy & Nutritious

Food Facts...and Fiction PART TWO

Part Two of this series answers more questions you may have regarding certain foods.

Will eating grilled meat cause cancer?

The National Cancer Institute states that cooking meat at very high temperatures creates chemicals—called heterocyclic amines or HCAs—not otherwise found in uncooked meat. Eating grilled meat on occasion is fine. However, excessive consumption of grilled meat at very high temperatures appears to increase the risk for cancer, which is why experts recommend that meat be cooked at low temperatures for longer periods. Research has also shown that microwaving meat before grilling decreases the risk of HCAs.

Which is better: margarine or butter?

Butter is full of saturated fat and cholesterol, but margarine often contains trans fat (though there are also fat-free margarine products available). While neither is ideal, it is generally better to opt for margarine. This is because you should be able to identify which margarine products contain the least amount of trans fat. According to Cleveland Clinic, the more solid margarine is at room temperature, the more trans fat it contains. For example, stick margarine has more trans fat than tub margarine.

