

Healthy Minute

Take a Minute for Your Health



May 2021

The Importance of Physical Activity for Health and Well-being



We know that staying active is one of the best ways to keep our bodies physically healthy but did you know it can also improve your overall well-being and quality of life?

Exercise does many positive things for our bodies such as reduce stress, help with depression and anxiety, prevent weight gain, boost the immune system, improve sleep and much more!

Read this month's spotlight and complete the monthly quiz for a chance to win a \$25 gift card at:
www.JHMBHealthconnect.com/health-spotlights

FREE Monthly Webinar

Available All Month

Healthy Connections

Presented by Zoë Klein,
Claremont EAP



Studies have shown that individuals who feel a sense of connection to others and to their communities are likely to live longer and enjoy happier, healthier lives than those who do not. Though we're more "connected" than ever these days through technology, the amount of real, quality interactions is dwindling. We're living farther apart from family and friends and spending more time in front of screens-even when we're surrounded by others, we're often in our own world. This session will review some simple steps for enhancing a sense of connection, even for those of us with the busiest of schedules. We'll learn how some very small, sustainable changes can make a huge impact on both physical and emotional well-being.

For more info: www.JHMBHealthconnect.com/monthly-webinars

Know Your Numbers Back in Action



WellPATH is partnering with Pinnacle Training Systems once again to offer WellPATH eligible members Free Wellness Screenings. Through the month of April, WellPATH offered in-person wellness screenings at Pinnacle Training Systems office 2 days-a-week on Tuesdays and Thursdays. WellPATH will continue to schedule Wellness Screenings throughout the year, as allowed. For the most up-to-date clinic schedule, visit www.JHMBHealthConnect.com/know-your-numbers.

To ensure we maintain health and safety protocols, pre-registration is required, which includes the completion of the Health Risk Assessment prior to your appointment. In addition, Pinnacle Training Systems will be performing pre-screenings at the clinic entrance, which include touch-less temperature checks. Masks and social distancing will continue to be required. If you have any questions, please feel free to contact us at WellPATH@delapro.com.

Want to Help Spread Wellness Across the District?



WellPATH is looking for District employees who are interested in joining our Champions program. WellPATH Champions are our on-site WellPATH Program ambassadors committed to creating a workplace culture of health and wellness. Our Champions help spread the word of WellPATH events to individuals at their site.

They help us by being the eyes and ears at their site and request wellness events such as group fitness classes or flu shot clinics. At the end of each school year, WellPATH holds an appreciation event for our wonderful Champions to properly thank them for all their efforts to spread the culture of wellness. Visit www.JHMBHealthConnect.com/wellpath/wellpath-champions for more details about the program and how you can **sign up today!**

The WellPATH Employee Wellness Program is a program of the Joint Health Management Board. Visit us on the web at www.JHMBHealthConnect.com or contact us at jhmbhealthconnect@yahoo.com.

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Prepared for you by



Healthful Tip: Mental Health Awareness

Over the last year, people have experienced things they never would have dreamed of, and have had to weather storms over and over again. This is especially true in the field of education. All the unknowns and the constant regulation changes, and having to pivot and learn an entirely new way to do your job is no light task.

Then you couple that with dealing with the personal stress that was created during the pandemic as well, and it is no surprise that people are experiencing feelings they may not have encountered before. Below you will find the details on how to access a 30 minute self-guided training on Mental Health Awareness.



For those of you navigating new waters, or those of you experiencing feelings that you have had before but are not sure what to do with, this may be a good Webinar to watch. Additionally, we have put together resources to help you identify if you or someone else around you needs help, self-check in information, places you can call if you or someone else needs help. We will be adding to these resources on an ongoing basis.

You can access this Mental Health Awareness video and the additional resources at www.JHMBHealthconnect.com/wellness-archive. Mental Health has historically had a stigma around it, but organizations and people all over the world are working to remove the stigma. Knowledge is power and this is no different.

Learning objectives

- Engage in practices that support emotional well-being
- Define mental health as part of total health
- Describe the impact of mental health and wellness in the workplace
- Support those in need
- Foster an environment where we can talk openly about mental health
- Be aware of mental health and wellness resources available to you

Factors that impact mental health

- Work stress, financial hardship, divorce, legal troubles, extreme loss and grief
- Lack of sleep
- Prolonged physical pain or poor physical health
- Genetic and biological factors
- Experiencing acute or ongoing stress and traumatic experiences

Along with the 30-minute Mental Health Awareness training, we have flyers focusing on Emotional First Aid (EFA). EFA skills can be learned and are applicable to your personal life, your work life, and a crisis. The informational flyers include tips on these things as well as EFA tips to help yourself and 8 EFA tips for helping others. These flyers were provided by Claremont Partners, Employee Assistance Program. This program is available to you and information on all that Claremont EAP offers is available at www.JHMBHealthconnect.com/claremont-eap. WellPATH encourages you to review this benefit that is available to you for no cost.