



EVERYDAY WELLBEING

July/August are the Months for:

- Cancer Prevention
- Maintaining Musculoskeletal (MSK) Health
- Resiliency
- Better Sleep
- Healthy is Hydrated

Approximately 1,900,000 Americans will be diagnosed with cancer this year and more than 609,000 will die. However, research shows that up to 50% of cancer cases and about 50% of cancer deaths are preventable with the knowledge we have today. Prevention and early detection are more important than ever — and are proven, effective strategies to lower health care costs. Visit <https://www.preventcancer.org> for prevention tips, strategies and more. Also visit, the American Cancer Society <https://www.cancer.org/> for additional information and resources.



MSK health is essential part of human health. Exercise plays important part in maintaining MSK health.

Factors affecting MSK Health:

- Smoking
- Excess soda or alcohol consumption
- Inadequate Vitamin D and Calcium intake
- Inadequate Physical Activity

Common Musculoskeletal Conditions

- Osteoarthritis
- Inflammatory arthritis (most commonly, rheumatoid arthritis)
- Back pain
- Musculoskeletal injuries (such as occupational or physical activity injuries)
- Crystal arthritis (such as gout)
- Osteoporosis and related fractures

How to Achieve Musculoskeletal Health

If you have difficulty with any of the above mentioned risk factors, you are not alone. However, making positive lifestyle changes can result in a significant impact in your overall musculoskeletal health.





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The best way to prevent chronic illness is to aim for the following:

- Engage in regular physical activity for general fitness.
- Cardiovascular, strength, and flexibility exercises should all be included weekly.

What type of exercise is most beneficial to the skeletal system?

Weight-bearing and resistance exercises are the best for your bones. Weight-bearing exercises force you to work against gravity. They include walking, hiking, jogging, climbing stairs, playing tennis, and dancing. Resistance exercises – such as lifting weights – can also strengthen bones.

- Follow a balanced diet that includes the required amounts of calcium and vitamin D for your age and sex
- Avoid smoking, or aim to quit if you are a smoker.
- Consume only moderate amounts of alcohol and soda.
- Implement and be aware of physical safety measures when exercising, while in an automobile, and a work.

To learn more, visit:

<https://www.cdc.gov/niosh/programs/msd/default.html>

Resiliency - what is it and how you can achieve it?

Resilience is the process of being able to adapt well and bounce back quickly in times of stress. This stress may manifest as family or relationship problems, serious health problems, problems in the workplace or even financial problems to name a few.

Developing resilience can help you cope adaptively and bounce back after changes, challenges, setbacks, disappointments, and failures. Demonstrating resiliency doesn't necessarily mean that you have not suffered difficulty or distress. It also doesn't mean you have not experienced emotional pain or sadness.

The road to resilience is often paved with emotional stress and strain. The good news is resilience can be learned. It involves developing thoughts, behaviors, and actions that allow you to recover from traumatic or stressful events in life. To read more about resiliency and strategies to become more resilient, visit <https://positivepsychology.com/resilience-skills/>.



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Better Sleep

Sleeping well directly affects your mental and physical health. Fall short and it can take a serious toll on your daytime energy, productivity, emotional balance, and even your weight. Yet many of us regularly toss and turn at night, struggling to get the sleep we need.

Unhealthy daytime habits and lifestyle choices can leave you tossing and turning at night and adversely affect your mood, brain and heart health, immune system, creativity, vitality, and weight. For tips and strategies on better sleep, visit:

<https://www.helpguide.org/articles/sleep/getting-better-sleep.htm>

Healthy is Hydrated

Water in the body is essential for many important processes to take place. From our blood system carrying essential glucose, oxygen and nutrients to cells, to the kidneys getting rid of waste products we no longer want, fluid in the body is vital to allow these to occur. It also lubricates our joints and eyes, helps our digestive system function and keeps our skin healthy.

Fluid is so important in the body that even when levels drop only slightly, we begin to feel the consequences. Low levels of fluid in the body can cause headaches, feelings of dizziness, lethargy, poor concentration and a dry mouth. Over a longer term, dehydration can cause constipation and can be associated with urinary tract infections and the formation of kidney stones. Regular and adequate intakes of fluid can help to address these.

Adults need to drink around 1.5–2 litres of fluid a day. A typical mug or glass is about 200 millilitres (ml) so this equates to 8-10 drinks a day. Don't forget that fluid needs can vary depending on various factors including level of physical activity and climate, so it is best to remember to drink regularly to keep thirst at bay. For more tips on staying hydrated, visit: <https://www.everydayhealth.com/dehydration/smart-tips-for-staying-hydrated-throughout-the-day/>.



WHAT IS EAP?

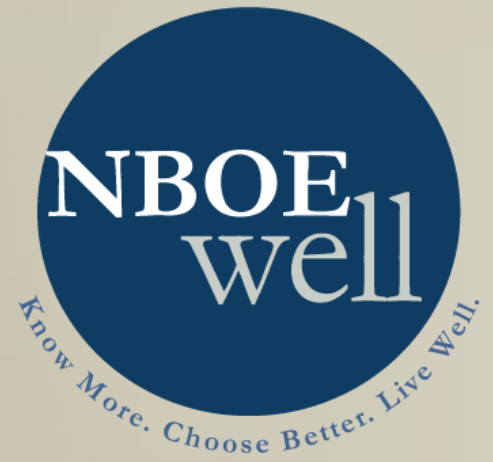
The EAP (Employee Assistance Program) is a benefit provided by the NBOE to help you manage work/life problems and achieve a healthy work/life balance. Think of EAP as your professional support system. Whatever your concern or worry might be, your EAP counselors are here to help.

When you call, professional counselors will listen to you, assess your situation, then guide and coach you. The counselor can also refer you to a therapist near your home or workplace. Your EAP program is completely confidential and is a benefit fully paid by NBOE as part of the NBOE Well initiative.

To take advantage of this benefit, visit www.hrconnection.com (guest key: NBOE), under the Benefits tab click EAP or click [here](#)



**NBOE
cares about
YOU!**



That's why we launched NBOE Well. You perform at your best when your health is in check. The 2022 wellness goal is to encourage you to connect with your primary care physician (PCP) to help you discover and manage any medical conditions you may have.

Why Wellness?

- 1** Engaging with your primary care physician for an annual physical help to provide valuable information. This can help you avoid serious health conditions; help you feel better and help you better manage your health.
- 2** Reduce the number of unknown health risks which also reduces the likelihood of a catastrophic health event.
- 3** Fight rising health care costs
- 4** Address lifestyle issues in a confidential and non-threatening manner.

Know More. Choose Better. Live Well.

For more info about NBOE Well, click the FAQ link below:

[NBOE Well FAQs](#)



LOOKING AHEAD

Here's a sneak
peak at what's to
come in the next
issue:

- Everyday Wellbeing: September
- Healthy Actions
- Benefits Open Enrollment
- Benefits Overview for New Hires
- Fall Semester Student Verification Required Soon