



Bee Well

Thomas County Wellness Newsletter - May 2020

Teacher Appreciation Week



After six weeks of distance learning, teachers deserve appreciation now more than ever. You moved to a virtual classroom overnight, spent countless hours checking in on your students, all while trying to stay safe and sane working from home. In case no one told you today (and every day), thank you for all that you do for your students!

To have a little fun this week, how about trying out some of these activities:

1. Customize your Zoom background - while the kids figured this one out pretty quickly, if you haven't tried it yet [here](#) are some fun classroom backgrounds and instructions on how to use them (scroll to the bottom).
2. Wear red tomorrow (Tuesday, May 5, 2020) for National Teacher Day and post a picture using the hashtag #RedForEd
3. Reach out to the people you miss most from school and play the teacher edition of [Mad Libs](#). This is sure to bring a smile to your face!

Monthly Observances

When it comes to stroke, every minute counts. Acting **F.A.S.T.** can help stroke patients get the treatments they need to survive and reduce damage to the brain. The National Institute of Neurological Disorders and Stroke (NINDS) at the National Institutes of Health (NIH) uses the month of May to raise awareness about risk factors for stroke and ways to improve brain health. You can help reduce your risk of stroke by making healthy lifestyle changes.

Acting F.A.S.T. is key to stroke survival.

-  **Face:** Does one side of the face droop when smiling?
-  **Arms:** Does one arm drift downward when both arms are raised?
-  **Speech:** Is speech slurred or strange when repeating a simple phrase?
-  **Time:** If you see any of these signs, call 9-1-1 right away.



These are the most important steps you can take to lower your risk of stroke:

- Keep your blood pressure in the normal range.
- If you smoke, quit.
- Keep your blood sugar (glucose) in the normal range.
- If you have heart disease, treat it.
- Keep your cholesterol levels in the normal range.
- Stay at a healthy weight.
- Get active.
- Eat healthy.

May is also National Physical Fitness & Sports Month. Each May the President's Council on Sports, Fitness & Nutrition encourages Americans to #MoveinMay in celebration of [National Physical Fitness & Sports Month](#). This year, the President's Council on Sports, Fitness & Nutrition is teaming up with the Office of Disease Prevention and Health Promotion's (ODPHP) [Move Your Way campaign](#) to promote safe physical activity while practicing social distancing. If you need some good at-home workouts, check out all the classes Coach Nix has recorded for us on the Thomas County Wellness [page](#) under Resources for Staff/Workouts at Home.



Healthy at Home

Physical Activity

With children home from school, parents and caregivers might be wondering how to get kids moving. The Physical Activity Guidelines for Americans recommends that kids and teens ages 6 to 17 get 60 minutes of activity every day. Kids younger than 6 need physical activity too – it helps support their growth and development. Preschool-aged children are active naturally, so aim to help them be active throughout the day and avoid time just sitting around.

BONUS: You move too!

Remember, lots of things count as physical activity – and it all adds up! Ask your kids to teach you their favorite game from physical education class or recess, have a family dance party, or challenge each other to learn a new yoga pose or do another push-up.



Nutrition



Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but you can help support your immune system with a balanced diet. Check out the Academy of Nutrition and Dietetics [Eat Right page](#) for their list of nutrients to include in your overall eating plan on a regular basis.

If shopping in the store is difficult right now, be sure to check out stores that offer pick-up and delivery or you can try a drive through produce stand like the one offered locally through [Hopkins Farms & Southwestern Produce](#).

With all of the delicious food that is in season right now, here are some healthy and tasty recipes to add to your plate!

Salad/Main Course: [Zesty Shrimp and Avocado Salad](#)

Main Course: [Steak Taco Bowls](#)

Dessert: [Easy Peach Cobbler with Blueberries](#)



Mental Health

The outbreak of the coronavirus disease 2019 (COVID-19) is stressful for many people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

It's also important to remember that everyone reacts differently to stressful situations. How you respond can depend on your background, the things that make you different from other people, and the community you live in.

Ways to cope with stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - Take deep breaths, stretch, or [meditate](#)
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly, [get plenty of sleep](#).
 - Avoid alcohol and drugs
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. ([CDC](#))



And if you still need a little inspiration to incorporate these principals at home with your family, try checking out the following [site](#).

Be Well SHBP

Stress Less Challenge

Speaking of stress, this month's SHBP challenge is to Stress Less. If you are a State Health Benefit Plan (SHBP) member enrolled in either Anthem Blue Cross and Blue Shield or UnitedHealthcare (non-Medicare Advantage), you can enroll in the May "Stress Less Challenge" and earn 120 well-being incentive points upon completion! (Points can be redeemed for your choice of reward).

Although stress is a normal part of everyday life, when stress levels skyrocket to an unhealthy level it can take a big toll on your overall health. The Be Well SHBP program has the tools to help...like this 12 step stress management [Plan](#).

To join the May Stress Less Challenge, follow these steps:

- If you have never registered for an account on BeWellSHBP.com [register here](#); if you already have an account use your email and password to [log in here](#) (or log in to your account through the Sharecare app).
- Click on the "Achieve" navigational link and then proceed to the Challenges section. Switch to the "Available" view (in Active/Upcoming Challenges) to see what is available to join.
- Register for the Stress Less Challenge. During the month of May, track at least 21 days of calm or productive stress levels to successfully complete the challenge.



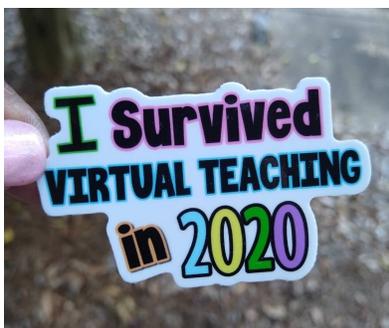
The Be Well SHBP program has many resources to help keep your stress levels in check! Schedule a coaching call, or review articles and videos in the "Discover" area of your account.

Webinar Registration

SHBP is offering their "**Emotional Wellness: Practicing Positive Thinking**" webinar again on Wednesday, May 6th. They will cover techniques such as mindfulness, gratitude and stress management, in addition to incorporating a healthy lifestyle to support and even improve emotional wellness. A brief overview of the *Be Well SHBP* program will also be provided.

Wednesday, May 6th, 2020. 12pm – 1pm

To register: <https://attendee.gotowebinar.com/register/1031093823781366031>



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