



eat crunchy veggies.

healthy changes  
everything:



BlueShield  
of Northeastern New York

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## Mental Health Month: Coping With Trauma



Feelings of loss, grief, anxiety, anger, and frustration are common reactions to traumatic events. Coping with trauma and recovering from post-traumatic stress can be a lengthy process. It is important for those affected to know that they are not alone and that it is better to work through emotions rather than hide or ignore them.

The Mental Health Association in New York State (MHANYS) suggests the following steps to help trauma victims cope with stress:

- Try to get back into a comfortable daily routine
- Get plenty of sleep (7-8 hours per night)
- Eat healthy foods and drink plenty of water
- Practice relaxation techniques
- Accept that recovery will take time

### Did you know?

It is estimated that 7.8% of Americans will experience post-traumatic stress disorder (PTSD) at some point.

### Do one thing.

Visit [bsneny.com](http://bsneny.com) and click on Health & Wellness to search our health library for more information on mental health topics and support groups.

## Celebrate “Don’t Fry Day”

Remind family and friends about the importance of skin cancer prevention and early detection on the National Council on Skin Cancer Prevention’s “Don’t Fry Day” on Friday, May 23.

### Did you know?

More than 1 million cases of skin cancer are diagnosed each year in the United States.

### Do one thing.

You can reduce your risk by limiting your sun exposure between 10 a.m. – 4 p.m. when ultraviolet rays are the most intense.



## Eat Fit – Feed Your Bones

May is National Osteoporosis Month. Osteoporosis prevention starts with your lifestyle choices. There's never a better time than now for people of all ages to start thinking about—and acting on—bone health.

Calcium and vitamin D are the two most crucial nutrients for building strong, healthy bones. Vitamin D is found in fatty fish and is often added to milk and other dairy products. Your skin also makes vitamin D from the UVB rays in sunlight.

Osteoporosis prevention may mean changing the way you eat.

Choose calcium-rich foods like:

- Dairy (low-fat or fat-free milk, yogurt, and cheese)
- Certain green veggies (such as spinach and kale)
- Fortified foods (such as cereals and some juices and breads)



### Did you know?

About 57 million Americans are at risk for osteoporosis.

### Do one thing.

Assess your risk for osteoporosis at [nof.org/connect](http://nof.org/connect).

## Get Fit – Global Employee Health and Fitness Month

May is Global Employee Health and Fitness Month (GEHFM). Started by the National Association for Health & Fitness and ACTIVE Life, the goal of GEHFM is to encourage and support employers in creating a healthier work environment for their employees and promote the benefits of living a healthy lifestyle—both in and out of the office. Lifestyle choices such as physical inactivity and a poor diet contribute to a variety of health issues, including obesity, heart disease, diabetes, hypertension, depression and anxiety, arthritis, and osteoporosis.

Corporate wellness programs are an excellent way to spread the word about the benefits of healthy living—with the added result of a healthier, more active workforce.

### Did you know?

Less than 5% of adults participate in 30 minutes of physical activity each day.

### Do one thing.

Visit [healthandwellness](http://healthandwellness) and get involved in Global Employee Health and Wellness Month.

## Live Fit – Better Sleep

A good night's sleep is one of the most important factors in maintaining a healthy lifestyle, yet the Sleep Better Council recently acknowledged that more than half of American adults do not feel they get enough sleep. Sleep deprivation is associated with the onset of obesity, hypertension, cardiac stress, depression, increased risk for stroke and diabetes, and short-term memory loss.

Try these tips to improve your sleep:

- Don't eat or drink large amounts before bedtime
- Exercise regularly
- Make your bedroom cool, quiet, dark, and comfortable
- Go to bed when you are tired; if you don't fall asleep within 15 - 20 minutes, get up and do something. Go back to bed when you are tired.

### Did you know?

Sleep loss costs the U.S. economy as much as \$15 billion each year in increased health care costs, automobile accidents, workplace accidents, and decreased job performance.

### Do one thing.

For improved sleep and better health, go to bed and get up at the same time every day—even on weekends.

## Avocado-Corn Salsa

### Ingredients (makes 2 servings):

- ½ avocado, diced
- ½ cup frozen corn kernels, thawed
- 1 plum tomato, chopped
- 2 teaspoons chopped fresh cilantro
- Lime juice, to taste
- Salt, to taste

### Directions:

1. Combine avocado, corn, tomato, and cilantro in a small bowl. Add lime juice and salt to taste.

### Nutrition (per serving):

105 calories; 8g fat; 0mg cholesterol; 12g carbohydrates; 3g protein; 3g fiber; 76mg sodium; 364mg potassium.

Source: EatingWell, April/May 2006

## For more healthy tips:

Call our health coaches at 1-877-878-8785, option 2.

