



Live Well, Work Well

June 2024

Men's Health Month

June marks Men's Health Month, an annual observance aimed at heightening the awareness of preventable health problems and encouraging early detection and treatment among men and boys. While it's crucial to address all aspects of health, this year, we are turning the spotlight towards an often-overlooked component: men's emotional health. Historically, societal norms have dictated that men should be stoic and resilient, often at the expense of expressing emotions or seeking help. However, the tides are turning. Emotional wellbeing is critical for everyone, and Men's Health Month provides the perfect opportunity to dismantle stigmas and advocate for mental and emotional support for men.



Recognizing Emotional Health

Emotional health is about understanding and managing your feelings, recognizing stressors, and seeking help when needed. It's about cultivating resilience, empathy, and psychological flexibility. For many men, acknowledging emotional struggles is the first step toward healing and growth.

Encouraging Open Conversations

One of the most potent tools for enhancing emotional wellbeing is conversation. Encouraging open discussions about feelings, experiences, and challenges can significantly reduce the isolation and stigma associated with emotional distress. It's about creating safe spaces where men feel comfortable sharing and seeking support.

Promoting Healthy Outlets

Engaging in activities that foster emotional expression and release is vital. Whether it's through sports, art, journaling, or therapy, finding healthy outlets for emotions is a key component of emotional wellbeing. Encourage exploration and experimentation to find what works best for each individual.

Seeking Professional Help

Professional help isn't a sign of weakness; it's a step towards empowerment. Men's Health Month is the perfect time to remind everyone that seeking therapy, counseling, or psychiatric care is a brave and proactive choice. This Men's Health Month, let's shift the narrative. Let's celebrate strength in vulnerability, courage in seeking help, and pride in emotional resilience. By focusing on emotional health, we can support a future where men's wellbeing is holistic, encompassing both the physical and emotional spheres. Here's to a healthier, more emotionally connected world for all men.

Source: <https://www.psychologytoday.com/us/blog/mens-mental-healthmatters/202309/the-changing-view-of-men-on-mental-health>



The Benefits of Getting Outdoors

June is National Great Outdoors Month. Most Americans spend an average of over ten hours in front of a screen each day. We are spending increasingly less time outdoors due to our trend toward more industrial and urban living and our advances in technology.

Spending time in nature has been shown to have a variety of health benefits including lower stress levels, better overall mood, improved attention, decreases in feelings of anxiety, reduction in blood pressure and improved immune function just to name a few!

Some research shows that when we are in nature, we are more likely to participate in activities that reach recommended physical activity per week. Research also suggests that just viewing images of nature increases brain attention and improves positive emotion. Just listening to the sounds of nature can increase cognitive function.

There are opportunities to spend time outdoors no matter what your interests or hobbies are. Some ideas include bird watching, hiking, having a picnic, observing clouds, walking, fishing, photography, horseback riding, canoeing, pickleball and many more!

Source: <https://www.ndpers.nd.gov/sites/www/files/documents/newsletters/sanford/employee-wellness-newsletter-june-2024.pdf>



Mark your calendar!



Physical & Mental Wellness

Therapy Pet Visits

June 14

10 a.m. (High Point)

1 p.m. (Asheboro)

Tai Chi

June 28 at 12:30 p.m.

(High Point)



Financial Wellness

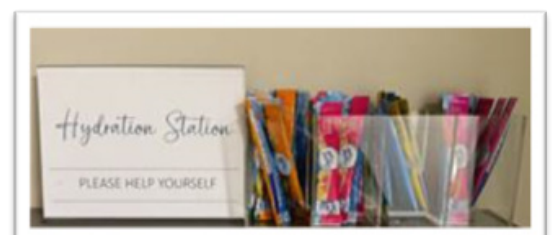
Check-in with Braxton Towery:

June 18 & 19 (High Point)

June 20 (Asheboro)

Thanks for the great idea!

Be sure to check out our new Hydration Stations located throughout the admin buildings and IPU staff lounges! Stations include free water enhancers for all to enjoy. This is one example of how a team member's suggestion to the Wellness Committee led to a beneficial offering for all of our team members.



We want to hear from you!

The Wellness Committee values your opinions and ideas!

To contact us, send an email to:

wellness@hospiceofthepiedmont.org