

# April 2024

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Stay Connected:

- TWITTER @MDCPSWELLWAY
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## APRIL STRESS AWARENESS MONTH



<p><b>Morning Motivation</b> Tackle 3 things on your ever growing to-do list before 10AM. You'll be suprised how good it will feel!</p> <p>1</p>	<p><i>Complaint Free</i> It's Complaint Free Tuesday. Turn that frown upside down. Anytime you feel yourself getting negative, choose to focus on the positives instead.</p> <p>2</p>	<p><b>Stretch To Reduce Stress</b></p> <p>3</p>	<p><b>FIGHT STRESS WITH THE POWER OF CONNECTION</b></p> <ol style="list-style-type: none"> <li>1. Family and Friends.</li> <li>2. Casual Acquaintance or Stranger.</li> <li>3. A Furry Friend.</li> <li>4. With Nature.</li> <li>5. With Yourself.</li> </ol> <p>5</p>	<p><i>you can</i></p> <p>5</p>	<p><b>Changing Lives by Integrating Mind and Body® (CLIMB)</b></p> <p>Learn to live more fully in the moment using our mindfulness and stress management podcasts.</p> <p>6</p>	
<p><b>WORLD HEALTH DAY</b></p> <p>7</p>	<p><b>National Oral Cancer Awareness Month</b> <b>Lower Your Risk of Oral Cancer</b></p> <ul style="list-style-type: none"> <li>-Go heavy on fruits and vegetables</li> <li>-Keep up with your dentist visits</li> <li>-Give your mouth a monthly check</li> </ul> <p>9</p>	<p><i>just breathe</i></p> <p>10</p>	<p><b>YOU'VE GOT A GOAL. AND YOU'VE GOT WHAT IT TAKES TO REACH IT.</b></p> <p>Join Cigna's Stress Management Program! Learn what causes you stress in your life and develop a personal stress management plan.</p> <p>Convenient support Personalized programs Educational tools and resources</p> <p>12</p>	<p><b>National Make Lunch Count Day</b></p> <p>13</p>		
<p><b>National Gardening Day</b></p> <p>14</p>	<p><b>Quick Morning Workout</b></p> <ul style="list-style-type: none"> <li>10 Star jumps</li> <li>5 Push ups</li> <li>10 Sit ups</li> <li>Eat A Healthy Breakfast!</li> </ul> <p>15</p>	<p><b>GOOD FOOD = GOOD MOOD</b></p> <p>16</p>	<p><b>STRESS REDUCING FOODS</b></p> <p>17</p>	<p><b>STRESS &amp; STRAIN: BODY &amp; BRAIN</b></p> <p>Try these Stress-Busters</p> <ol style="list-style-type: none"> <li>1. Get out of the house</li> <li>2. Use your network</li> <li>3. Sleep tight</li> <li>4. Put your mind to it</li> <li>5. Work it out</li> </ol> <p>18</p>	<p><b>Drinking and Your Health</b></p> <p>Physical Effects of Alcoholism</p> <p>19</p>	<p><b>NATIONAL Picnic Day</b></p> <p>20</p>
<p><i>A Sunday Well spent brings a week of Content.</i></p> <p>21</p>	<p><b>happify</b></p> <p>What's the key to eliminating daily negative stress?</p> <p>Adjust your mind and generate "Postress" - Positive Stress</p> <p>22</p>	<p><b>STOP FOOD WASTE DAY</b></p> <p>\$1,866 the annual cost of food wasted by the average American family</p> <p>23</p>	<p><b>National Zucchini Bread Day</b></p> <p>Try this Recipe!</p> <p>This recipe is a result of my local farmer's zucchini season in full swing. Yay! Therefore, super easy recipe and truly healthy zucchini bread</p> <p>25</p>	<p><b>TGIF!</b></p> <p>Plans to go out to dinner tonight? Challenge yourself to eat something healthy on the menu and drink a full glass of water.</p> <p>26</p>	<p><b>HEALTHY LIVING</b></p> <p>POSITIVE THINKING FEEL GOOD REGULAR EXERCISE EAT BETTER</p> <p>27</p>	
<p><b>Step Away From Your Electronic Device</b></p> <p>Take a break from your phone and other devices and go for a walk. Enjoy the sounds of nature.</p> <p>28</p>	<p><b>YOU'RE NOT ALONE</b></p> <p>The Cigna Total Behavioral Health Program provides services to help manage life events with the help of licensed mental health professionals.</p> <p>Call For More Info: 800.274.7603</p> <p>30</p>	<p><b>Questions/Hotlines:</b></p> <p>Cigna Representative: 1-800-806-3052, 24 hours/7 days a week          Cigna Total Behavioral Health Program: 1-800-274-7603, 24 hours/7 days a week          FBMC Representative: 1-855-632-7748, Monday-Friday, 7am - 7pm          Office of Risk and Benefits Management: 305-995-7129          District Employee Assistance Program: 305-995-7111          Well Way: 305-995-2265          Jacqueline Lopez RD/LDN, Health Coach: 786-779-1139          Jacie Robles, RDN/LD, Health Coach: 786-514-0205</p>				