

April 2017

Health & Wellness Central



Community
MENTAL HEALTH
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CMHA-CEI BEHAVIORAL HEALTH PREVENTION & WELLNESS COMMITTEE

Our Vision: "To Promote a culture of health and wellness for those we serve, our staff, and our communities"

CMHA-CEI's Behavioral Health Prevention and Wellness Committee continues to expand upon our agencies commitment to overall health and wellness of our consumers, our staff, and our community. This internal committee is actively drafting a formal behavioral health prevention and wellness promotion plan inclusive of specific recommendations/next steps for CMHA-CEI.

These recommendations will include a large section on worksite wellness activities for individual sites, departments, as well as the entire agency to consider moving forward.

A staff survey will also be developed and shared to gather information regarding CMHA-CEI staff needs and interests involving health and wellness.

Stay tuned for the staff survey to be distributed as well as additional updates surrounding the committees progress.

SPOTLIGHT: WORKSITE WELLNESS OPPORTUNITIES

There are many varieties of worksite wellness programs. Essentially, worksite wellness programs encourage people to take measures to prevent the onset or worsening of a disease or illness and to adopt lifestyles that are healthier.

Why Worksite Wellness?

Worksite wellness programs are an investment in your company's most important resource, your workers.

Studies have shown that workers are more likely to be on the job and performing well when they are feeling well both physically and mentally.

Employees are also more likely to be attracted to, remain with, and appreciate a business that appreciates them.

Worksite wellness programs improves company productivity by:

1. Attracting better employees,
2. Reducing absenteeism and time lost,
3. Improving on-the-job performance and decision making, and
4. Improving employee morale, which in turn lowers turnover.

Employee Wellness Program Ideas

- Provide healthier snacks and meals at meetings and events
- Put up a wellness wall
- Offer discounts to a local gym or fitness facility
- The random acts of kindness challenge
- Bring in a guest speaker to talk wellness
- 8 glasses of water challenge
- Signage by elevators reminding people to take the stairs instead
- On site yoga classes to relieve stress
- Survey employees to find out what is working and what is not
- Create healthy office cookbook
- Smoking cessation opportunities

These ideas are referenced from Snack Nation's 121 Employee Wellness Program Ideas.

To see all 121 please follow the following link: <http://www.snacknation.com/resources/>



Spring Into Wellness!

7 TIPS FOR A HEADSTART ON SPRING HEALTH

- 1. Start an Exercise Routine** – The weather is warm and the days are longer which makes it a perfect combination to get active outside. The American Heart Association recommends that individuals do moderate exercise for at least 150 minutes per week, or 75 minutes per week of vigorous exercise.
- 2. Revamp Your Diet with Fresh Fruits and Vegetables** – Take advantage of the variety of vegetables available during spring. A healthy diet includes adding vegetables and fruit every day.
- 3. Drink More Water** – As the heat kicks into high gear it is harder to stay hydrated and more important to drink more water. Drink plenty of water before going outside and have plenty on-hand to stay hydrated.
- 4. Cut Out the Night Cap** – If one of your habits is having a drink before bed, or having a few at dinner, you may want to reconsider your next glass of Merlot. Alcohol not only causes dehydration, but is also associated with sleep disorders, high blood pressure and certain types of cancer. It is recommended that women limit themselves to one drink per day, and men up to two alcoholic beverages each day.
- 5. Check In for a Check Up** – You may have chalked up some symptoms and illnesses to the winter blues, but now that it is spring, it's time to get back to the doctor for a head-to-toe check up! Your doctor will let you know how often they need to test for high blood pressure, diabetes, other diseases, and cancer screenings.
- 6. Protect Your Skin** – It's going to get hot, the sun is shining, and your skin needs protection. Not only do men and women need to regularly moisturize their skin, but also protect it from the harsh rays of the sun. If you're outside, make sure to use a sunscreen with SPF 15 or higher that protects against UVA and UVB rays.
- 7. Renew Relationships** – It's time to get out of the house and visit with your friends and family. Research has shown that good, strong relationships benefit your overall health and happiness. Spend the day with people you love, and schedule regular outings to enjoy the great spring weather.

Always speak with your doctor before making any changes to your diet or exercise regimen.

<http://www.utmedicalcenter.org/healthy-tips/94/7-ways-to-put-spring-into-your-health/>

IT MIGHT BE TIME FOR A CHANGE!

With the change of season comes the impulse to clean and replace the old with the new. But spring doesn't just have to be about cleaning and reorganizing – it's also a great way to start healthy new habits and break the old. Here are a few tips to get a head start on your spring health!