

## Health & Welfare E-Newsletter

Brought to You By:

**ILWU Warehouse Welfare Fund**

### MIND-BODY WELLNESS



## 3 habits that can help you feel your best

Practicing self-care is good for the mind, body, and spirit. Here are some simple things you can do to boost your mood, beat stress, and enjoy life more. Each one takes just a little bit of time and effort – and you're worth it.

### Take up meditation

Focus on your breath and being present in the moment. You might not experience instant inner peace, but a few minutes of quiet meditation can help clear your thoughts, calm your senses, and recharge your energy.

### Sleep well – and sleep enough

Lack of sleep can affect the way you feel mentally and physically. Limit bedtime distractions if you have trouble sleeping – you can't leave the day's stresses at the door if you're checking email, texting, or browsing online.

### Social network face-to-face

Connecting with others can do wonders for your physical and emotional wellness. Calls, texts, and social networks are great for staying in touch, but quality time together is what really helps people – and relationships – thrive.

LOOKING FOR MORE FEEL-GOOD IDEAS?

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## Your checklist for a healthier 2019

### 5 ways to plan for a great year.

The new year offers a fresh start - a time to think about being at our healthiest.

We're here to help! Here are 5 positive steps for getting up to date on preventive care and protecting your health.

You can use them to create your own checklist for a healthier 2019. Once you make your list, you'll be ready to start checking those boxes!

#### 1. Schedule a wellness visit.

Regular checkups with a primary care provider (PCP)\* may help you stay well now - and protect your future health too.

#### 2. Ask my doctor what screenings may be right for me.

Certain screenings may be recommended for you.\*\* They may help detect diseases early - and might even save your life. For example, your doctor can advise you on testing for:

- Breast cancer
- Cervical cancer
- Colorectal cancer
- High blood pressure

#### 3. Get any shots I am missing.

A yearly flu shot is recommended for most people. Ask your doctor what other vaccines may be right for you. A bonus: When you're fully immunized, you help protect your family and friends from illness too.

#### 4. Know what a healthy weight is for me.

You might start here: [Check your body mass index \(BMI\)](#). Keep in mind that factors such as age and muscle mass can influence BMI. So if you have concerns about your number, talk with your doctor. To help you stay on track, ask your doctor to record your height, weight and BMI on a yearly basis.

#### 5. Make sure I have up-to-date treatment plans.

Are you living with a chronic disease, such as diabetes, asthma or high blood pressure? Talk with your doctor about your current treatment plan. Ask any questions you have. If you're having trouble with any part of your plan, don't hesitate to speak up.



## Holiday Eating Habits to Save Your Teeth!

Holidays are the time for sweets, treats and more. Some people worry mostly about their weight gain over the holiday and not about what kind of damage they are putting on their teeth.

Below are some tips to keep your mouth healthy and happy:

1. Eat sugary treats with your meal when extra saliva is produced in your mouth. This helps to break down harmful acids that attach tooth enamel and help to rinse away sugars.
2. Drinking water throughout the day can help rinse your mouth and it's a healthy alternative to sugary juices, soft drinks and other sweet beverages.
3. Munching on cheese can protect tooth enamel from decay and also increase saliva in your mouth.
4. Try not to chew on the ice in your drink. Chewing ice can cause fracture lines, cracks and chips in your teeth and make your teeth more sensitive.
5. Drink soft drinks through a straw positioned toward the back of your mouth. This prevents a sugary coating from forming on your teeth.



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