

# Healthy workplace

Your monthly Anthem wellness newsletter



## Healthy Autumn Activities!

With fall right around the corner, it's time to plan some family activities to get outside and enjoy the fresh, crisp air!

1. Go apple picking! Apple orchards are all over the state, find one close to you and pick your own. Check out our apple oatmeal cookie recipe on page four!
2. Enjoy the foliage with a hike for the whole family. Check you're your local trails covering the state, there is sure to be one near by.
3. Volunteer – Fall is a great time to give back to your community. Consider cleaning out your closet and donating clothes or participating in a walk or run for a cause. To find ideas in your area, check out:<http://www.volunteermatch.org/>
4. Give thanks – be creative: try a handwritten note to a colleague or friend, give praise for a job well done, donate, pay it forward, or give someone a fresh bouquet of flowers.
5. Get your flu vaccine – the flu shot is the best way to protect yourself from the flu. Check out [anthem.com](http://anthem.com) for more information.
6. Roast pumpkin seeds – Bake at 300 degrees for about 45 minutes until golden brown for a healthy snack! Experiment with spices for



different flavors – cinnamon, parmesan, paprika, the list goes on!

7. Rethink game day – play your own outdoor game before sitting down in front of the television. Don't forget to pay attention to those snacks! Consider adding in a vegetable platter or other lower calorie options.

8. Rake the leaves – free exercise right in your yard! And fun for the kids, too!

Article information from: <http://health.usnews.com/>

## Don't put it off ... get preventive cancer screenings

Prevention is the best medicine when it comes to cancer. Getting screened and finding cancer early gives you the best head start on treatment.

**Healthy hint:** Talk to your doctor about which screenings you should get and when. Did you know most preventive screenings are covered at no cost by your health benefits? They are, so take advantage of them.

### Here are the cancer screenings recommended by the U.S. Preventive Services Task Force:

- **Breast cancer:** If you're 50 to 74 years old
- **Cervical cancer:** Women who are 21 to 65 years old
- **Colon (colorectal) cancer:** Men and women over age 50 need this screening
- **Lung cancer:** Yearly lung cancer screening if you're between 55 and 80 years old



## Checking Your Body for Skin Cancer

Skin cancer is the most common cancer in the U.S., but if it's found early, it's easier to treat. That's why regular skin exams are so important. You can do a self-exam each month to see if your skin has changed. Then, follow that up with a yearly exam by your doctor.

### How to do a Skin Self-exam

It's best to do a skin self-exam in a well-lit room after you take a shower or bath. You will need a full-length mirror and a handheld mirror. It might be helpful to have a friend or family member check places you can't see well, like your scalp.

- Stand undressed in front of a full-length mirror and look at the front and back of your body.
- Raise your arms and check your left and right sides.
- Examine your back, buttocks and genitals using a handheld mirror.

Thoroughly check the less obvious parts of your body including:

- The tops and bottoms of your feet, as well as between your toes and even your toenails
- The backs of your hands, plus your palms and fingernails and all around your fingers
- Your neck
- Your ears
- The backs of your legs
- The undersides of your arms
- Your face
- Your lips
- Your scalp

### What to Look for

The first time you examine your body you'll learn where your birthmarks, moles and other marks are located and how they look and feel. After that, when you do your monthly checks, see if any new moles have appeared.

Also, follow the National Cancer Institute's "ABCDEs" when checking the moles you already have on your skin.

**A** is for asymmetry. Both halves of a noncancerous mole should be the same.

**B** is for border. The edges of a noncancerous mole should be smooth, not ragged or blurry.

**C** is for color. Uneven color is a concern.

**D** is for diameter. If a mole changes size (especially if it gets bigger), talk to your doctor.

**E** is for evolving. If the mole changes in any other way, talk to your doctor as well.

If you notice any unusual or suspicious changes to your skin, make an appointment to see your doctor right away.

This information is meant to be educational. It should not be interpreted as medical advice. Please talk to your doctor about changes that may affect your health.

Sources: [cdc.gov](http://cdc.gov), [cancer.org](http://cancer.org)

## Suicide Prevention Awareness Month

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.

According to the CDC, each year more than 41,000 individuals die by suicide, leaving behind thousands of friends and family members to navigate the tragedy of their loss.

Suicidal thoughts or behaviors are both damaging and dangerous and are therefore considered a psychiatric emergency. Having suicidal thoughts does not mean someone is weak or flawed.

### Know the Warning Signs

- Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like “I wish I wasn’t here” but can become more overt and dangerous
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family and the community
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior
- Is There Imminent Danger?

Any person exhibiting these behaviors should get care immediately:

- Putting their affairs in order and giving away their possessions
- Saying goodbye to friends and family
- Mood shifts from despair to calm
- Planning, possibly by looking around to buy, steal or borrow the tools they need to commit suicide, such as a firearm or prescription medication

If you are unsure, a licensed mental health professional can help assess risk.

## Risk Factors for Suicide

Research has found that about 90% of individuals who die by suicide experience mental illness. A number of other things may put a person at risk of suicide, including:

- A family history of suicide
- Substance abuse. Drugs and alcohol can result in mental highs and lows that exacerbate suicidal thoughts
- Intoxication. More than one in three people who die from suicide are found to be currently under the influence
- Access to firearms
- A serious or chronic medical illness
- Gender. Although more women than men attempt suicide, men are four times more likely to die by suicide
  - A history of trauma or abuse
  - Prolonged stress
  - Isolation
  - Age. People under age 24 or above age 65 are at a higher risk for suicide
  - A recent tragedy or loss
  - Agitation and sleep deprivation.



### Can Thoughts of Suicide Be Prevented?

Mental health professionals are trained to help a person understand their feelings and can improve mental wellness and resiliency. Depending on their training they can provide effective ways to help.

Psychotherapy such as cognitive behavioral therapy and dialectical behavior therapy can help a person with thoughts of suicide recognize unhealthy patterns of thinking and behavior validate troubling feelings, and learn coping skills.

Medication can be used if necessary to treat underlying depression and anxiety and can lower a person’s risk of hurting themselves. Depending on the person’s mental health diagnosis, other medications can be used to alleviate symptoms as well.

Article from <http://www.nami.org/> - See more at: <http://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Risk-of-Suicide#sthash.UG24ugmB.dpuf>



## Apple Oatmeal Cookies

**Prep time:** 1 hour 20 minutes

**Cook time:** 10 minutes

### Ingredients

- 2 cups old fashioned oats
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 4 tablespoons unsalted butter
- 1 cup light brown sugar, packed
- ½ cup sugar
- 1 large egg
- ¼ teaspoon vanilla extract
- ½ cup applesauce, unsweetened
- 1 medium-large apple, peeled, cored and diced into ½ inch cubes
- ½ cup walnuts, chopped



### Preparation

1. In a small bowl, stir together oats, flour, baking powder, salt and cinnamon.
2. Melt butter in microwave at 10-second intervals until fully melted. Place in a large bowl with brown sugar and sugar. Whisk until combined. Add the egg and vanilla, whisking until combined. Stir in applesauce and then fold in apple pieces and walnuts.
3. Cover bowl and dough with plastic wrap and refrigerate for 1 hour.
4. Preheat oven to 350° F and grease a baking sheet, or line with parchment paper.
5. Drop tablespoons of dough on sheet and flatten with back of spoon. Bake for 10 minutes, or until bottoms begin to brown. Let cool on sheet for 10 minutes before transferring to cooling rack.

### Nutrition Facts

**Serving Per 1 cookie:** 110 calories, 3g fat (1 g sat), 19g carbs, 60mg sodium, 1g fiber, 12g sugar, 2g protein

**Check out more recipes from Daily Burn!**

<http://dailyburn.com/life/recipes/apple-oatmeal-cookies-recipe/>

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