



Wellbeing Insights

Living a Better, More Vibrant Life



Seasonal Tips for Safety Month

In observance of Safety Month and the official arrival of summer, we've got some warm-weather reminders to keep you and your family safe during all your summer shindigs.

Outdoor Excursions

- Tend all fires. Scan the area to make sure you eliminate any opportunities for the fire to spread before igniting. Thoroughly drench the fire when you're done.
- Become CPR/First Aid certified. You can locate a training in your area or sign up for online courses at cpr.heart.org.
- Carry an emergency preparedness kit.
- Make sure someone always knows where you are. It's ideal to travel in groups, but if you are going on a solo adventure be sure to provide someone a detailed description of where you'll be.

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Seasonal Tips for Safety Month

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- Be mindful of your food storage and preparation. Ensure thorough cooking and timely cooling of all food. Don't leave food sitting out or unattended.
- Stay hydrated. Always carry a water bottle with you and keep a few extras in your car. Remember, by the time you're thirsty, you're already mildly dehydrated.
- Leave wild animals and unknown plants alone.
- Use DEET-containing bug spray.
- Always arrive at your destination well in advance of nightfall to ensure awareness of your surroundings.
- Wear proper shoes to avoid injuries. Flip flops are a big no-no for outdoor exploring.
- Keep an eye on the weather so you don't get stuck in a storm or extreme heat.

Home Safety

- Create the illusion that someone is in your house by leaving on a light or stereo if you go on vacation.
- Leave outdoor motion detector lights on during overnight absences.
- When it comes to spare keys, get more creative than under the doormat, on the door frame or under potted plants.
- To minimize fire hazard and tick infestation, keep dead vegetation that is close to your home cleared out.
- Elevate any possible food sources for rodents (garbage cans, animal feed, wood piles, etc.).

- Remove objects that collect water in the yard such as buckets, toys, etc. to minimize mosquito breeding.
- Protect your pets from fleas and ticks, which can be passed on to you and your family. Pick up your animals' poo, too, as worms can be passed to humans this way.

Sun Safety

- Wear a hat and light-colored clothing. Red and blue are the best colors for blocking rays without overheating you.
- Stay hydrated, especially if you're drinking alcohol. If you're sweating, you're going to need extra water so never leave for a hike, the pool or any other outdoor activity without plenty of water.
- Watch for warning signs of heat illness. If you or a companion becomes dizzy, nauseated or weak, take action. Move out of the heat as much as possible, loosen clothing, apply cool cloths to the body and sip on water.
- Take added precautions if your job requires working outside during midday when the sun is most intense.
- See our "FAQs about SPF" article on page 6 for more information on protecting your skin and eyes from the sun.

Mindful Minute

Spending time outdoors and soaking up some rays of sunshine is an excellent self-care practice in its own right. Adding an intentional daily meditation practice can enrich this healthy dose of vitamin D and immersion in Mother Nature. The following **two-minute morning meditation is a simple way to start your day and get you out the door so you can be your best self.**

1. First thing in the morning, find a place outdoors to sit quietly in an upright position.
2. Close your eyes and take three deep breaths, inhaling to the count of five and exhaling to the count of eight.
3. Resuming natural, relaxed breathing, open your eyes and ground yourself in the present moment.
4. Notice how it feels to be alive in that moment. Tune in to how the environment is impacting the sensations in your body. Notice the quality of the air, the sun, a breeze or the sounds of the world happening around you. Simply notice without judgment.
5. Finish with a thought of gratitude. It could be for something you observed just now, an experience past or present, or a person in your life.

This brief exercise will not only help you prepare for the day with a relaxed mind but also help you stay mentally cool all summer long.

“**Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time.**”

- JOHN LUBBOCK

On the Menu

Green Beans

Green beans, a longtime favorite American veggie, often provide a sense of nostalgia for people who associate the veggie with holiday dinners and classic casseroles topped with fried onions. Many other countries also have a long-held history with the “string bean.” The crop was first introduced to the Mediterranean region in 1492 by Christopher Columbus, where its popularity spread across Italy, Greece and Turkey. Now green beans can be found virtually everywhere. And while the first varieties of green beans were quite fibrous and stringy, granting them the name string bean, the more modern string-free variety was first grown in the late 1800s in New York.

While you'll only get that fresh-from-the-garden crunch with fresh green beans, frozen varieties offer a similar nutritional profile. Canned green beans are still a healthy choice but do have some nutritional value leached out during the canning process. Additionally, canned varieties traditionally have quite a bit of added salt. Look for “no salt added” for the healthiest option.

This staple veggie boasts the following nutritional benefits:

- a great source of fiber – just one cup contains only 30 calories with a whopping 3.4 grams of fiber
- an abundance of minerals like potassium, folate and zinc, which are important for things like nerve signals and fluid balance, and to fight off bacteria and viruses
- similar antioxidants to those found in green tea, also known as catechins, that can improve heart health, prevent cancer and help with managing diabetes
- a healthy dose of Vitamin C, which boosts immunity and helps fight infection

Keep It Fresh

Store unwashed, fresh green beans in a reusable container in the refrigerator crisper drawer up to a week. You can also freeze beans by steaming them for 2 to 3 minutes. Then remove from heat and let cool before placing them in freezer bags and into the freezer. Store up to 3 months.

Green Bean, Basil & Balsamic Salad



Ingredients:

- 1½ lbs. trimmed green beans, cut into 2 to 3 inch long pieces
- ¾ cup chopped fresh basil leaves
- ¾ cup freshly grated parmesan cheese
- ½ cup finely chopped red onion
- 4 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- Salt & pepper (to taste)

Directions:

Place chopped onion in a small bowl of water and let sit while you prepare the rest of the salad. Bring a large pot of salted water to boil. Add the green beans for about 2 minutes until barely cooked through but still crisp. While the beans are cooking, prepare a large bowl of ice water. When beans are ready, use a slotted spoon to move them from the boiling water into the ice water to stop them from cooking. Drain the beans and the red onion and place them in a large bowl with the basil. Sprinkle in the olive oil and toss to coat. Drizzle in the balsamic and sprinkle the parmesan cheese. Toss to combine. Season to taste with salt and freshly ground pepper.

adapted from SimplyRecipes.com

Nutrition Info

Per Serving (1/6 of recipe)

| | |
|----------------------|------------|
| Calories | 143 |
| Total Fat | 11g |
| Carbohydrates | 9.4g |
| | Sugar 2g |
| | Fiber 4.1g |
| Protein | 4.5g |
| Sodium | 73mg |

Summer Road Trip Survival Guide

Summer's here! We're all looking forward to warmer weather, packing up the car with the kids and heading out for some quality, relaxing down time with our families . . . just like in the movies where everyone's happy and appreciative, and it's all that we dreamed of.

Just kidding! Realistically, the kids may very well break into a sibling rivalry before you even leave the block, something might spill in the car, tempers could flare or a barrage of other sabotages to your happily ever after vacation might happen. To help you avoid some of these setbacks, we've put together some tips to ensure it's still a rewarding, rejuvenating time with your loved ones.

- **Involve the entire family in planning.** Gauge interest in different activities and offer choices, including everyone to feel a part of it. This builds ownership, raises excitement and sets expectations, as well.

- **Pack snacks.** For both your budget and your health, packing the majority of your snacks is smart. It helps avoid sugar highs (and crashes) and minimize Cheetos finger stains all over your car. Try pre-cut fruit, dried veggies and healthy trail mixes. Reserve the gas station food for occasional treats as opposed to being your only option.

- **Give them a camera.** Buy a disposable camera for the kids to have a sense of independence, creativity and adventure, without encouraging them to be glued to their phone. Make plans to create a scrapbook or collage after the trip.

- **Make kid-friendly pit stops.** Make sure the kids are stretching their legs and getting movement in addition to taking bathroom breaks. Making your pit stops a destination in themselves can be fun, as well. For example, challenge the kids to pick out one local snack at each truck stop – from salt-water taffy to beef jerky you're sure to have fun with this experiment.

- **Be flexible.** When things don't go according to plan, remain calm and keep it in perspective. Remember, the goal of vacation is to have fun and relax, so when plans fall apart, keep these goals in mind when determining your next steps. Sometimes the most fulfilling moments are the spontaneous ones.

- **Bring entertainment.** Pack a bag of things to do during the trip. Include the little ones in putting together a bag, or make them a gift bag before leaving home as a surprise. Fill it with simple things such as games, coloring books, maybe even a kid-friendly roadmap so they can follow along the journey.



- **Set a budget.** Depending on the age of your children, share some budgetary expectations. Perhaps you give each one an individual daily spending allowance for treats and souvenirs. Use the opportunity to share cost-saving tips and strategies with your kids.

- **Schedule downtime.** When you arrive at your destination you will no doubt discover things you'd like to check out that were not on your itinerary. You may also find that you are just flat out tired, and the last thing you want is to feel as if something on the fun to-do list is now a chore. Leaving some empty space will allow you to rest and relax and will also leave room for some spontaneous exploring.

Most of all, be forgiving, and hold onto perspective. You were given the opportunity to spend time with your family away from obligations; it's a gift regardless of any hiccups along the way.

Fast Facts for Men's Health Week June 10 - 16

In 1994, President Bill Clinton signed a bill establishing June as national Men's Health Month. This special observance of men's health is important on many fronts. Women are 100% more likely than men to visit the doctor for annual exams and preventive services. Moreover, men are far less likely to seek help for mental health issues and, even when they do, are less likely than women to be properly diagnosed. Additional facts include:

- Men are 4x as likely as women to die by suicide
- 50% of men will be diagnosed with cancer in their lifetime
- Men account for 92% of workplace deaths
- By the age of 100, women outnumber men eight to one

Consider using this national observance to motivate yourself and/or encourage others to take action regarding their own health. One of the best first steps to take is to find a primary care provider and talk with them about your physical health, brain/mental health, family history, and recommended preventive services and screenings.

If you've been putting off self-care, consider the words of Congressman Bill Richardson during the 1994 proclamation of national men's health month, "Recognizing and preventing

men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters and sisters, men's health is truly a family issue." Your future self and family will thank you.

CDC, 2015; Who.int/mental_health; menshealthmonth.org



DIY: Pocket Safety Kit

Upcycle an old pill bottle or mint tin by filling it with safety essentials. Start with some of these staples:



- small keychain flashlight
- a few matches (Tip: Attach the strike strip to the inside of the container you're using with super glue.)
- band aids
- small bottle of antibiotic ointment (Tip: To make your own, squeeze ointment into a plastic drinking straw, cut to size and melt the tips for a convenient ration.)
- tweezers
- cotton swabs
- single alcohol wipe
- single moist towelette

Depending on your intended purpose, you can add other items. For an outdoor preparedness kit, wrap the outside of your container with parachute cord. Make a fix-it kit by adding safety pins and a needle and thread. Get creative and tailor your kit to your needs. You can conveniently take these with you for travel, camping trips or quick access to essentials in your car.

The FAQs about SPF

What is SPF?

SPF stands for Sunburn Protection Factor. It measures protection against only ultraviolet radiation B (UVB), which causes burning. It does not measure protection against ultraviolet radiation A (UVA), which causes your skin to age. Both UVA and UVB rays can cause cancer, but not all sunscreens protect against both. Look for sunscreen labeled “broad spectrum” to get the best protection.

Which SPF should I use?

SPF 15 blocks 94% of UVB rays, SPF 30 blocks 97% and SPF 45 blocks 98%. Most professionals recommend that adults use SPF 30 because the extra one percent in SPF 45 usually isn't worth the difference in price. However, for small children and adults particularly sensitive to the sun, a higher SPF may be worth the investment.

How often should I apply sunscreen?

20 minutes before sun exposure and reapply every two hours or after swimming or excessive sweating

What key ingredients should I look for to protect against UVA?

Avobenzene (aka Parsol 1789), ecamsule (aka Mexoryl), titanium dioxide and zinc oxide

Can anything keep my sunscreen from working properly?

Yes!

- DEET: Insect repellents containing DEET can lower the SPF of sunscreen.
- Time: For every SPF level, the protection fades drastically after two hours.
- Age: Sunscreen should be thrown away after two years if stored in a cool place or after one year if it is stored in a hot place.

How do I protect my eyes?

It's important to invest in quality sunglasses. Your eyes are particularly vulnerable to the sun's rays. Overexposure can greatly increase your risk of many types of eye disease, along with skin cancer, as well as the wrinkling and aging of the skin around your eyes. Look for complete UVA/UVB protection. The label will say one of the following: “Lenses block 99% (or more) of UVB and UVA rays,” “Lenses meet ANSI Z80.3 blocking requirements” or “UV 400 protection.” Although polarized lenses are great if you're on the water (they protect against glare), they do nothing to shield you from UVA/UVB rays. Opt for larger or wraparound glasses that sit close to your face for maximum protection.



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