

MAY'S WELLNESS NEWSLETTER



Have a wonderful and safe summer break and a huge <u>CONGRATULATIONS</u> to the <u>Class of 2019 Graduates!!!!</u> "If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you." – Zig Zigler





May is Mental Health Month



When we talk about health, we cannot just focus on heart health, or liver health, or brain health, and not whole health. You have to see the whole person, and make use of the tools and resources that benefit minds and bodies together.





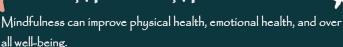
S Exercise & Mental Health

People who exercise regularly enjoy a tremendous sense of well-being. They have more energy throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. Research demonstrates that even small amounts of exercise can make a difference. Here are some interesting facts:

- Exercise is a potent depression fighter, promoting changes in the brain, including the growth of new brain cells (called neurogenesis), reduced inflammation, and new activity patterns that stimulate feelings of calm and well-being.
 - Exercising causes the brain to release endorphins, dopamine, norepinephrine, and serotonin; powerful chemicals that energize your spirits and make you feel good; they also help you concentrate and feel mentally sharp, helps you focus and pay attention. In this way, exercise is similar to ADHD medications such as Ritalin and Adderall.

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Mindful Moment



Try sitting quietly and focus on natural breathing. Allow thoughts to come and go without judgement and return to natural breathing. Also, allow emotions to be present without judgement. Accept presence of the emotions and let them release with your breaths.







Be sure to check if you are due for any vaccines.

They are required for school and college.

Recommended for adults if not given during childhood

BY AGE 2:	PROTECTS AGAINST	DOSES
НерВ	Hepatitis B viral infection of the liver	3
RV	Rotavirus infection; causes severe diarrhea	2-3
Hib	Hib bacterial infection; causes meningitis	3-4
PCV13	Pneumococcal disease; causes ear infection, pneumonia	4
НерА	Hepatitis A viral infection of the liver	2
BY AGE 7:		
DTaP	Diphtheria (respiratory disease); tetanus (lockjaw); pertussis (whooping cough)	5
IPV	Polio viral infection; causes meningitis, paralysis	4
MMR	Measles, mumps, and rubella	2
Varicella	Chickenpox rash, blisters	2
AGES 11-16:		
HPV*	Human papillomavirus; causes genital warts, cancer	3
Meningococcal	Bacterial infection; causes meningitis, blood infection	2
Tdap	Diphtheria, tetanus, pertussis	1
AGES 60+		
Herpes Zoster	Shingles rash	1

Flu virus, yearly outbreak Tetanus, diphtheria booster

Every 10 yrs