

MAY'S WELLNESS NEWSLETTER

Have a wonderful and safe summer break and a huge CONGRATULATIONS to the Class of 2019 Graduates!!!!
 "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.

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.

Mindful Moment

Mindfulness can improve physical health, emotional health, and over all well-being.

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.

<div> <div>Recommended for adults if not given during childhood</div> <div>Recommended for adults with certain risk factors if not given during childhood</div> </div>		
BY AGE 2:	PROTECTS AGAINST	DOSES
HepB	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
HepA	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
REPEAT VACCINES:		
Influenza	Flu virus, yearly outbreak	Every year
Td	Tetanus, diphtheria booster	Every 10 yrs.



General Health



Movement



Mental Energy



Food & Drink



Sleep



Motivation



Wellness

