



## June 2016

### June Health Observances

[Men's Health Month](#)

[National Great Outdoors Month](#)

[National Safety Month](#)

[Post-Traumatic Stress Disorder \(PTSD\)  
 Awareness Month](#)

### Upcoming Events

**Saturday, June 4**

[National Trails Day](#)

**Friday, June 10**

2016 Spirituality & Health Conference

8 a.m.-5 p.m. CNM Work Force Training

Center. Registration: \$95

Sponsored by Presbyterian Chaplaincy Services

For more information or to register,  
 call (505) 841-1191.

## Work & Wellbeing

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## Get Out!

### June is Great Outdoors Month

The weather is warm, kids are out of school, and the days are long. June is the perfect time to enjoy the great outdoors. Camping, hiking, biking, fishing, rock climbing, riding a horse – there are so many great ways to enjoy the outdoors with family and friends so get out and explore! Learn more [here](#).

Need another reason? The [National Park Service](#) is celebrating its 100th birthday with events at parks all year long.



## Sugar: The Sweet and the Sour

Sugar is a simple carbohydrate that naturally occurs in many healthy foods like fruit (fructose) and milk products (lactose). While these sugars provide us with the nutrients and calories our bodies need, eating too many added sugars — such as white sugar, honey, corn syrup, and molasses — can cause unhealthy side effects.

Some signs that you're getting too much sugar from empty calories include weight gain, elevated cholesterol, and cavities.

Try these tips for reducing added sugar in your diet:

- Eat more fruits and vegetables.
- Drink fewer sugar-sweetened beverages, and keep in check how much 100% fruit juices and alcoholic beverages you drink.
- Eat fewer and smaller portions of items containing added sugars.
- Limit using added sugar to improve the flavor of foods.



## Research Shows Positive Impact of Health and Fitness on Senior Mental Health



Incorporating exercise into your daily routine can be beneficial, no matter how inactive you've been in the past. In addition to the physical benefits – controlling weight, reducing the risk of cardiovascular disease and minimizing the occurrence of some forms of cancer, a growing body of research indicates that there are mental benefits of regular physical activity too.

- According to the Centers for Disease Control (CDC), regular physical activity can help keep our thinking, learning and judgment skills sharp as we age. It may also improve sleep and reduce the risk of depression.
- A 2013 study at the Center for Brain Health found that aerobic exercise helps improve memory and brain health.
- Aerobic activities, or a combination of aerobics with weight-bearing exercise, three to five times per week for 30-60 minutes at a time can be beneficial.
- Physical outdoor activities such as gardening or walking the dog, also have a positive impact on both mental health and mood.



Regardless of your current physical condition, it's not too late to get moving! Even lower levels of activity are better than none at all. As always, be sure to check with your physician before beginning any exercise routine.



## Raising Awareness About PTSD

Posttraumatic stress disorder (PTSD), is a mental health condition that can occur after someone experiences a traumatic event like combat, an assault or a disaster. For many people, the effects of the event fade over time. But for others, the memories, thoughts and feelings don't go away - even months or years after the event has passed. Mental health experts are not sure why some people develop PTSD and others do not. If stress reactions do not improve over time and they disrupt everyday life, it is important to seek help.

In 2014, the U.S. Senate designated June as National PTSD Awareness month. In an effort to raise awareness about this mental health problem, the National Center for PTSD campaign encourages people to learn how to recognize symptoms, reach out to someone who may have PTSD, share information, or organize an event. For more information, visit <http://www.ptsd.va.gov>.