

QUARTERLY NEWSLETTER

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DIGITAL EYE STRAIN

Routine use of computers and other digital devices can strain your eyes and cause eye fatigue. To help prevent your eyes from becoming worn out, follow these tips:

- **Get an annual eye exam.** This is the most important thing you can do to prevent or treat vision problems.
- **Keep your distance.** Sit approximately 20 inches from your computer monitor.
- **Use proper lighting.** Bright lights and sunshine reflect off the monitor and back into your eyes. Dim overhead lights and close the shades or blinds.
- **Reduce glare.** Add an anti-glare filter and adjust the brightness on your device.
- **Increase text size.** Zoom in or enlarge the text, so it's easier to read.
- **Blink often.** When you stare at a screen, it can affect how often you blink, and cause your eyes to become dry. Try blinking more often as this helps to moisturize and refocus the eyes.
- **Follow the 20-20-20 rule.** Take a break to relax the eyes. Every 20 minutes, look at something 20 feet away for 20 seconds.



Sources:

<https://www.allaboutvision.com/cvs/irritated.htm>

<https://www.aoa.org/patients-and-public/caring-for-your-vision/protecting-your-vision/computer-vision-syndrome>

Own Your Morning

Source:
www.powerofpositivity.com
www.sleep.org

We all have 24 hours in a day, but how you handle the first few can set you up for success for the rest. Research shows that having a solid morning routine offers control and peace of mind and increases productivity. Here's how you can become a wake-up warrior and start your day on the right foot:

- **Prep at night.** Plan for the next day by laying out your clothes, prepping your breakfast, and packing your lunch.
- **Journal.** Write down three things you're grateful for in your life. Over time, you'll notice you start every day feeling calmer, happier, and more optimistic.
- **Review your day.** Take control of your schedule by making a list of the tasks you want to complete for that day and decide where your priorities lie.

By taking control of your morning, you can start your day with confidence, peace, and a positive attitude. With that mindset, you can be ready to handle things that come your way without constantly feeling stressed or overwhelmed.



Flu season is here once again, which means there's plenty of both helpful information and misinformation about what causes the flu. Below are two common myths surrounding the illness and the real truth behind them.

Myth: You can catch the flu just by going outside with wet hair or not wearing a coat in chilly weather.

Truth: Because flu season coincides with cold weather, people often associate the flu with this environment. But the truth is that the only way you can catch the flu is from exposure to the flu virus.

Myth: Getting the flu vaccine can lead to the flu.

Truth: Flu vaccines do not cause the flu. Flu shots (vaccines) are either made with flu viruses that have been killed and therefore are not infectious, or through using a single gene from the virus in order to produce an immune response without causing infection.

Sources:
<https://www.health.harvard.edu/diseases-and-conditions/10-flu-myths>

Discover Your Favorite Workout With the Push of a Button

Staying fit no matter where you are has never been easier, thanks to the continued growth of virtual wellness. The popularity of fitness apps seems to grow more and more every day, with no signs of slowing down.

In fact, with so many to choose from, it can easily become overwhelming. Figure out what you love and what to focus on and choose your app from there. If you like high-intensity interval training, select a program geared around that. If running is more your thing, find an app that will track your miles. Several apps have multiple programs built in, keeping your workout from ever becoming dull.

Many of these applications also have free trials, so you're not committed to shelling out your money if they're not a good fit.

For a jumping off point, check out the list below for five of the most popular and highly-rated apps:

- **FIIT:** a premium fitness class experience from the comfort of your own home
- **Fitplan:** contains several programs from different trainers all focused on different targeting areas
- **Ladder:** customized programming with your own personal trainer
- **Home Workout - No Equipment:** break a sweat no matter where you are
- **The Sculpt Society:** perfect for dance cardio lovers



Sources:

<https://www.forbes.com/sites/leebell-tech/2019/01/02/best-health-and-fitness-apps-2019/#4e48486dca53>

<https://www.womenshealthmag.com/fitness/g21971119/best-workout-apps-for-women/>

FEATURED RESOURCE:

National Institute of Mental Health –
Seasonal Affective Disorder

Feeling blue this winter? You're not alone. If you're experiencing a low mood for a prolonged period of time this season, you may be dealing with Seasonal Affective Disorder (SAD). SAD is a type of depression that comes and goes with the seasons, usually beginning in late fall or early winter and subsiding during spring and summer. For symptoms, risk factors, and treatment, visit <https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>.

