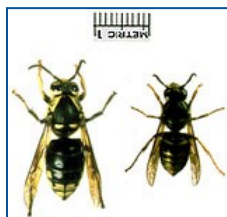


Wellness Works Coordinators' Bulletin

May 2019

Providing your wellness committee
with updates and relevant health
information!



Stinging Insect Matching Game

Do you know the
differences in
appearance?

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Weekly Wellness Challenges

The month of July!

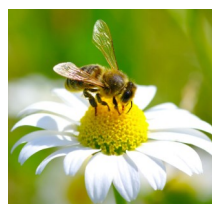
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Pack Physical Activity into Your Vacation

Make it fun!

Pages 3 & 4



Answers for Stinging Insect Matching Game

Learn more about
them.

Page 4

Hunger vs. Craving: What's the Difference?

Have you noticed that when food temptations strike, it often has more to do with your mood than when you last ate? You may crave food to relax, relieve stress or boredom, soothe anger, or cope with loneliness, sadness or anxiety. Indulging in cravings during these emotional times may lead you to eat too many high-calorie, sweet, fatty foods.

Everyone has a food craving at times — and yes, chocolate is at the top of most people's list. The first step to managing your cravings is being able to identify when you're truly hungry. Learn how to recognize the difference between a craving and hunger.

Cravings:

- Are usually for comfort foods, such as chocolate, sweets and fatty foods
- Are often caused by negative feelings
- Lead to eating that makes you feel good at first, but then guilty
- Increase during a woman's pregnancy and menstrual cycle
- May be stronger when you're dieting, especially if you're giving up your favorite foods
- Can occur even after you've recently eaten
- Pass with time

Hunger:

- Usually occurs when you haven't eaten for a few hours or more
- Results in a rumbling stomach, headache or feeling of weakness
- Doesn't pass with time
- Isn't just for one specific food
- Can be satisfied by a healthy snack or meal

If you have a craving, distract yourself. Try calling a friend, listening to music, taking a walk or bike ride, reading, or writing. If a negative feeling is causing your craving, use positive self-talk, exercise or a fun activity to improve your mood.

Reference: www.mayoclinic.org

Stinging Insect Matching Game

Brought to you by the American Academy of Allergy Asthma & Immunology

Stinging insects can ruin summer fun, especially for those who are allergic to their sting. It is important to learn the difference between the different kinds of stinging insects in order to keep your summer safe and enjoyable. So for a little springtime fun, test your knowledge.

Draw a line connecting the stinging insect photo with the correct name.

1.



a. Hornet

2.



b. Fire ant

3.



c. Bumblebee

4.



d. Paper Wasp

5.



e. Mosquito

6.



f. Honeybee

7.



g. Yellow Jacket

Check your answers on the last page of this month's Bulletin.

For more ways to stay safe this summer, consider scheduling the "Be Summer Smart" class with Abby (adipasquale@memun.org).

Weekly Wellness Challenges

Here are the weekly wellness challenges for July 2019! These challenges are easy to roll out to employees and cover a variety of health and wellness topics. Best of all, they can be offered at any time throughout the year. Your wellness committee can also choose to offer wellness classes along with these challenges to round out the program.

If you would like to offer these challenges at your worksite, contact Amanda Nile anile@memun.org. She is the go-to person to receive copies of the calendars that describe the weekly challenges and simple log cards. We encourage you to find ways to give employees incentive to participate by offering raffle items or simple completion certificates!

The challenges for July are below and classes that can be done in conjunction with the challenge are listed in red:



Seek the Sun Safely - 2 ounces of SPF 30 or above, applied every 2 hours at least 20 minutes before going outside. Are you using sunscreen correctly? If not, make it a point to practice sun safety this week. **(Be Summer Smart)**

Complaining or Complimenting - Watch your words with your coworkers, friends and family. Are you complaining or complimenting more? Change your words to be more positive this week. **(Power of Positive Thinking, How Full is Your Bucket, Dealing with Difficult People)**



Do Something You Love - Doing something you love every day is a great way to improve your mood and feel like you have a purpose. Whatever you love...do it this week! **(Importance of Purpose, Managing Stress and Living Well)**

Tech Detox - It's summertime! Time to put down the technology and get outside! Reduce your tech time by at least 30 minutes each day...or more! **(Tech Detox, FitMe, Making Fitness Fit)**

Active Errands - Errands take up a lot of our day. Be active when doing your errands this week. Take the stairs, park further away, ride your bike to work or walk to the store. **(FitME, Making Fitness Fit, Get Off Your Seat and Move Your Feet)**



We hope these challenges will add some fun and excitement to your wellness programs. Please contact any of our staff with questions!

Pack Physical Activity Into Your Vacation

There are plenty of opportunities to fit in fitness and make it fun no matter where you are! Whatever your destination, a vacation provides plenty of opportunities for fitness. The key? Fit physical activity into your plans and make it fun!

Plan it

- Consider a vacation centered on an activity such as hiking, biking, rafting, backpacking, golfing, yoga or swimming at a beach.
- Choose lodgings that offer a pool, fitness facility, and spa or guided activities.
- When making reservations, ask about activities appropriate for your family.
- Inquire about nearby walking or running paths.
- Pack a pair of comfortable walking shoes, a bathing suit and sunscreen.

Gear up

- If you're renting equipment, make sure it's well maintained and meets safety standards.
- If you rent a bicycle or in-line skates, include a helmet and pads.
- Wear the right clothes. Dress in layers if necessary.



(Continued on page 4)

(Pack Physical Activity into Your Vacation continued from page 3)

Jump in

- Explore the sights by walking, biking or hiking.
- Try something fun you've never done such as snorkeling, water skiing or kayaking.
- Walk to restaurants, shops and attractions.
- Go out dancing in the evening.
- On a road trip, take breaks for short walks, a game of catch or stretching.
- At airports, walk the terminal.
- Try camping, and carry your gear.
- If the weather's bad, consider indoor activities, such as in-line skating or walking through a museum.
- Consider a walking tour.
- End the day with a dip in the hotel pool.



Be sure to introduce children to new activities gently and build in time for naps for younger ones.

Reference: www.mayoclinic.org

Answers for Stinging Insect Matching Game

1-d Paper wasp's slender, elongated bodies are black, brown or red with yellow markings. Their nests are made of a paper-like material that forms a circular comb of cells which opens downward. The nests are often located under eaves, behind shutters, or in shrubs or woodpiles.

2-g Yellow jackets are black with yellow markings and are found in various climates. Their nests, which are made of a papier-mâché material, are usually located underground, but can sometimes be found in the walls of frame buildings, cracks in masonry or woodpiles.

3-a Hornets are black or brown with white, orange or yellow markings and are usually larger than yellow jackets. Their nests are gray or brown, football-shaped and made of a paper-like material similar to that of yellow jackets' nests. Hornets' nests are usually found high above ground on branches of trees, in shrubbery, on gables or in tree hollows.

4-f Honeybees have a rounded, "fuzzy" body with dark brown coloring and yellow markings. Upon stinging, the honeybee usually leaves its barbed stinger in its victim; the bee dies as a result. Honeybees are not aggressive and will only sting when provoked. However, Africanized honeybees found in the southwestern United States and South and Central America, are more aggressive and may sting in swarms. Domesticated honeybees live in man-made hives, while wild honeybees live in colonies or "honeycombs" in hollow trees or cavities of buildings. Africanized honeybees may nest in holes in house frames, between fence posts, in old tires or holes in the ground or other partially protected sites.

5-b Fire ants are reddish brown to black stinging insects related to bees and wasps. They build nests of dirt in the ground that may be quite tall, up to 18 inches, in the right kinds of soil. Fire ants may attack with little warning: after firmly grasping the victim's skin with its jaws, the fire ant arches its back as it inserts its rear stinger into the skin. It then pivots at the head and may inflict multiple stings in a circular pattern. Fire ant venom often causes an immediate burning sensation.

6-c Bumblebees are black and yellow and both the thorax and abdomen are hairy. Bumblebees rarely cause sting reactions because it is easy to avoid these slow, noisy insects.

7-e Female mosquitoes are the ones that feed on humans. In order for a bite to cause swelling, the mosquito's contact after puncture must last approximately 6 seconds. It is thought that the chemicals in the saliva of the mosquito are responsible for the swelling and itching that follows the bite.

Source: American Academy of Allergy, Asthma & Immunology



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[CLICK HERE TO SEE OUR CLASS LISTING](#)