



Pennington & Red Lake Counties Wellness Newsletter

July 2023

How Do I Press Reset on Stress?

Acute Stress, Chronic Stress, and Anxiety. What's the Difference?



Acute stress- a response to an external event, such as taking a big test or arguing with a friend. Acute stress goes away once the situation is resolved.

Chronic stress- lasts for weeks, months, or longer. As you go about your life, your body is acting as if you're being threatened. Causes of chronic stress include routine stress from the demands of work or school; family or money problems; stress from sudden, difficult changes in your life, such as divorce or illness; and traumatic stress, which may happen when you're in danger of serious harm or death.

Anxiety- common mental reaction to stress, can occur even if there is no current threat. Both stress and anxiety can affect your mind and body, and some symptoms are the same. There is no drug to cure stress. But we do have access to a built-in "stress reset button" that acts as an antidote to stress. It's called the **relaxation response**. In contrast to the stress response, the relaxation response slows the heart rate, lowers blood pressure, and decreases oxygen consumption and levels of stress hormones.

Press Reset on Stress Anywhere, Anytime.

At your desk, in your bed, or doing dishes, simple tools such as deep breathing, progressive muscle relaxation, and mindfulness can produce the relaxation response.

Slow, Deep Breathing (also called diaphragmatic breathing) Take a few slow deep breaths, letting your abdomen expand as you fill up your lungs, then breathe

out slowly and completely. Notice where you may be holding some tension and relax so that each breath becomes slower and deeper.

Progressive Muscle Relaxation

Relax different muscles in your body, progressing from head to toe. Briefly contract each muscle before relaxing it can help you feel which muscle is tense. At the same time take deep breaths, inhaling through the nose and exhaling through the mouth.

Mindfulness

For mindfulness, focus on being aware of what you're sensing and feeling in the moment—sight, sound, smell, taste, or touch. Mindful body scan practice involves focusing attention on different parts of your body and their sensations in a gradual sequence. You can combine mindfulness with the other muscle relaxation and breathing techniques.

Pressing reset on stress for just a few minutes several times a day can prevent stress from building up and can lead to better sleep, giving you more energy the next day.

<https://files.nccih.nih.gov/press-reset-on-stress-flyer.pdf>

July is UV Awareness Month

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

How to Protect Your Skin from the Sun

Shade-Stay in the shade

Clothing-Wear long-sleeved shirts and long pants, a T-shirt or a beach cover-up.

Hat-with a brim all the way around to shade your face, ears, and the back of your neck.

Sunglasses-Protect your eyes.

Sunscreen-Put on broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside.
https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Age 13 Too Young for Social Media

The U.S. Surgeon General says 13 years old is too young to begin using social media.

Most social media platforms including TikTok, Snapchat, Instagram, and Facebook allow users to create accounts if they say they are at least 13 years old.

"I, personally, based on the data I've seen, believe that 13 is too early. ... It's a time where it's really important for us to be thoughtful about what's going into how they think about their own self-worth and their relationships and the skewed and often distorted environment of social media often does a disservice to many of those children," U.S. Surgeon General Vivek Murthy, MD, told CNN.

Research has shown that teens are susceptible to cyberbullying and serious mental health impacts from social media usage and online activity during an era when the influence of the internet has become everywhere for young people.

https://www.medscape.com/s/viewarticle/987665?ecd=mkm_ret_230624_mscpmrk_psych_soc-med_etid5560699&uac=118550DK&impID=5560699

Pregnant workers and new parents law changes as of July 1, 2023

Minnesota's Nursing Mothers, Lactating Employees, and Pregnancy Accommodations law (Minnesota Statutes § 181.939) gives pregnant and lactating employees certain legal rights.

Pregnant employees have the right to request and receive reasonable accommodations, which may include, but are not limited to, more frequent or longer breaks, seating, limits to heavy lifting, temporary transfer to another position, temporary leave of absence or modification in work schedule or tasks. An employer cannot require an employee to take a leave or accept an accommodation.

Lactating employees have the right to reasonable paid break times to express milk at work unless they are expressing milk during a break that is not usually paid, such as a meal break. Employers should provide a clean, private and secure room that is not a bathroom near the work area that includes access to an electrical outlet for employees to express milk. It is against the law for an employer to retaliate, or to take negative action, against a

pregnant or lactating employee for exercising their rights under this law. Employees who believe their rights have been violated under this law can contact the Minnesota Department of Labor and Industry's Labor Standards Division. Employees also have the right to file a civil lawsuit for relief.

<https://www.dli.mn.gov/newparents>

Parenting Tips

Skating /Skateboarding

Skating and skateboarding can increase balance, agility, coordination and reaction time. It's also pretty fun. With plenty of practice and these safety tips, your kids can roll smart and safe.

The Hard Facts

More than 80,000 people are treated in hospital emergency rooms for skateboard-related injuries every year. Skateboarding injuries can range from mild to life-threatening. Skateboarders have been killed by head injuries and collisions with cars.

Top Tips

1. Every skater should wear a helmet. Wrist guards, knee pads and elbow pads are a good idea for everyone, but especially for beginners. Mouth guards are good protection against broken teeth.
2. Children should ride on smooth, dry surfaces located in a well-lit area away from traffic.
3. Teach children to check skates and boards for problems before each use. If there are any cracked, loose or broken parts, the item should not be used until it is repaired.
4. Teach children to minimize the impact of a fall by crouching down as they lose balance to reduce the distance to the surface.



218-681-0876 TRF or 218-253-4378 RLF
www.pennredlakepublichealth.com