

# Health & Wellness Quarterly Newsletter

## Spring Allergies

With the start of warm weather and beautiful flowers blooming, some of us suffer from seasonal allergies which can mean dealing with watery eyes, itchy throats, runny noses, and even sneezing. Even though our systems can range from mild to quite debilitating, it is easy to confuse these symptoms with a common cold. Trying to tell the difference may be a little easier if you ask yourself a few simple questions:

1. Do I have a runny nose?

*If yes, there will most likely be a clear discharge if it is allergies. If no, then it could be either an allergy or cold and I would have a stuffy and/or runny nose.*

2. Do I have a fever?

*Allergies do not usually cause a fever although a cold can cause a low-grade fever.*

3. Do I have aches and pains?

*Allergies do not usually cause aches and pains but a cold often does.*

4. Did my symptoms develop fast or slow?

*Cold symptoms usually come on gradually and can take several days to develop while allergies usually affect a person as soon as they come into contact with an allergen.*

3. Is the weather warm or chilly?

*Colds are most common in winter while allergies are more common during warmer months when the air is filled with pollen.*

Stay hydrated when you are dealing with either of these conditions and is important, so drink plenty of water, which can also thin your mucus and provide relief. Hot tea, broth and soup also provide mild relief as the steam can help clear your airways when you breathe it in.

Spring is here, so enjoy the very welcomed sunshine and take care of yourself so you can get the most out of life.



Pacific Northwest common allergens include:

- ◆ Tree pollen
- ◆ Grass pollen
- ◆ Dust mites
- ◆ Pet dander
- ◆ Mold & mildew spores



**"Self-discipline  
is self-caring."  
– M. Scott Peck**

### HEALTH & WELLNESS COMMITTEE

The local Health & Wellness Workgroup meets twice a year and has local representatives for each location. Contact Micky Dryden if you don't know who your contact is, or you are interested in promoting health & wellness at your location.

[Micky.D.Dryden@mil.state.or.us](mailto:Micky.D.Dryden@mil.state.or.us)



# Staying Healthy

Maintaining good health doesn't come without some work. You must choose smart lifestyle options and take care of yourself by seeing your health care provider on a regular basis. Eating a healthy diet that is rich in whole grains, fresh fruits, including vegetables and understanding how omega-3 fatty acids and unsaturated should be included are important ways to staying healthy. We must minimize processed foods and utilize the proper components to turn down inflammation which may cause tissue damage to our joints, artery walls, and other organs. Another consideration is how much sugar we are taking in as high blood sugar is linked to the development of diabetes, obesity, heart disease and may even cause dementia.

Staying physically fit is also necessary in supporting good health. Physical activity can reduce the risk of heart disease, stroke, type 2 diabetes, some cancers, depression, and falls. It can improve sleep, endurance, and even make you feel better, overall. Strength training is important for supporting balance, bone health, controlling blood sugar and mobility.

Stress reduction is another strategy when considering how you can stay healthier. Meditation, mindfulness, yoga, taking vacations, and even listening to music are great ways to reduce stress. Take control of your health by finding one new thing you can do today to treat yourself to good health!

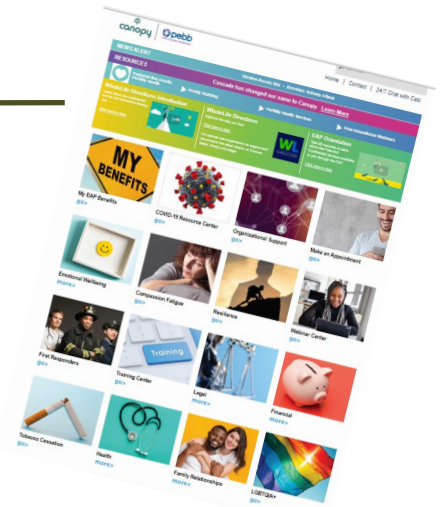
Staying healthy is up to YOU!



## Reminder: Cascade Centers has now become Canopy

A FREE and CONFIDENTIAL benefit that can assist employees and their eligible family members with any personal problems, large or small. Categories include:

- Addiction - Anxiety Disorders - Assessments - Attention Deficit Disorder (ADHD) - Depression - Eating Disorders - Grief and Loss - Other Emotional Health Issues - Stress - Suicide - Violence, Abuse & Trauma



### Canopy Contact Information:

Toll Free: [800-433-2320](tel:800-433-2320)  
Text: [Send a Text](sms:503-850-7721) (503-850-7721)  
Email: [info@canopywell.com](mailto:info@canopywell.com)

Canopy also offers a variety of [YouTube videos](#) that help remind us how to stay healthy.

[Sign in today!](#)



### Mini Sudoku Challenge

Fill in the blank spaces with numbers 1-6. Do not duplicate numbers in a row or a box. Each row must have only one number in the series and the same for the six squares in one block. Try it and challenge your mind!

5				1	
	3		4		
		1			
			2		
		2		4	
	5				6