

National

healthy choices



live well. be well.

Wellness Month



National Wellness Month is a reminder to prioritize your physical, mental, and emotional well-being through self-care, stress management, and healthy daily habits.

Simple ways to celebrate:

- Drink plenty of water.
- Walk, stretch, or move each day.
- Choose nutritious foods.
- Take time to pause, rest, and recharge.
- Practice mindfulness and manage stress.
- Set healthy boundaries with screens.
- Make time for activities that bring you joy.

How Wellness Relates to Mental Health

Mental and physical wellness are closely connected. Stress, burnout, trauma, and isolation can affect your overall health.

Prioritize rest, connection, support, and healthy ways to manage emotions. Remember, asking for help is a sign of strength.

5 Ways to Honor National Wellness Month

1. Set a small daily goal, such as five minutes of quiet time or journaling.
2. Connect with people who support your healing and growth.
3. Practice mindfulness or deep breathing to reduce stress and anxiety.
4. Schedule the therapy session or support group you have been putting off.
5. Support your body with hydration, rest, and movement.

Remember: Wellness does not mean feeling great all the time. It means showing up for yourself, even on difficult days.

Schedule Your Annual Wellness Visit

Your yearly visit is a chance to check in on your overall health, discuss concerns, review medications and vaccines, and catch potential problems early.



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NATIONAL IMMUNIZATION AWARENESS MONTH



Getting vaccinated is an important step we can all take to protect ourselves, our loved ones and our communities from vaccine-preventable diseases.

Vaccines aren't just for children. Adults need immunizations throughout their lives, and the vaccines recommended for you may depend on your age, health conditions, occupation, travel plans, pregnancy status and vaccination history. Staying up to date can help prevent serious illness and reduce the spread of disease to infants, older adults and people with weakened immune systems. Talk with your healthcare provider during your next visit to review your vaccination record and determine which vaccines are right for you.

Keeping children up to date on their immunizations helps protect them from serious illnesses and contributes to healthier schools, families and communities. Parents and caregivers should work with their child's pediatrician to follow the recommended immunization schedule.

Remember to keep a record of every vaccine you and your child receive. Immunization records may be needed for school, childcare, extracurricular programs, travel or certain jobs. If you cannot locate your child's records, contact their doctor, clinic, school or your state's immunization registry. Learn more about locating vaccination records.



Need a pediatrician for your child? The UFCW Local 655 Health and Welfare Fund is here to help! Call us at 314-835-2700, and we'll help you find an in-network physician near you.

Simply scan the QR code to visit our website.



WWW.655HW.ORG



Happiness Happens Month

Happiness does more than lift your mood—it can improve your health. People with a positive outlook are more likely to eat healthier, stay active, and manage stress more effectively.

One way to improve happiness is by adopting a healthier lifestyle, which could include increasing physical activity, eating a healthier diet, focusing on getting a good night's sleep, and spending more time in nature.

RESEARCH SHOWS THAT HAPPINESS CAN:

- Boost your immune system
- Lower stress levels
- Support heart health
- Reduce the perception of pain
- Encourage healthier lifestyle choices
- A positive mindset can make a lasting difference in both your mental and physical well-being.



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