

Innovative WellNews



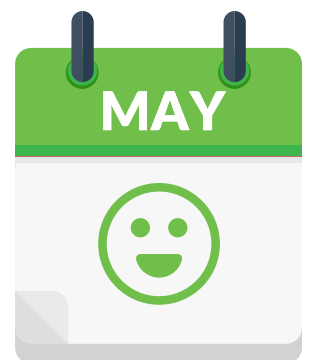
May Mental Health Month



Did you know?

May is Mental Health Month. One in five US adults experience mental illness. We encourage you to support yourselves, colleagues, family, and friends with improved mental health by being open to conversations, providing empathy and understanding towards mental illness. Let's all work together to break the stigma!

Suicide & Crisis Lifeline
Call or Text 988
for free and confidential emotional support and crisis counseling.



Health and Wellness Observances

National Melanoma and Skin Cancer Awareness Month

The Cancer Foundation has launched The Big See campaign. Skin cancer is the only cancer you can actually SEE. Remember these three words when looking over your skin to check for any possible skin cancers and see a Dermatologist for moles or lesions that are:

1. NEW
2. CHANGING
3. UNUSUAL

The Skin Cancer Foundation recommends yearly visits for adults to a dermatologist for professional skin examinations.



National Stroke Awareness Month

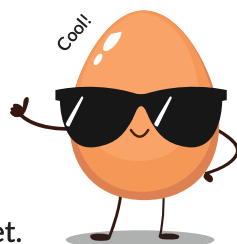
If you suspect someone is having a stroke, time is of the essence!



- F**= Face Drooping. Ask the person to smile and note if it's uneven, numb, or droopy.
- A**= Arm Weakness. Ask the person to raise their arms. Does one arm drift downward?
- S**= Speech Difficulty. Is the speech slurred?
- T**= Time to call 911. There is a small window of time to treat a stroke. Call 911 immediately and note the time the symptoms started.

Monthly Nutrition Fact

Myth debunked. A new study has revealed that eating more than a dozen eggs each week did not negatively impact the cholesterol of U.S. adults over 50 compared to those who consume an egg-free diet.



Monthly Physical Activity Tip

To help prevent injury, it's important to replace your sneakers every three to six months, or every 500 miles.



Mental Health Matching Game

Help reduce mental health stigma and increase your mental health knowledge by completing this matching game. Please send in your answers to wellness@ibpllc.com to be entered into a raffle to win a **\$25 Tango gift card**.

1. What percentage of adults live with depression? ____
2. Almost ____ people die by suicide each year.
3. The best treatment option is a combination of ____.
4. The leading cause of disability worldwide is ____.
5. What percentage of American adults will experience bipolar disorder at some time in their lives? ____.
6. Therapy focuses on some things including ____.

Choices :

- | | |
|---------------------------|---------------------------|
| a. Behaviors and thoughts | d. Mental illness |
| b. 4.4% | e. >8% |
| c. 800,000 | f. Medication and therapy |

We Value Your Feedback!

Please continue to share with us what you'd like to know [here](#).



Sources:
Nami.org
Stroke.org
Skincancer.org
<https://www.nlm.nih.gov/health/statistics>