

# Innovative WellNews



Innovative  
WORKPLACE WELLNESS

## June Connect with Nature



### Did you know?

June is National Great Outdoors Month so take some time to explore the benefits of nature. Ways to celebrate this month include:

- Take a hike
- Go geocaching
- Camp out (even in your backyard)
- Go kayaking or paddle-boarding
- Take a walk along the water
- Volunteer during an outside event



## Health and Wellness Observances

### International Men's Health Week (June 10-16)

Blue Friday is Friday, June 14th. Support the health of the men in your life with Wear Blue Friday. Encourage men to get regular checkups and check for testicular and prostate cancers.

#### #ShowUsYourBlue

**Did you know?**  
Men make ½ as many physician visits for prevention as women

There are many conditions that affect men of all ages. Please click [HERE](#) to review many topics related to men's health.



# Migraine and Headache Awareness Month



## Migraines affect 1 in 7 employees

Learn more about how migraines cause lost workdays and reduced productivity through WorkMigraine. WorkMigraine is a program created by the National Headache Foundation and is now available to the public for free. For communication materials click [HERE](#). Modules can be watched [HERE](#).

### Migraine Triggers

- Stress
- Bright Light
- Noise
- Strong Odors
- Diet
- Dehydration
- Weather Change
- Poor Posture
- Hormones

## Monthly Nutrition Fact

A low-tyramine diet can help with headaches. Tyramine is produced naturally when foods break down. Use with caution or avoid fermented foods like:

- yogurt
- sour kraut
- miso
- processed meats
- aged cheeses (blue, cheddar, provolone)



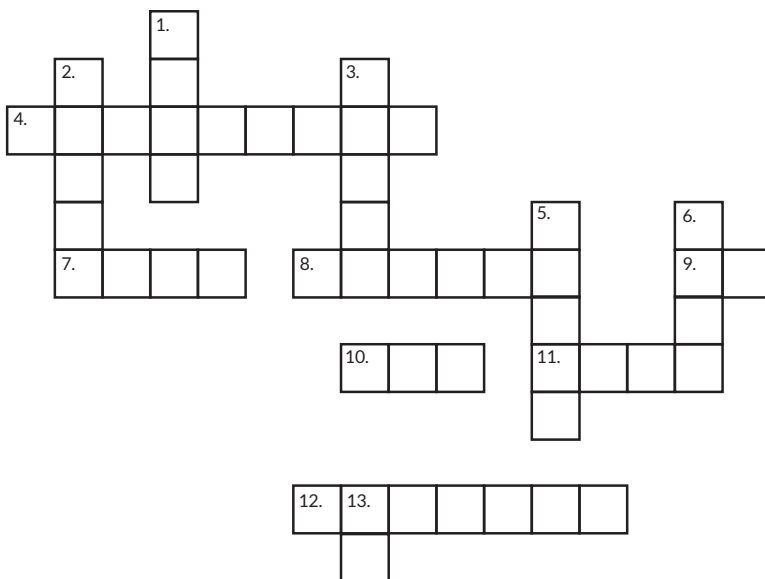
Limit caffeine to 2 cups per day, avoid certain types of alcohol (beer, chianti, burgundy), and watch homemade leavened bread like sourdough.

## Monthly Physical Activity Tip

Taking your physical activity outside in nature can have tremendous benefits. It improves both your physical and mental wellness. Nature reduces our cortisol levels, leading to decreased blood pressure and heart rates, and also helps increase our vitamin D levels.



## Nature Crossword Puzzle



### Across

- 4. atmosphere, holds us all
- 7. raindrop, drip
- 8. snowflake, each one is
- 9. mountain, hike up
- 10. cloud, floats in the
- 11. breeze, feel it on your
- 12. creek, long and

### Down

- 1. sunshine, warm all
- 2. ocean, all around the
- 3. grass, green or
- 5. tree, something tall and
- 6. flower, smells
- 13. slope, ski on

## We Value Your Feedback!

What else do you have questions about? Let us know [here](#).



Sources:  
[www.greatoutdoorsmonth.org](http://www.greatoutdoorsmonth.org)  
<https://environmentalalliance.org/>  
[www.menshealthmonth.org](http://www.menshealthmonth.org) [www.headaches.org](http://www.headaches.org)