



Wellness Newsletter



U.S. Drug Overdoses Hit Record High in 2021

An estimated 107,622 Americans died from drug overdoses in 2021, according to new Centers for Disease Control and Prevention data. That's a 15% increase from the previous year. Fentanyl, a powerful synthetic opioid, was involved in the most deaths. While overdose deaths have been on the rise for years, they surged during the pandemic, especially in its first year. Even as the pandemic slows, it won't be a quick switch back to normalcy, as these conditions need to be addressed and treated. Treatment, or the lack thereof, is a crucial reason overdose numbers continue to rise. Drug abuse treatment access and utilization were lacking even before the pandemic. According to the U.S. Department of Health and Human Services, more than 20 million people age 12 and older reported having a substance abuse disorder in 2019, but only 10% were receiving care. It's critical to check in with yourself and others living with mental health conditions and facing substance abuse. If you have concerns, reach out to a doctor or use the Substance Abuse and Mental Health Services Administration's National Helpline by calling 800-662-HELP (4357).

Source: Lockton



COMING SOON!!

Work out with Charger Fit! Looking for a way to incorporate more exercise into your weekly routine? Charger Fit is planning a weekly fitness/exercise opportunity that will allow you to reach your fitness goals all while having a good time exercising with your fellow UAH friends and colleagues. This program will begin in August, so stay tuned for more information to come!

JULY 2022

UPCOMING EVENTS

Wellness Wednesday
JULY 13 @ 10:00 A.M.

Gilsbar's Keep Calm and Carry On Challenge Registration
JULY 5 - JULY 13

Gilsbar's Keep Calm and Carry on Challenge
JULY 14 - AUGUST 12



CONTACT US

256-824-2259

Shelbie King Hall 102

chargerfit@uah.edu

www.uah.edu/hr/wellness



@UAHChargerFit

Gilsbar's Keep Calm and Carry on Challenge

We all know life can be stressful and challenging at times. That's why we've created a challenge aimed at improving your ability to let go of the small stuff and roll with the punches. Throughout the challenge, you'll be encouraged to try different methods, techniques, and exercises to help you focus on staying calm, cool, and collected. Registration begins July 5th - July 13th. You can enroll through mygilsbar via the Wellness Challenges tile. The challenge will begin on July 14, 2022, and end on August 12, 2022. Participate in the daily activity to earn up to **30 points**. *Points will be awarded in 5-point increments*



Wellness Wednesday

Join us on July 13, 2022, @ 10:00 a.m. for Wellness Wednesday. This month, Lindsey Ingram, a representative from Uprise Health will be providing an overview of all your UAH | Uprise Health EAP benefits, services, and resources. UAH's Employee Assistance Program (EAP) services are available to eligible employees and their families at No Cost to you. Uprise Health offers confidential advice, support, and practical solutions to real-life issues. All attendees will receive 30 points(Max 150 points) added towards your wellness incentive. For those who register for this month's Wellness Wednesday, you will be entered into a random drawing for a \$50 gift card. Click [here](#) to sign up



July is UV Awareness Month

Summertime is here! Now's the time you can get outside, enjoy the nice weather, and soak up some sun. But, like any good thing, too much sunshine can hurt your body. That's because the sun's ultraviolet (UV) rays contain radiation that can lead to serious health issues, including cancer.

July is UV Safety Awareness Month, making it the perfect time to learn how to protect yourself from UV exposure. According to the American Academy of Dermatology, here's what you can do to stay safe while appreciating the outdoors:

- Find shade when you need it.
- Wear clothing that protects against direct sunlight (e.g., a wide-brimmed hat).
- Use water-resistant sunscreen with a sun protection factor (SPF) of at least 30.

Source: Lockton

Register For TIAA's Live Webinars:

Join TIAA for July's monthly financial webinars. Remember to keep your financial health as healthy as your physical health. To register, click [here](#).

The screenshot shows a registration page for TIAA live webinars. It includes the TIAA logo and several webinar topics with their respective dates and times. The topics listed are: 'Keep your financial goals on track with TIAA live webinars', 'Looking to turn your retirement savings into a " paycheck " for life?', 'Start to finish: The early career woman's guide to financial wisdom', 'Quarterly economic and market updates with TIAA's Chief Investment Strategist', and 'Beneficiary considerations'.

Virta Health: Chicken Rollup Recipe

Makes: 8 servings | Prep Time: 10 min | Total Time: 30 min

Ingredients

- 4 boneless chicken breast halves
- 2 Tbsp spicy mustard
- 4 slices cheddar cheese (or pepper jack)
- 1 carrot (julienned)
- 1 rib celery (julienned)
- 2 Tbsp Italian dressing

Preparations

1. Preheat the oven to 400 F
2. Coat a baking sheet with cooking spray
3. Place the chicken breasts between two sheets of wax paper.
4. Flatten the breasts with a mallet until the breasts are 1/4 inch thick.
5. Spread each breast with 1 1/2 teaspoons of mustard and top with cheese, carrot, and celery.
6. Starting at the short side, roll each breast around the vegetables. Secure with toothpicks.
7. Place on the prepared baking sheet.
8. Spread each chicken breast with 1/2 tablespoon of Italian dressing.
9. Bake for 20 minutes, or until the thickest portion registers 160 F on a thermometer and the juices run clear.



How Can I Improve Work-Life Balance?

An employer's position and support regarding work-life balance can significantly impact your personal ability to achieve or maintain it. Here are some recommendations to review if you are struggling with work-life balance.

Set reasonable goals: Carefully assess your roles and responsibilities and track the time you spend on tasks. If you discover you lack resources to complete your job or have more tasks than there are hours in a day, discuss your concerns with your manager or leaders who can help you set goals and priorities for your work.

Get rid of guilt and ditch perfection: Performing well and paying attention to detail are good qualities but may not be the best use of your time. Reassess your standards, make checklists to ensure your tasks are complete, and don't spend time ruminating on a problem you can't solve.

Create boundaries: Boundaries apply to both work and life. Some examples include setting a start time and end time for your workday, removing work apps and email from your phone, and strongly limiting work conversations during your time off work.

Discover more work-life balance resources: Uprise Health offers many additional resources covering work-life balance on the employee's work-life portal. Visit the member page, and go to the work-life section to find out more.

Source: Uprise Health

Staying Safe in the Summer Sun

Spending time outside is a great way to be active and reduce stress. However, the sun's rays can damage your skin in as little as 15 minutes, so it's essential to protect your body from sun damage and skin cancer. Here are a few tips to protect yourself while enjoying the summer weather:

- Avoid the sun between 10 a.m. and 4 p.m., when the rays that cause sunburn are the strongest.
- Wear clothes made of tightly woven fabrics. Keep in mind that darker colors may also offer more ultraviolet (UV) protection than lighter colors.
- Wear a wide-brimmed hat that shields your face, neck and ears.
- Wear sunglasses to protect your eyes.
- Use sunscreen with at least a sun protection factor (SPF) value of 30. Reapply at least every two hours and after swimming or sweating. Routinely inspect your skin for any spots or changes in color or appearance. If you have any concerns, see your doctor.



Gilsbar Quarterly Webinar

Each quarter, Gilsbar offers a different webinar related to wellness. Earn 10 points by completing the quarter two "Better Beverages" webinar

Log into your wellness center on www.myGilsbar.com.

Select the webinar to view the video.

Click on the Sign Here button to tell what you learned about the webinar and earn points.



Have You Gotten Your Biometric Screening?

To complete your health screening, you may schedule an appointment with the Faculty and Staff Clinic through the employee portal. You can also have the biometric screening completed with your own physician. To receive credit towards your wellness incentive, you must have your physician complete a form and provide it to the Faculty- Staff Clinic. Email Chargerfit@uah.edu or visit the Charger Fit website to obtain the screening form. 50 points will be awarded and a \$50 gift card will be mailed to all eligible employees who complete the screening. Remember, completion of the biometric screening is mandatory to receive the wellness incentive at the end of the year, and must be completed no later than October 31, 2022.

