



May 2016



Raising Awareness About Mental Health

According to the National Alliance on Mental Illness (NAMI), one in five Americans will be affected by a mental health condition in their lifetime. May is Mental Health Month, and NAMI is creating opportunities for people to come together to fight stigma, provide support, educate the public and advocate for equal care. For more information, visit the [NAMI website](http://www.nami.org).

2016 Spirituality and Health Conference

Presbyterian Chaplaincy Services is sponsoring a conference on the science of hope and sustaining a healthy mind, mood, and heart in times of loss. The conference features Henry Emmons, MD, a psychiatrist, author and educator. The event is Friday, June 10 from 8 a.m.-5 p.m. at the CNM Work Force Training Center. Registration is \$95. For information or to register, call (505) 841-1191.

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Not So Sweet

New Dietary Guidelines from the government encourage Americans to limit the amount of sugar they eat to about 10 percent of their daily caloric intake. Based on a 2,000-calorie daily diet,

that means 12 teaspoons of sugar. Most Americans get twice that amount. How can you cut sugar? Read labels carefully, focus on fresh foods and reduce the amount of processed foods you eat.

Practice Sun Safety Every Day!



Skin cancer is the most common type of cancer in the United States. About 3.5 million cases of basal and squamous cell skin cancer are diagnosed in the United States each year. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and spots on your skin. But skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

Here's how you can protect yourself:

- Stay out of the sun between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher. Re-apply every two hours and after you swim or sweat.
- Cover up with long sleeves and a hat.
- Check your skin once a month for changes.



Get Ready to Run

Every weekend during the spring and summer it seems like there's a 5 or 10K fun run on the calendar. Want to participate but haven't been running? Try these tips to get started:

- Warm up - begin your workout with 10 minutes of walking or active stretching.
- Take it slow - start by walking combined with very short jogging intervals. Gradually work up to longer jogging segments interspersed with shorter walks.
- Be safe - run against traffic and be aware of your surroundings including cars, cyclists and other walkers.