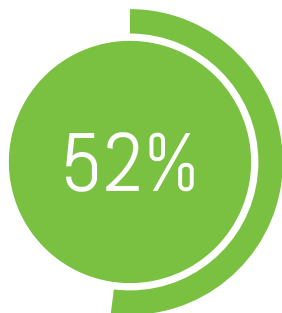


Wellness at Work

87% of Americans do not eat enough vegetables. Bring some greens to snack on as you work and add some to your lunch!



Did you know?



52% of people believe that their mental health is the reason for poor work performance. Prioritizing your mental wellbeing can improve your mood and productivity.

Self Care Challenge

Get your body moving and try a free online workout! You can try a new style or search a favorite.



PTSD and the 4th of July

The 4th of July, with its fireworks and celebrations, can be a challenging time for individuals with Post-Traumatic Stress Disorder (PTSD), especially for veterans and others who have experienced trauma.

- Loud Noises: Fireworks can mimic the sounds of gunfire or explosions, which can trigger flashbacks or anxiety.
- Crowds: Large gatherings can feel overwhelming and increase feelings of vulnerability.
- Unexpected Triggers: Sudden noises and lights can startle individuals, leading to heightened stress responses.

Helpful Tips:

- Prepare in Advance:
 - Create a Plan: Discuss with friends or family how to handle triggers if they arise.
 - Identify Safe Spaces: Know where you can go to feel safe if you become overwhelmed.
- Communicate Needs:
 - Inform Others: Let friends and family know about your triggers so they can support you.
 - Use Ear Protection: Noise-canceling headphones or earplugs can help reduce the impact of loud sounds.
- Modify Participation:
 - Attend Quiet Celebrations: Find or host a small, quiet gathering instead of attending large public events.
 - Stay Indoors: Watching fireworks from indoors or on television can lessen the impact.

You can support someone with PTSD by recognizing that their reactions are not intentional but a response to their trauma. Suggest quieter activities or help them find a safe space if needed. Your calm presence can help them feel more secure.

Summer Lovin'

- Cook out! Don't forget the corn on the cob!
- Go to the lake
- Watch a baseball game
- Ride the bike trail
- Have a lemonade stand
- Visit a carnival
- Go to the dog park
- Play some corn hole
- Enjoy the sunset outside of town
- Go star gazing



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