

Wellness

W E D N E S D A Y

From **YOUR** HEALTH DEPARTMENT

NATURE & MENTAL HEALTH - THE BENEFITS:



Reduce Stress

Find peace in nature, which can help decrease blood pressure and alleviate stress.



Improve Mood

Getting exposure to daylight and exercise can help with feelings of depression.



Be More Present

The outdoors can help you practice mindfulness, helping you be more relaxed and less anxious.



Social Connection

Participating in outdoor activities such as biking, pickleball, and walking groups with others can enhance happiness levels.

Source: [NAMI.org](https://www.nami.org)

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Tips for Better Sleep

- 1 **Exercise.** Exercise boosts the effect of natural sleep hormones such as melatonin.
- 2 **Reserve the bed for sleep.** Don't use your bed as an office and avoid watching late-night TV there. The bed needs to be a stimulus for sleeping.
- 3 **Start a sleep ritual.** Rituals help signal the body and mind that it's time to sleep. Read a book, take a bath, or listen to calming music before bed.
- 4 **Avoid eating too much and drinking alcohol and caffeine.** Avoid eating a big meal within 2-3 hours of bedtime. Alcohol can make you sleepy but then disrupt your sleep during the night.

Source: [Harvard Health](#)



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Thirst-quenching Foods

Staying hydrated with the right mix of water and electrolytes this summer is crucial. Hydration is key for brain health and function, beneficial for skin health, and weight management.

The standard amount of **water recommended is 64 ounces**, but the exact amount is based on height, weight, and gender. If you are outside moving and sweating, you should increase the amount by 16 ounces per day.

Source: [HackensackMeridianHealth.org](https://www.hackensackmeridianhealth.org)



Foods High in Electrolytes

- Bananas
- Celery
- Salmon
- Avocados
- Spinach
- Almonds



Hydrating Foods:

- Cucumbers
- Orange
- Strawberries
- Watermelons
- Grapefruit
- Lettuce



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WORKING IN THE HEAT

DID YOU KNOW?

50% to 70% of outdoor fatalities occur in the first few days of working in warm or hot environments because the body needs to build a tolerance to the heat gradually over time ([OSHA](#)).

SAFETY TIPS

- ✓ **Stay hydrated** - Drink one liter of water every hour or about eight ounces every 15-20 minutes.
- ✓ **Eat to fuel your day** - Be aware of what you are consuming throughout the day and how it can impact your body while working in the heat.
- ✓ **Take regular breaks** - Take frequent breaks either in the shade or an air-conditioned, indoor area to bring your body temperature down.
- ✓ **Take time to acclimate** - As you spend more time outside in the summer or working in a hot environment, your body will slowly get used to it.
- ✓ **Use the buddy system** - Work outside with a partner to ensure everyone stays safe and can get quick help if showing signs of heat-related illness.

Source: [OSHA.gov](#)