

A MONTH OF WELLNESS IN A VARIETY OF WAYS



May is a month of national recognition for a variety of health topics.

Below are resources for some of the topics observed in May:

**National Mental Health Month, National Osteoporosis Month, Correct Posture Month
and National Skin Cancer Awareness Month**

Issues such as stress, anxiety or depression can have a significant impact on personal and professional lives. Journaling is a method that can be used to help relieve symptoms of these issues and to help improve mental health. Writing out thoughts and feelings is a healthy outlet. It can offer serenity and clarity on situations.

Click here to read:

["Journaling for Mental Health"](#) on the BCBS website.

Osteoporosis is a disease which involves bone loss that can lead to fractures or breaks. It occurs most commonly in women; however men can be effected as well. The risk of developing osteoporosis can be reduced by incorporating lifestyle habits such as getting regular weight-bearing exercise and getting enough calcium.

Click here to reach a link offered through the Harvard Pilgrim website, where you can learn more about osteoporosis and take a quick questionnaire to assess your risk:

[Osteoporosis Risk Index](#)

Correct posture can help facilitate ease of breathing, relieve neck and shoulder pain and help to avoid back issues. Click here to read an article on Fallon's website for tips on good posture and for information on how it can also help you avoid headaches.

["Headache Prevention: Posture and Body Mechanics"](#)

Did you know that you can calculate how much ultraviolet exposure you are getting by looking at your shadow? If your shadow is longer than you, your UV exposure is less than when your shadow is shorter than you.

To learn more tips about sun safety, visit Tufts website, **www.tuftshealthplan.com**.

Click on Health Topics A-Z under Mange Your Health in the right-hand column.

Then put **"Protecting Your Skin From the Sun"** into the search engine to reach the article.

West Suburban Health Group Website: westsuburbanhealth.com
West Suburban Health Group Wellness on Twitter: [@WSHGWellness](https://twitter.com/WSHGWellness)