

APRIL WELLNESS



WELLNESS TOPICS OF THE MONTH INCLUDE:

CANCER INFORMATION, AUTISM AWARENESS & STRESS MANAGEMENT

Wellness focuses during the month of April include: Cancer Information, Autism Awareness and Stress Management. Please see below for articles and information on these topics.

Did you know that what you eat may have an impact on your risk of getting cancer? For example, eating cruciferous vegetables, such as broccoli, cauliflower and cabbage, may lower your risk for colorectal cancer. And limiting your intake of processed meat may help lower your risk for colorectal and stomach cancers. Click on this link to reach a quick quiz, offered through the BCBS *a healthy me* website, to check your knowledge and receive information on the correlation between nutrition and cancer risk:

[Nutrition Cancer Quiz](#)

Extra support may be needed when raising a child with autism. Taking simple measures to reduce family stress can help both the family members, and the child with autism. For suggestions, such as scheduling breaks and researching local and community organizations, click here to read an article posted through Fallon's website:

[Autism: Support and Training for the Family](#)

The lack of time to complete tasks and activities can increase daily stress levels. Simple time saving techniques such as: prioritizing tasks, controlling procrastination and managing commitments are effective in reducing stress levels. To learn about these techniques, visit Tuft's website by clicking here: [Tufts Health Plan Website](#).

Click on Health & Wellness in the top tab, and then click on "library of high-quality content" under Health Library A-Z. Put **Stress Management: Managing Your Time** into the search engine to reach the link to the article.

Would you like to reduce stress by simply "being aware"? People who practice a technique called "mindfulness" have been able to effectively cope with the stressors in their lives. They are able to relax and become focused by bringing awareness to the present moment. To learn more about this popular stress management technique, click here to reach information offered on the Harvard Pilgrim website:

[Answers About Mindfulness](#)
