

# APRIL WELLNESS



## WELLNESS TOPICS OBSERVED DURING THE MONTH OF APRIL INCLUDE:

### STRESS AWARENESS, AUTISM AWARENESS, CANCER CONTROL & COUNSELING AWARENESS

Do you feel stressed and you are not sure why? When changes occur in our lives, we may not realize that they are having an impact on us. This interactive tool takes a look at stress levels based on changes occurring in your life. Life changes, positive as well as negative, have an impact on your stress level. Although everyone responds differently, this tool may shed some light on your current feelings of stress based on change.

Click here to reach this tool through a link on the Harvard Pilgrim website:

[Interactive Tool: What Is Your Stress Level?](#)

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Autism spectrum disorders (ASD) often affect the way children interact and communicate with others. Barriers of communication for children with ASD may include their inability to read nonverbal cues, their inability to focus on more than one idea at a time, or the fact that they may take words or ideas literally. Family members can try to enhance communication through tips such as interacting through physical activity, teaching and allowing the child to express anger without being too aggressive, and being persistent with communication without taking the child's inability to show feelings personally. Since it often takes children with an ASD longer to process information, additional tips such as being patient and taking your conversation to a slower pace can also help with communication. For additional tips and information, click here to read an article through BCBS's a healthy me website: [Interacting with a Child Who Has Autism](#)

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There are daily habits that may help decrease your chances of getting cancer. Lifestyle habits such as eating right and staying active may make a difference. Watching your nutrition and limiting foods such as processed meat and red meat, may help prevent cancer. And, staying active may help for 2 reasons: 1) being physically active may help prevent certain cancers, and 2) being active helps ensure that a healthy weight is maintained, which may also lower your chances for getting certain forms of cancer.

To learn more about 10 specific ways you can help prevent cancer with lifestyle habits, click here to reach an article through Fallon's website: [Lifestyle Changes That May Help Prevent Cancer](#)

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Family counseling can be beneficial for families who have a member with a condition or behavior that interferes with his or her life, or the lives of their family. It can also be helpful when used as a preventive means, such as before an anticipated problem or when major changes will be happening within the family.

During family therapy, health professionals take into consideration that an illness or problem in one member can affect the family as a group. Families can be helped by identifying issues and developing strategies to resolve them. Family therapy is often an active type of counseling, where family members may be given direct assignments to work on. To learn more about family counseling, such as the role of a family therapist, what to expect in therapy and reasons for family therapy, visit Tuft's website [tuftshealthplan.com](http://tuftshealthplan.com). Click on Health & Wellness, and then on "library of high-quality content" under Health Library A-Z. Put **Family Therapy** into the search engine to reach the link to the article.