

# MARCH WELLNESS



## WELLNESS TOPICS OBSERVED THIS MONTH INCLUDE:

**WORKPLACE EYE HEALTH AND SAFETY MONTH, NATIONAL SLEEP AWARENESS WEEK, NATIONAL NUTRITION MONTH AND NATIONAL SCHOOL BREAKFAST WEEK**

You may be looking at your computer for many hours during the workday. Prolonged computer viewing can contribute to eye strain and irritations such as muscle spasms of the eye or eyelid, headaches and problems with focusing. Simple adjustments can be made at the workplace to help reduce these risks. Some suggestions include: minimizing glare and light reflections, keeping the computer screen slightly further away than you would hold reading material, and positioning the top of the screen at or slightly below eye level.

To learn more ways of reducing eye strain at the computer, click here to read an article through BCBS's *a healthy me* website: [Eye Safety at the Computer](#)

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As adults get older, changes in sleep patterns may occur such as: difficulty in falling asleep, waking up more often during the night, sleeping less deeply or sleeping for shorter amounts of time. To help to improve sleep patterns, simple tips to try include: getting regular exercise and getting out in the sunshine during the day, keeping the bedroom cool, quiet and dark, and following a bedtime routine. To learn more about sleep patterns for older adults, 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 [Coping with Changing Sleep Patterns as You Get Older](#) into the search engine to reach the link to the article.

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Some foods, such as milk and fruit, have sugars naturally found in them. However, there are many types of food where sugar is added during processing or preparation. These foods have less nutritional value, and the Dietary Guidelines for Americans strongly recommends limiting foods and drinks with added sugars. Along with the obvious foods such as cookies, soda, cakes and candy, you may be surprised that added sugar can also be found in some yogurts, salad dressings, nutrition bars, cereals and "fat-free" foods. The best way to determine the amount of added sugar in foods and drinks is to look at the order of the ingredients listed on the label. The higher sugar is on the list, the larger amount there is in the food or drink.

For additional information about sugar, click here to reach an article through Fallon's website:

[Added Sugars](#)

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March 6th - 10th is National School Breakfast Week. For resources and ideas on encouraging parents, students and school officials about healthy breakfast choices, click here: [School Nutrition Association](#). You will find ideas that can be used during National School Breakfast Week or at anytime that is convenient for your school.

Offering a healthy breakfast is one way of helping children develop healthy eating habits. Additional ideas for parents include: eating together as a family, setting up regular snack and meal times, and being good role models.

For additional information on helping children develop healthy nutrition habits that can last a lifetime, click here to reach information and resources through Fallon:

[Healthy Eating: Helping Your Child Learn Healthy Eating Habits](#)