



WELLNESS BULLETIN JUNE 2017

Men's Health Month

Wear blue on the Friday before Father's Day! Men live sicker and die younger. Wear BLUE was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

Depression in men is under-diagnosed contributing to the fact that men are 4 x as likely to die by suicide.

Among ages 15 to 19, boys were 3.1 x as likely as girls to die by suicide.

Among ages 20 to 24, males were 4.6 x as likely to die by suicide as females

The suicide rate for persons age 65 and above: men...31.5 – women...5.

Why Men are at High Risk

A higher percentage of men have no healthcare coverage.

Men make ½ as many physician visits for prevention.

Men are employed in the most dangerous occupations, such as mining, fire-fighting, construction, and fishing.

Society discourages healthy behaviors in men and boys.

Research on male-specific diseases is under-funded.

Men may have less healthy lifestyles including risk-taking at younger ages.



More info at: <http://www.menshealthmonth.org/>

Post-traumatic Stress Awareness

PTSD is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event.

It is natural to feel afraid during and after a traumatic situation. Fear triggers many split-second changes in the body to help defend against danger or to avoid it. This "fight-or-flight" response is a typical reaction meant to protect a person from harm. Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD. People who have PTSD may feel stressed or frightened even when they are not in danger.

The United States Senate designated June 27 as National PTSD Awareness Day and The National Center for Posttraumatic Stress Disorder

has designated June as PTSD Awareness Month. What can you do if you or someone you care about needs help for PTSD? Reach out to local organizations and resources that can help both individuals and professionals discover ways to identify and manage PTSD symptoms. Reach out to counselors at CMMHC or the VA.



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Helen Keller Deaf-Blind Awareness Week

Thirty years ago this month, President Ronald Reagan issued a presidential proclamation designating the last week of June as "Helen Keller Deaf-Blind Awareness Week." Every year since, the Helen Keller National Center for Deaf-Blind Youths & Adults (HKNC) commemorates the week with a national advocacy campaign in recognition of the achievements and capabilities of people who are deaf-blind.

In 2014, Helen Keller Deaf-Blind Awareness Week is June 22 to June 28. This year's theme, "SHE'S DEAF-BLIND AND, WITH TECHNOLOGY, SHE HOLDS THE WORLD IN HER HANDS...JUST LIKE HER LOVED ONES," highlights the fact that, through technology, people who are deaf-blind can now access the world around them independently.

More info at: <http://nfadb.org/helen-keller-deaf-blind-awareness-week/>



CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

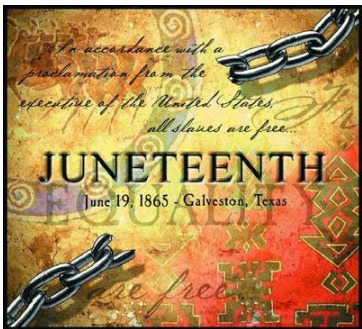
Juneteenth

Juneteenth, also known as Juneteenth Independence Day or Freedom Day, is a holiday that commemorates the June 19, 1865 announcement of the abolition of slavery in Texas, and more generally the emancipation of African-American slaves throughout the Confederate South. Celebrated on June 19, the word is a combination of "June" and "nineteenth". Juneteenth is recognized as a state holiday or special day of observance in most states.

The holiday is observed primarily in local celebrations. Traditions include public readings of the Emancipation Proclamation, singing traditional songs, and readings by noted African-American writers such as Ralph Ellison and Maya Angelou. Celebrations may include parades, rodeos, street fairs, cookouts, family reunions, park parties, historical reenactments, or Miss Juneteenth contests.

For more information about the history surrounding Juneteenth, please check out the following article:

<http://www.pbs.org/wnet/african-americans-many-rivers-to-cross/history/what-is-juneteenth/>



Brought to you by your

Central Minnesota Mental Health Center Wellness Committee

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Central MN Mental Health Center

"Together, Creating a Healthier Life"