



APRIL 2022

Wellness Matters

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Good Health

Managing War-Related Anxiety

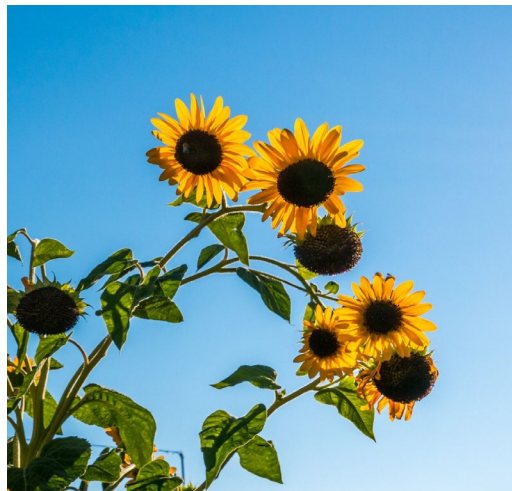
If you're worried about the war in Ukraine, you're not alone. Although it may be your first instinct to think about those caught up in the conflict, it's completely normal to feel upset or concerned about what you see from afar.

How to Cope

Watching a war unfold can make you feel out of control, adding anxiety and stress. Try to focus instead on what you can control; consider these coping tips:

- Avoid doomscrolling. A new term describing binging on negative news, *doomscrolling* can cause undue stress. Spending too much time following current events can negatively impact your mental health. Focus on facts, not speculation; spend less time on social media.
- Give your mind a rest. Shift the focus to your body. Swim, run, walk, or cycle to create mood-boosting chemical changes in the brain.

- Be mindful. When thoughts feel spiraling, stop your brain from racing with yoga, meditation, or breathing exercises to help you feel in the present moment.
- Take time to unwind. It's essential to engage in enjoyable activities. Outlets like hobbies, crafts, writing, or home projects can be good distractions.



- Maintain sleep habits. Although it may be hard to sleep when anxious, try to maintain your usual sleep pattern. Rest is vital for emotional balance.
- Connect with others. Good relationships foster a sense of

belonging and provide an outlet to share experiences. Sharing worries with others can improve your outlook.

Your Mental Health

Especially amid the current events, it's essential to focus on what you can control: your thoughts. If you're concerned about your mental health, visit a professional or call / text the [SAMHSA Disaster Distress Helpline](#) at (800) 985-5990. This confidential hotline is dedicated to providing immediate crisis counseling for distress related to any human-caused disaster.

How to Help

It may help to ease anxiety by making an impact. A nonprofit evaluator, [Charity Navigator](#), assessed and recommends these and other groups:

- [Direct Relief](#)
- [Global Giving](#)
- [Heart to Heart International](#)
- [Save the Children](#)
- [UNICEF](#)

Nip Allergies in the Bud

More than 50 million Americans suffer from allergies every year. In particular, springtime allergies are an annual nuisance for many people. As plants begin to bloom and neighbors start to cut their grass more frequently, allergy sufferers nationwide start sniffing and sneezing. What's more, mold growth blooms both indoors and outdoors, making it almost impossible to escape allergy triggers. Keep in mind that any spring-cleaning activities can also stir up dust mites.

To reduce your spring allergies, consider the following strategies:

- Wash your bedding every week in hot water to help keep pollen under control.
- Wash your hair before going to bed since pollen can accumulate in your hair.
- Limit the number of throw rugs to reduce dust and mold in your home.
- Wear an inexpensive painter's mask and gloves when cleaning, vacuuming, or painting to limit skin exposure and dust and chemical inhalation.
- Vacuum twice a week.
- Make sure the rugs you have are washable.
- Change air conditioning and heating air filters often.
- Remove your shoes before entering your home.
- Keep windows closed.

Treatment for most allergies is available both over-the-counter and by prescription. If your allergy symptoms are severe or chronic, you may need a series of allergy shots. Contact your physician or allergist to determine which treatment option is best for you.



Healthy & Nutritious Mediterranean Diet Ranks First

U.S. News & World Report released their annual diet ranking, and the Mediterranean diet topped the list for the fifth consecutive year. The Mediterranean diet was named best overall for 2022—voted the best for healthy eating, easiest to follow, best heart-healthy and plant-based diet, and best diet for diabetes.

The Mediterranean diet is a pattern emulating how those in the Mediterranean region have traditionally eaten, focusing on whole grains and heart-healthy fats. The plan may help brain function, promote heart health, and regulate blood sugar levels. Research also suggests it can help prevent some chronic diseases and increase longevity. There are no concrete rules but there are guidelines to add the plan into your daily routine, with these foods and others:

Fruits—Apples, bananas, dates, figs, grapes, melons, peaches, pears, strawberries

Vegetables—Broccoli, Brussels sprouts, kale, tomatoes, cauliflower, cucumbers, spinach

Nuts and seeds—Almonds, cashews, hazelnuts, macadamia nuts, peanut butter

Legumes—Beans, chickpeas, lentils, peas

Whole grains—Barley, buckwheat, brown rice, corn, oats and whole wheat bread, pasta

Fish and seafood—Clams, crab, mussels, oysters, salmon, sardines, shrimp, trout, tuna