



A Summer of Wellbeing

Summer can be a tough time to stay on track with wellbeing goals. It's OK! This halfway point in the year is the perfect time to reassess your goals and find balance again. Here is a list of ways to keep on track:

- **Physical:** Stay hydrated! Replace your tall glass of lemonade with an even taller glass of ice water.
- **Mental:** Stay alert! Challenge some of your unconscious habits, like brushing your teeth using your non-dominant hand or taking a different route to work.
- **Emotional:** Stay positive! Take some time out of your day to lie outside, catch some rays, read a book, and soak in all that you have to be grateful for.
- **Spiritual:** Stay mindful! Make an effort to be mindful, live in the moment, and appreciate life's simple pleasures. Wherever you are, be all there.
- **Environmental:** Stay involved! Share your talents and skills by contributing to the community.
- **Social:** Stay social! Social wellness is all about communicating your thoughts, feelings and ideas. Stay in touch with your social circles: Organize an outing, explore a new place, or take a well-deserved trip with friends and family.
- **Vocational:** Stay interested! Take up a hobby that suits your personality, interests or talents. Vocational wellness is closely tied to personal values. Spending time working on something that you truly enjoy is not only healthy, but is great practice as well.

Fitness Tip

Join the 9th Annual LECOM 5K or 1-Mile Wellness Walk on Aug. 20. Take A Step for Healthcare Heroes in a healthful event that enables you to walk or run either our 3.1-mile course or our 1-mile course: www.livefitrace.com/lecom5k

Preventative Care Tip

Men are dying an average of five years younger than women and lead nine out of 10 of the top causes of death. More males than females are born, but by age 35, women outnumber men. This Men's Health Month, let's remind men to see their healthcare provider about any health issues.



PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL



FINANCIAL



ENVIRONMENTAL



SOCIAL



VOCATIONAL

Vocational Wellness Tip

The National Safety Council sponsors National Safety Month each June to spread the word about keeping everyone safe in the workplace — and any place.

Musculoskeletal disorders are a leading cause of workplace injury. One of the best ways to prevent back pain is to keep your back muscles strong. Follow these steps to help protect your back and prevent back pain:

- Do muscle-strengthening and stretching exercises at least two days a week.
- Stand and sit up straight.
- Avoid heavy lifting. If you do lift something heavy, bend your knees and keep your back straight. This way, your leg muscles will do most of the work.
- Get active and eat healthy. Being overweight can strain your back. Getting regular physical activity and choosing healthy foods can help you stay at a healthy weight.



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Featured Recipe

Strawberry Yogurt Popsicles

INGREDIENTS

- ✓ 1 pint fresh strawberries, hulled & roughly chopped
- ✓ 1/4 cup sugar
- ✓ 1 teaspoon lemon juice
- ✓ 6 to 8 oz. (about 1 cup) Greek yogurt

PREPARATION

Combine the strawberries and sugar in a small bowl.

Let stand about 20 minutes to macerate the fruit, stirring occasionally. The fruit will soften and become syrupy.

Pour the strawberries and syrup into a food processor or blender. Add the lemon juice and pulse a few times until the fruit is pureed.

Stir the yogurt into the strawberry mixture until combined. Pour into molds and freeze for at least eight hours or overnight.



To remove, run hot water over the outside of the mold until you can gently pull the popsicle out.

Source: thekitchn.com



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