NEED AN ENERGY PICK-ME-UP?

If you regularly experience the dreaded 3:00pm energy crash, you're not alone. The body's internal clock, or circadian rhythm, naturally dips in the early to mid-afternoon. This dip can trigger the release of melatonin, a hormone that promotes sleep and leaves you feeling drowsy. Additional factors that amplify the slump include stress, inadequate sleep, and even your lunch choices.

Combat midday sluggishness and maintain your momentum by experimenting with these simple solutions to increase energy levels:

- Take a brisk walk outside
- Avoid electronics at least 1 hour before bed
- Eat every 3-4 hours
- Spend 30 minutes in natural sunlight
- Cut back on caffeine, nicotine, and alcohol
- Diffuse essential oils like bergamot or lemon

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PROTECT YOUR SKIN WITH SUNSCREEN

Summer is here! That means spending more time in the sunshine, soaking up some vitamin D and enjoying the nice weather. Before you head out the door for that summer fun, remember to apply sunscreen.

The sun's rays, while invigorating, can pose serious risks to your skin. Prolonged exposure to ultraviolet (UV) radiation can lead to premature aging, sunburn, and even skin cancer. Sunscreen acts as a barrier, protecting your skin from these harmful effects. It's not just about avoiding sunburn; it's about long-term skin health.

Tips for getting the most protection from your sunscreen:

- Always select a sunscreen with at least SPF 30
- Ensure it offers broad-spectrum protection against both UVA and UVB rays
- Apply 15 to 30 minutes before going outdoors to allow sunscreen to properly bind to your skin
- Reapply every two hours, especially after swimming or sweating
- Don't forget your lips! Use a lip balm with SPF to protect your lips from sun damage

MENTAL HEALTH CHECK-IN

Finding a work-life balance is important to support your mental health and avoid burnout. Have you scheduled any time off lately? Here are three tips to plan for and make the most of time off:

- Plan your vacations and days off in advance to ensure you have something to look forward to. Use this time to fully disconnect from work.
- Leverage long weekends and holidays to take mini-vacations or staycations. This can provide a mental reset without requiring extensive planning or travel.
- Use your time off to engage in activities that rejuvenate you. Whether it's spending time with family, pursuing hobbies, or simply relaxing, ensure your time off is genuinely restorative. Avoid checking work emails or taking work-related calls during this period to fully recharge.

By implementing these strategies, you can maintain a healthy work-life balance, avoid burnout, and make the most of your summer.

THANK YOU FOR PARTICIPATING!

Thank you to everyone who participated in May Self-Care Bingo! We had 40 participants submit a bingo board at the end of the month. Congratulations to the four winners of the lawn games prize drawing for this event.

Thank you to everyone who attended our first Wellness Pet Therapy event on June 17th! Special thank you to the Monroe County Animal Shelter for partnering with us to bring in our guests of honor, Fred and Daphne.

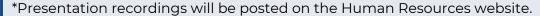## WHAT'S HAPPENING THIS MONTH?

VIRTUAL LEARNING TABLE

Attend our monthly virtual "Learning Table" to learn more about improving your health and well-being. All 2024 Learning Tables will be held on the 2nd Tuesday of each month, starting at 8:15am.

- **July:** Sun Safety and Skin Cancer Prevention
Tuesday July 9th at 8:15am-8:45am.

- **August:** Financial Wellness with Gregg Sperber from Nationwide
Tuesday August 13th at 8:15am-8:45am.

*Presentation recordings will be posted on the Human Resources website.

Join our Zoom Meeting:
https://bit.ly/3Hr1Ztn
Meeting ID: 872 7191 0533
Passcode: 690755

Find our 2024 wellness resources at:
https://www.co.monroe.wi.us/departments/human-resources/employee-wellness