

2017 June

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Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

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Start this month focusing on your health goals. Write your three new health goals to the left.

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Plan your tasty and nutritious meals for the week.

[Start with this healthy recipe.](#)

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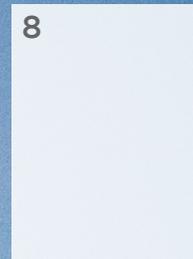


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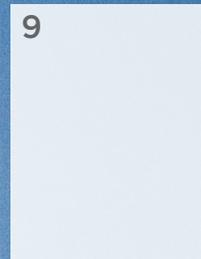
Fruits and vegetables are important to a healthy diet.

Learn more [here](#).

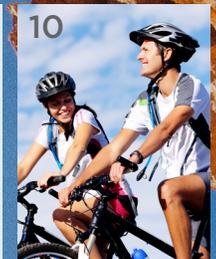
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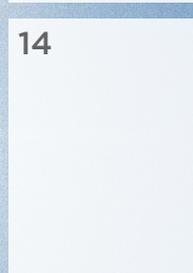
Exercising can help clear your mind if you are feeling overwhelmed.

Learn more [here](#).

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Who is in your support system? If you feel like you need support, reach out to them.

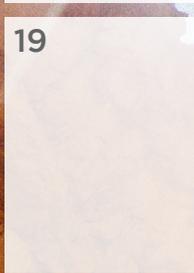
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Focus on your breathing to help relax and recenter your day.

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Did you meet your health goals this month? Check them above.

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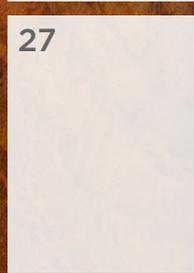
End your weekend with a relaxing walk.

Learn more [here](#).

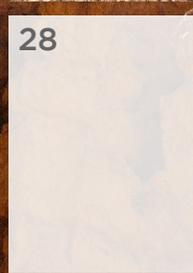
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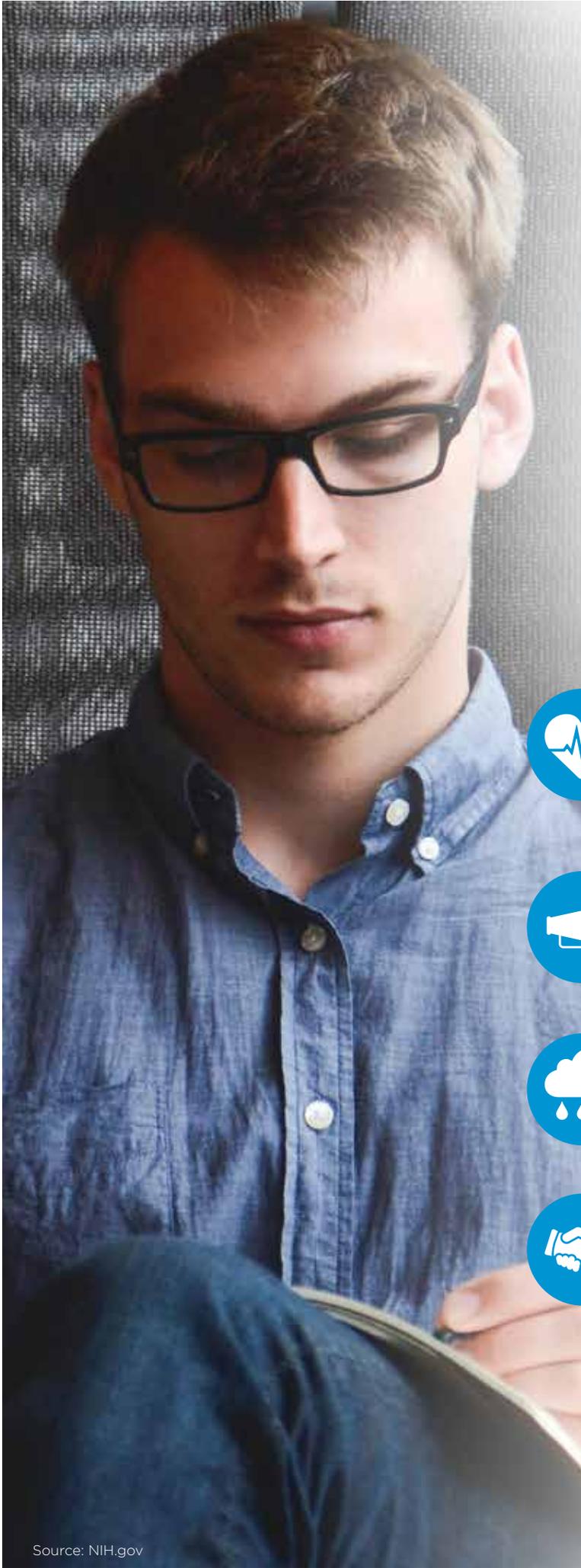


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Enjoy the warm weather outdoors this weekend. Add flowers to your garden or visit the local farmers market.



2017 June

Focus on Men's Health Mental

Many mental illnesses affect both men and women. However, men may be less likely to talk about their feelings and seek help. Recognizing the signs of a mental disorder is the first step toward getting treatment and living a better life.



Sometimes mental health symptoms appear to be physical issues. For example, a racing heart, tightening chest, ongoing headaches, and digestive issues can be a sign of an emotional problem.



Some men with depression or an anxiety disorder hide their emotions and may appear to be angry or aggressive while many women may express sadness.



Men may be more likely to feel very tired and irritable, and lose interest in their work, family, or hobbies.



If you feel you may have a mental health issue such as depression, don't be afraid to reach out for help.

Contact TeamstersCare Employee Assistance Program (EAP) at 1-800-851-8326 for Assistance

