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SWOSU

Bulldog Wellness

August 2024



National Immunization Awareness Month



Each year, thousands of adults in the United States get sick from diseases that could have been prevented by vaccines.

For more information on what vaccinations are recommended for adults, check out this Adult Vaccine Assessment Tool from the Centers for Disease Prevention and Control: [The Adult Vaccine Quiz | CDC](#)

Those with diabetes are at a *higher risk* for complications from vaccine preventable illnesses.

August is the time to celebrate National Wellness month.

Prioritize your self-care ----- Go to the spa
Manage your stress ----- You will feel happier
Promote healthy routines ----- Attend a fitness class



5 Habits for Self Care

1. **Drinking lots of water** - - The smallest act of self-care that can make a great impact is drinking lots of water every day. Stay hydrated and your body will feel better.
2. **Get your sleep** - - Lack of sleep can lead to a decline in mental and physical health, commit to getting a full 8 hours of sleep every night as part of self-care.
3. **Exercise** - - Just 30 minutes of walking every day can help boost your mood and improve your health. Commit to exercising every day for better wellness.
4. **Try a relaxing activity** - - Activities like yoga, hiking, reading books, listening to music or painting can improve your mood and are a great commitment to improving your health and wellness.
5. **Practice gratitude and positivity** - - You are what you think. Take time to practice gratitude and positivity when reflecting on life.

<https://nationaltoday.com/national-wellness-month/#:~:text=In%20August%2C%20we%20celebrate%20National,feel%20like%20your%20best%20self>

Proven Health Benefits of Happiness



Several studies have linked happiness with improved heart health and lower risk of heart disease by 13-26%

Combatting Stress More Effectively - Excess stress causes higher levels of cortisol – the stress hormone – which can lead to a number of health conditions. Multiple studies have found that individuals who are happier have consistently lower cortisol levels in their blood.

A Stronger Immune System - Some research has indicated that being happier can support a strong immune system, leading to greater health all round, and the ability to fight infections or disease more effectively.

Overall Healthier Lifestyle - Happiness has also been linked to several positive and highly beneficial health habits, that promote a greater sense of wellbeing. This includes eating a healthier diet, engaging in more physical activity, and overcome poor sleeping habits.



Tips to Foster Happiness

1. Be Active - When we are active, our bodies produce endorphins (“feed-good hormone”), dopamine (“happy hormone”), and adrenaline (energy boost). Physical activity, even in short bursts, can improve our mood and outlook.

2. Surround Yourself with Positive People - Be the positive person and surround yourself with positive people.

3. Laugh! Laughter is another way to release endorphins. Laughter can change a mood from dark to light in just a few minutes.



4. Meet the Needs of Others – Work to improve the lives of others. Volunteer at a local organization to enhance your environment and the lives around you.



5. Disconnect - Time spent on our digital devices (smartphones, tablets, computers), whether checking social media, working, or watching videos, contributes to a drain on our energy, impacts our sleep habits, and results in a not so happy mood. By disconnecting, we provide our bodies and minds an opportunity to engage with those around us, to get more physical activity, and generally do the things that make life enjoyable.

6. Pets - It has been scientifically proven that our pets bring us joy. Once again, hormones are at play. This time, the hormones include dopamine and serotonin. Serotonin helps reduce anxiety and makes us feel more relaxed. It also reduces blood pressure. When we combine these results, it paves the way for an increase in happiness.

7. Forgive - Holding grudges increases anxiety and stress. When we have to spend time with the person who has wronged us, that anxiety and stress increases. Letting go of those feelings may not be as simple as forgiving the person, but it is a start in the right direction. This action may take time and a little effort, but forgiveness has a way of healing us and allowing us to make room for happiness.

8. Clean -When life is cluttered, we feel uneasy. And no one feels happy when they're uneasy. Whether we clean a room in our house, the garage, our yard or desk at work, the satisfaction of a job completed brings us happiness. At the same time, we remove annoyances. A messy closet where we can never find what we're looking for becomes organized. We're able to find our favorite shirt or shoes when we need them. Our clean and orderly bedroom becomes a sanctuary for rest. All of these results lead to more happiness in our lives.



9. Meditate - Meditation is not an instant boost to happiness. It requires a consistent daily routine of meditation allowing us to focus on positive feelings. Over time, we train our brains to think and feel differently. Meditation also requires deep breathing which brings more oxygen to your bloodstream. You can find guided meditation sessions through any podcast medium or through video streaming applications, too.



10. Get outdoors - Fresh air and sunlight improve our energy levels with a boost of oxygen. It also increases those serotonin levels making us feel more relaxed and lowering our blood pressure.