

NEWS AND INFORMATION



Step up This Summer!

Summer is a great time to shake up your fitness routine and have some fun with friends. Here are ten creative ways to get moving in the sunshine this summer.

1. **Gardening:** One of the great things about gardening is that it can be very therapeutic, almost like a meditation. It's easy to get carried away and feel truly "in the moment," which is why it's so important to move around mindfully.

2. **Swimming:** Swimming is a wonderful way to stay cool while working out.

3. **Hiking:** Call friends and organize a weekly or monthly time to get together to go hiking at one of the many parks in Warren County. Exercising in a group will keep you all accountable and make the time fly by!

4. **Yard yoga:** Grab a mat or towel and take your routine outside. If you don't know a routine, search for one online, purchase a video or attend a local class.

5. **Paddle Boarding:** Stand up paddle boarding works your entire body and improves balance.

6. **Kayaking:** This is a great upper body workout and method for cooling down on hot days. Be sure to wear your life jacket and sunscreen while you are out on the water!

7. **Disc Golf:** If you want to take it easy on your body and challenge your coordination, give this a try. There are many disc golf courses in Warren County- check one out!

8. **Pickleball:** With it being the current sports craze, this is a very popular option. There are many pickleball courts in Warren County- there may be one close to you!

9. **Other Sports:** Football, soccer, softball, golf, and frisbee are some of the sports that you can play to help improve your physical and mental health.

10. **Meditation:** Sometimes the best activity is to slow down and quiet your mind. Lie in the grass on a blanket and focus on your breathing. Enjoy the summer air and sounds around you.



Opioid Overdose Awareness

Opioids is an umbrella term for natural or synthetic drugs that are derived from – or related to – the opium poppy. Opioids attach to receptors in the central nervous system, reducing pain signals to the brain. Commonly used opioids include oxycodone, morphine, codeine, heroin, fentanyl, methadone and opium.

Opioids dull the senses, induce relaxation and euphoria. They depress (slow down) breathing and the heart rate. In high doses, opioids depress the body's natural urge to breathe. When someone is having an overdose they can stop breathing and may die. Even if a person does not die from overdose, they can sustain brain damage.

Signs of overdose can include:

- No response to stimuli
- Shallow/stopped breathing
- Can't be woken up
- Unusual snoring/gurgling sounds
- Blue/grey lips or finger tips
- Floppy arms and legs

If you cannot get a response from someone, do not assume they are asleep. Unusual or deep snoring is a common sign of overdose. Do not let people at risk 'sleep it off'.

Narcan (naloxone) is an opioid overdose reversal drug. The two forms, injectable and nasal spray, can be used by anyone at any point, regardless of if they have medical experience.

Through Project DAWN (Deaths Avoided With Naloxone), WCHD is able to provide FREE naloxone and fentanyl test strips to anyone who needs it! If you are interested, call 513-695-1271 to schedule a pickup time.

Mental Health Awareness

It's May and spring is officially here! Flowers are blooming. Kids are playing outside. Birds are chirping. Self-care is essential for mental health and overall well-being. When you take care of your mental health, your physical and emotional health improves; you become more resilient; and it makes it easier to find ways to manage life stressors in a healthy and positive way. Here are just a few suggested strategies that you can use to maintain positive mental health. The key is to try them and see what works for you. Then put them into practice regularly.

- **Go Outside!** Research shows that being outside in nature can help with mild depression and anxiety symptoms. There are many parks in Warren County that you can visit.
- **Connect with family or friends.** Humans are social beings and thrive on connection with other people. The more people that you talk to, the less likely you are to feel anxious or sad.
- **Practice Mindfulness.** Mindfulness techniques, such as breathing exercises or guided meditation, can help manage stress and anxiety. Making time for mindful techniques, even just a few minutes at the end, or beginning, of your day can make a big difference.
- **Extracurriculars.** Join a book club, take a hobby related class, or enjoy live music with others.
- **Spend time with your Pets.** Owning a pet can help to reduce stress and boost endorphins. Pet owners may socialize and connect with other pet owners or be outside more often – both great ways to improve or maintain positive mental health.
- **Volunteer.** Helping others and participating in community organizations can also be a positive boost. Many community organizations welcome volunteers.
- **Sleep.** Another critical piece to maintaining positive mental health is getting enough sleep. Set your sights on trying to sleep for however long you need to feel rested and recharged during the day.
- **Join a support group.** Reach out and connect with others who can share strategies for getting through challenging times.
- **Eat right.** Food can affect our mood. Avoid processed and sugary foods.
- **Exercise.** Spend time each day to walk, run, bike, or whatever you can do to move your body.
- **Reduce or eliminate alcohol and other substance use.** Limiting the use of substances will improve your health and mental health.
- **Practice self gratitude.** Being grateful for yourself, what you have, and the life around you, can promote positive thinking.

When it comes to mental wellness, small actions can have a big impact. During Mental Health Awareness Month, do something kind for others: hold the door open for someone; give a compliment; pay someone else's kindness forward. See how these small acts boost your mental health and have the added bonus of likely making a positive impact on others.

More importantly, check in on loved ones and ask them about how they're doing. Talk to your kids about their mental health. We know that 1 in 5 kids are experiencing behavioral health issues, such as anxiety or depression, which was further exacerbated during the pandemic. If you notice that your children are struggling, reach out for help. Getting help during the early stages of mental illness, or at the first signs of mild behavioral health symptoms, can help those symptoms from developing into more serious conditions. In addition, getting help for yourself or your children could help your children develop healthy habits that will benefit them throughout their lives.

What's Happening at WCHD this month?



May 16: Community Curations Menu Launch

Hidden Valley Orchard, 5474 North State Route 48, Lebanon, Ohio



Monday, May 27: MEMORIAL DAY-WCHD CLOSED



May 28-29: WCHD ServSafe Training

ALL MONTH:



FREE at home COVID-19 tests available. If you are interested in getting some COVID-19 tests, call 513-695-3126 to schedule a pick up time.



Nutrition and diet counseling provided by WCHD dietitian, Laura Brodt. If you are interested, call 513-695-1477 to set up an appointment.



Vaccination Clinics. Adult and childhood vaccines available. Need a COVID-19 and/or flu vaccine? Call 513-695-1468 or 513-695-1229 to get scheduled.



Various Health Clinics. Need to see a doctor or medical professional? Visit warrenchd.com to see a description of the clinics WCHD offers or call 513-695-2428 to speak to a representative.



FREE naloxone kits and fentanyl test strips. To set up a time for pick up, call 513-695-3126