

FEELING GOOD

June 2025 | Good news for a happier, healthier you.

Embrace a Healthy Summer

As the days grow longer and the sun shines brighter, summer presents a wonderful opportunity to embrace a healthier lifestyle. With the warm weather inviting us outdoors, it's the perfect time to focus on our physical and mental well-being. Here are some tips to help you make the most of this vibrant season while prioritizing your health.

Stay Hydrated:

As temperatures rise, it's essential to drink plenty of water throughout the day. Aim for at least 8-10 glasses daily and consider carrying a reusable water bottle to remind yourself to hydrate. Infuse your water with fruits like lemon, cucumber, or berries for a refreshing twist.

Get Active Outdoors:

Take advantage of the beautiful weather by engaging in outdoor activities. Go for a hike, take a bike ride, or enjoy a swim at your local pool or beach. Aim for at least 150 minutes of moderate exercise each week to boost your physical fitness and mood.

Practice Mindfulness:

Summer can be a busy time, so it's important to take moments for yourself. Practice mindfulness through activities like yoga, meditation, or simply spending time in nature. These practices can help reduce stress and improve mental clarity.

Protect Your Skin:

With increased sun exposure, it's crucial to protect your skin. Apply a broad-spectrum sunscreen with at least SPF 30, wear protective clothing, and seek shade during peak sun hours. Regularly check your skin for any changes and consult a dermatologist if needed.

Prioritize Sleep:

Longer days can sometimes disrupt sleep patterns. Aim for 7-9 hours of quality sleep each night. Create a relaxing bedtime routine, limit screen time before bed, and keep your sleeping environment cool and dark.

Stay Socially Connected:

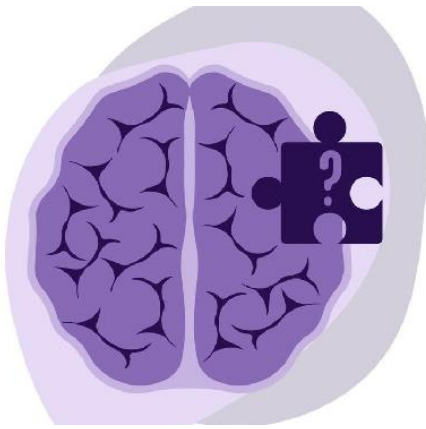
Summer is a great time to strengthen relationships. Plan outdoor gatherings with friends and family, join community events, or participate in local sports leagues. Social connections are vital for mental health and can enhance your overall well-being.

June Health Awareness:



Learn more about this month's featured health observances:

- Alzheimer's and Brain Awareness Month [↗](#)
- Aphasia Awareness Month [↗](#)
- Cataract Awareness Month [↗](#)
- Men's Health Month [↗](#)
- Myasthenia Gravis Awareness Month [↗](#)
- National Cytomegalovirus Awareness Month [↗](#)
- National Migraine & Headache Awareness Month [↗](#)
- PTSD Awareness Month [↗](#)
- Scoliosis Awareness Month [↗](#)
- World Blood Donor Day (June 14) [↗](#)
- National Safety Month [↗](#)
- National HIV Testing Day (June 27) [↗](#)
- World Environment Day (June 5) [↗](#)



Alzheimer's and Brain Awareness Month

As we welcome the summer months in June, it's also time to focus on Alzheimer's & Brain Awareness Month. This month is dedicated to raising awareness about Alzheimer's disease and other forms of dementia, encouraging individuals to learn about brain health, and supporting those affected by these conditions.

Understanding Alzheimer's Disease

Alzheimer's disease is a progressive neurological disorder that primarily affects memory, thinking, and behavior. It is the most common cause of dementia among older adults, impacting not only those diagnosed but also their families and caregivers. Recognizing the early signs of Alzheimer's is crucial for timely intervention and support.

Signs and Symptoms

Common symptoms of Alzheimer's include:

- **Memory Loss:** Forgetting recently learned information or important dates.
- **Difficulty with Problem-Solving:** Struggling to develop and follow plans.
- **Confusion with Time or Place:** Losing track of dates and seasons.
- **Changes in Mood and Personality:** Experiencing mood swings or withdrawal from social activities.

Tips for Brain Health

To promote brain health and reduce the risk of Alzheimer's, consider the following:

- **Engage in Mental Activities:** Challenge your brain with puzzles, reading, or learning new skills.
- **Stay Physically Active:** Aim for at least 150 minutes of moderate exercise each week.
- **Eat a Healthy Diet:** Incorporate fruits, vegetables, whole grains, and healthy fats into your meals.
- **Get Quality Sleep:** Prioritize good sleep hygiene for cognitive function.
- **Stay Socially Connected:** Engage in social activities to maintain relationships.

[Alzheimer's Association](#) - Offers information on Alzheimer's disease and resources for caregivers.

[National Institute on Aging](#) - Provides research-based information on aging and cognitive health.

Prioritizing Your Liver Wellness



June is also Liver Health Matters Month, focusing on the importance of liver health and raising awareness about liver diseases. The liver plays a vital role in detoxification, metabolism, and overall health.

Understanding Liver Health

Maintaining liver health is crucial for overall well-being. Liver diseases, such as fatty liver disease, hepatitis, and cirrhosis, can have serious health implications.

Helpful Tips for Maintaining Liver Health:

Eat a Balanced Diet: Incorporate fruits, vegetables, whole grains, and lean proteins into your diet. Limit saturated fats, sugars, and processed foods.

Stay Hydrated: Drink plenty of water to help your liver function properly.

Limit Alcohol Consumption: Excessive alcohol intake can lead to liver damage. Follow guidelines for moderate drinking.

Exercise Regularly: Aim for at least 150 minutes of moderate exercise each week to maintain a healthy weight and support liver function.

[American Liver Foundation](#) - Provides information on liver health, diseases, and prevention strategies.

[National Institute of Diabetes and Digestive and Kidney Diseases](#) - Offers resources on liver diseases and health tips.

[Office of Disease Prevention and Health Promotion](#) - Drink Alcohol Only in Moderation



June is PTSD Awareness Month, dedicated to raising awareness about Post-Traumatic Stress Disorder (PTSD) and its impact on individuals and communities. PTSD can develop after experiencing or witnessing a traumatic event, leading to symptoms such as flashbacks, anxiety, and emotional distress.

Understanding PTSD

PTSD affects people of all ages and backgrounds, including veterans, survivors of abuse, and individuals who have experienced natural disasters. It is essential to recognize the signs of PTSD and understand that seeking help is a sign of strength.

Helpful Tips for Managing PTSD:

Seek Professional Help: Therapy, such as Cognitive Behavioral Therapy (CBT) or Eye Movement Desensitization and Reprocessing (EMDR), can be effective in treating PTSD.

Build a Support Network: Connect with friends, family, or support groups who understand your experiences and can provide emotional support.

Practice Mindfulness: Techniques such as meditation, deep breathing, and yoga can help reduce anxiety and promote relaxation.

Stay Active: Regular physical activity can improve mood and reduce stress. Aim for at least 30 minutes of exercise most days.

[National Center for PTSD](#) - Offers information on PTSD, treatment options, and resources for veterans and the general public.

[PTSD Alliance](#) - Provides resources and support for individuals affected by PTSD.

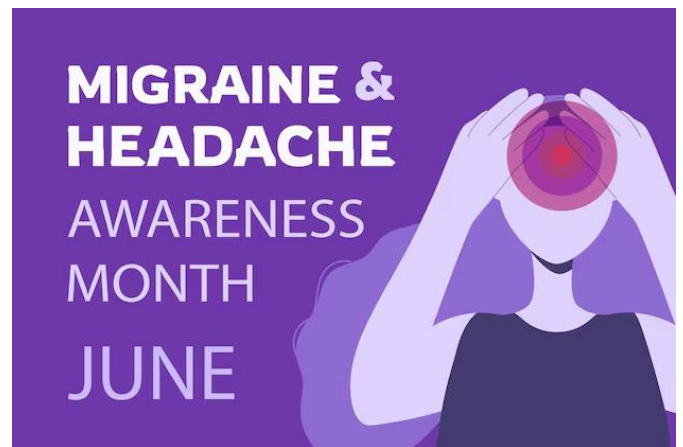
app.caresquad.com - Free PTSD expert-approved content and resources.

Shining a Light on National Migraine and Headache Awareness Month

June is National Migraine & Headache Awareness Month, dedicated to raising awareness about migraines and headaches, their impact on daily life, and available treatments.

Understanding Migraines and Headaches

Migraines are severe headaches often accompanied by nausea, vomiting, and sensitivity to light and sound. They can significantly affect quality of life and productivity.

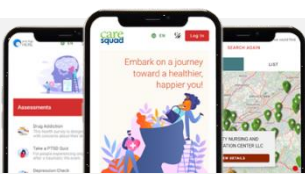


Helpful Tips for Managing Migraines:

- **Identify Triggers:** Keep a headache diary to track potential triggers, such as certain foods, stress, or lack of sleep.
- **Stay Hydrated:** Dehydration can trigger headaches, so drink plenty of water throughout the day.
- **Practice Stress Management:** Techniques such as yoga, meditation, and deep breathing can help reduce stress and prevent migraines.
- **Consult a Healthcare Provider:** Discuss treatment options, including medications and lifestyle changes, with a healthcare professional.

[American Migraine Foundation](#) - Offers information on migraines, treatment options, and support resources.

[National Headache Foundation](#) - Provides resources and education on headache disorders



Explore more free-for-all information and resources at app.caresquad.com

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