



May is Mental Health Month

MAY IS MENTAL
HEALTH MONTH 2019
#4MIND4BODY

Each year millions of Americans face the reality of living with a mental illness. In fact, over a lifetime, 1 in 5 people will be affected by mental illness. May is a time to raise awareness, get educated, fight the stigma and provide support for people with mental illness and their families. Explore the 2019 theme *#4Mind4Body* on social media. This year the focus includes spirituality, humor, work-life balance, recreation, social connections and animal companionships as ways to boost mental health and general wellness. **Login to www.UnionAP.com to explore mental health issues. And remember, your MAP counselors are a phone call away 24 hours a day, 7 days a week.**

Don't manage your time, multiply it!

Leadership coach Rory Vaden says that the way we approach time management is often wrong. When sorting our list, we should look to multiply our time by asking, "What's the most important thing I can do today that would make tomorrow better?" As an example, he talks about setting up automatic bill pay. It may require an investment of time now but would then save time every month. He offers four questions to ask when prioritizing your task list: #1: Can I eliminate this task? #2: If I can't eliminate this task, can I automate it? #3: Can it be delegated, or can I teach someone else how to do this? #4: Should I do this task now, or can I do it later? Learn more about multiplying your time - login to our MAP website for time management courses and resources.

Tread Carefully



Treadmills are a great way to get indoor exercise, but some basic caution is needed to ensure you don't wind up in the ER. Consumer Reports suggest six basic safety tips all treadmill users should practice. 1) Give it plenty of space. They suggest 2 feet on either side and 6 feet behind it. 2) Always use the safety key. 3) Straddle the belt when you turn on the treadmill. 4) Never step off a moving treadmill. 5) Keep your head up to keep your balance. 6) Maintain the machine according to manufacturer's instructions. Visit the [MAP Wellness Blog](#) for more health & safety tips.

HEALTHY DATES

MAY 13th-19th

May is National Physical Fitness & Sports Month - health experts recommend a minimum of 150 minutes of exercise each week! Here's one way to get started: May 13-19 is Bike to Work Week.

MAY - Melanoma/Skin Cancer Detection and Prevention Month: it's a good month to get a screening or learn more so you'll be protected over the summer.

WHAT OUR MEMBERS ARE SAYING!

~ "I would have never found the help I needed without the MAP so easily."

~ "I should have trusted this opportunity for help. The unknown is questionable. This was the BEST THING I could have done for me and my...everything. Thank you!"

~ "I only wish I had taken advantage sooner."