

Your Health Matters



A joint communication from your Health Services & Human Resources Departments.

**LINKING YOU IN
TO HOT TOPICS**

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Trending: Allergies



Allergies

At last, the first warm days of spring! Time to open the windows, pack away the winter coats, get out in the garden -- and head to the pharmacy to stock up on allergy medications.

If you greet the arrival of spring each year with a stuffy nose and watery eyes instead of a happy heart, it's time to take a new look at your seasonal allergies. You may have been struggling with spring allergies for years, but that doesn't mean you can't learn a few new tricks about coping with them.

<http://www.webmd.com/allergies/features/5-ways-to-beat-spring-allergies>

12 Natural Ways to Combat Allergies

<http://www.webmd.com/allergies/ss/slideshow-natural-relief>

10 Common Allergy Triggers

<http://www.webmd.com/allergies/ss/slideshow-common-allergy-triggers>

Allergy Tracker Tool

<http://www.weather.com/health/allergy>

Trending: Spring into Mental Well-being

What is Mental Well-being?

Sarah Stewart-Brown, professor of public health at the University of Warwick and a well-being expert, says that when we talk about mental well-being, we mean more than just happiness. "It's useful to start with the idea that overall well-being involves both the mind and the body. And we know that physical and mental well-being are closely related," she says. "Of course, feeling happy is a part of mental well-being. But it is far from the whole. There is a deeper kind of well-being, which is about living in a way that is good for you and good for others around you.

Click here for the 5 steps to Mental Well-being: <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx>

Happiness and Emotional Well-Being

When your mind is frazzled and stressed, and your emotions are taking over your thoughts and affecting your everyday activities, it's time to take a step back, take a deep breath, and relax. Of course focusing on your physical health is crucial, but so is treating your mind and spirit to the same attention. Your happiness goes a long way in protecting your overall well-being.

Click here for more: <http://www.everydayhealth.com/emotional-health/understanding/index.aspx>