

# Your Health Matters

 DENTON

Issue: Volume 5

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

## LINKING YOU IN TO HOT TOPICS

- ◆ [An Educator's Guide to Making the Most of Your Summer](#)
- ◆ [Employee Assistance \(EAP\) Newsletter](#)
- ◆ [Personal/Family Struggles? How about free Counseling?](#)
- ◆ [Facts About Getting Too Much Sun](#)
- ◆ [Skin Cancer Prevention](#)
- ◆ [Senior Care-Giving at Home](#)

### Trending: Sun Safety



Sun safety is never out of season. Summer's arrival means it's time for picnics, trips to the pool and beach—and a spike in the number of sunburns. The need for sun safety has become clearer over the past 30 years. Studies show that exposure to the sun can cause skin cancer. Harmful rays from the sun—and from sunlamps and tanning beds—may also cause eye problems, weaken your immune system, and give you skin spots, wrinkles, or "leathery" skin.

Whatever our skin color, we're all potentially susceptible to sunburn and other harmful effects of exposure to UV radiation. Although we all need to take precautions to protect our skin, people who need to be especially careful in the sun are those who have

- pale skin
- blond, red, or light brown hair
- been treated for skin cancer
- a family member who's had skin cancer

If you take medicines, ask your health care professional about sun-care precautions; some medications may increase sun sensitivity.

#### Tips:

- Reduce Time in the Sun
- Wear Clothes that Protect your Body
- Wear a Hat to Protect your Face, Scalp and Ears
- Be Serious about Sunscreen
- Protect Your Eyes

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm>

### Trending: Ready, Set, Restore

## Ready, Set, Restore

It isn't easy finding literature on the restoration of a teacher's mental health following a challenging year in the classroom... hardly a single article on restoring one's depleted batteries over the summer! Surely this topic deserves a dissertation or two given the increasingly common flight from the profession following an average 5 years in the field.

We know that most people choose this career because they love children – they love witnessing a child's eyes light up as new concepts start to ignite their minds and their hearts. We also know that teachers, as well as all of their campus support staff, don't have the privilege of working in that very narrow vacuum of smiling, adoring faces. The list of challenges for people in this career is endless and exhausting while people outside of the profession continue to scoff at what a breezy schedule educators have which includes those long, lazy summers off. Well, let them scoff. You are making a difference... but, chances are, your batteries are way, way down. ([click here to get started](#))

## Your Feedback is Important

Please take a minute to complete this very short survey:

[CLICK HERE](#)

Please keep in mind, the DISD benefit for Employee Assistance.

This is a discreet, completely anonymous way to reach for support to get you through those rough patches.