



WELLSAID.

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What makes your Head Hurt?

If you suffer from headaches, you're not alone. Headaches are one of the most common health complaints. They can be simply distracting or completely debilitating. Many headaches fade away without treatment. Still others are stubborn and recurring. But only rarely do headaches warn of a serious illness.



The Most Common Type: Tension Headaches

If you're feeling stressed, depressed or anxious, or if you're not getting enough sleep, you're at risk for a tension headache— related to tension or muscle tightness, usually in the shoulders, neck, scalp or jaw. Tension headaches can cause a sensation of painful pressure on the head and neck. They sometimes feel like the grip of a tight elastic band around your head.

Tension headaches can be treated with over-the-counter pain relievers. Stress management, relaxation exercises, or a hot shower may help.

When To Seek Help

Most people can relieve headache pain by making lifestyle changes, learning ways to relax, and taking pain relievers. If these approaches don't work, your doctor may have more suggestions. Be sure to let your health care provider know if you have sudden, severe headaches. Get medical help right away if you have a headache after a blow to your head, or if you have a headache along with fever, confusion, pain in the eye or ear, or loss of consciousness.

Other Types of Headaches

Migraine pain is often described as intense, pulsing or throbbing, can cause extreme sensitivity to light and sound, nausea, and vomiting. The exact cause of migraine pain is unknown

A less common, more severe type of headache occurs in "clusters," often at the same time of day for weeks. These cluster headaches begin suddenly as a sharp or burning pain centered around one eye, lasting up to 3 hours.

Coping and Support

Chronic daily headaches can interfere with your job, your relationships, and your quality of life. Tips to cope:

Take Control. Work with your doctor to develop a treatment plan that works for you. Take good care of yourself, doing things that lift your spirits.

Seek Understanding. Don't expect loved ones to know what you need; ask for what you need, time alone, less attention to your headaches, etc.

Consider Counseling. A counselor offers support, can help you manage stress, and help you understand the psychological effects of your pain.

www.welcoa.org; www.mayoclinic.org

***Never let the things you cannot do,
keep you from doing the things you can.***

~Coach John Wooden

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CONTINUED

'NICE' CREAM

dairy-free, vegan ice cream made from blended up frozen fruit.

<https://fitfoodiefinds.com>

Protein Strawberry Banana

- 1 cups frozen, sliced strawberries
- 1 cup frozen, sliced bananas
- 3 TBSP vanilla protein powder
- 1 tsp vanilla extract

2-3 TBSP unsweetened almond milk

Serving Size: 1/4 recipe, Calories: 78, Sugar: 7, Sodium: 9, Fat: 1, Carbs: 14, Fiber: 2, Protein: 5

Peanut Butter Banana

- 4 cups frozen, sliced bananas
- 1/4 cup all-natural peanut butter
- 1/2—3/4 cup unsweetened almond milk
- 1/3 cup mini chocolate chips (add after blended; quick, extra pulse)

Serving Size: 1/6 recipe, Calories: 227, Sugar: 20, Sodium: 48, Fat: 9, Carbs: 33, Fiber: 4, Protein: 4

Blueberry Muffin Banana

Blend first:

- 4 frozen, sliced bananas
- 1 tsp vanilla extract
- 2-3 TBSP unsweetened almond milk
- 1/4 tsp ground cinnamon

Add to blender; quick, extra pulse:

- 1/4 cup rolled oats or granola
- 3/4 cup fresh blueberries

Serving Size 1/2 recipe, Calories: 276, Sugar: 31, Fat: 2, Carbs: 67, Fiber: 12, Protein: 4

Directions: 10 minute total time. Place frozen fruit and extra 'flavors' in a food processor or blender. Blend on high, adding almond milk slowly, until smooth. Follow additional instructions for remaining ingredients as noted above. Either serve immediately or transfer into a parchment paper lined loaf pan and freeze.

NATIONAL SAFETY MONTH

Test smoke and carbon monoxide detectors

once a month and change the batteries twice a year. Install new ones every 10 years.



Save the poison control number 1-800-222-1222

on every home telephone and save it on your cell phone. The line is open 24 hours a day, 7 days a week.



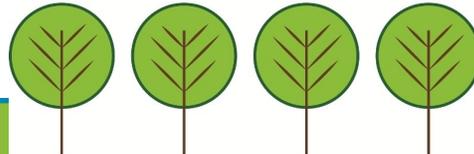
Be First Aid ready!

Keep supplies convenient: a large kit for the house and a smaller one for your car and bag. Restock and replace items every 6 months.



Safety FIRST! Use safety gear: helmets, eye and ear protection, seatbelts, life jackets, and always ... common-sense.

Get Outside



Being in nature is therapeutic. It reduces stress, improves mental health, and increases mindfulness. Even a few minutes of sitting with nature transitions your mind into a relaxed state, which reduces blood pressure. In our busy lives, we can become disconnected from the beauty of the natural world. Reconnecting with nature can help us reconnect to ourselves. And help us remember who we are and what's really important to us, easing feelings of isolation and anxiety. Being in nature also reminds us that we're not just individuals—we're part of a larger, beautiful world.

Enjoy lunch on a park bench or take a hike. Go fishing, boating, camping, or to the beach. Just, get out there!



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