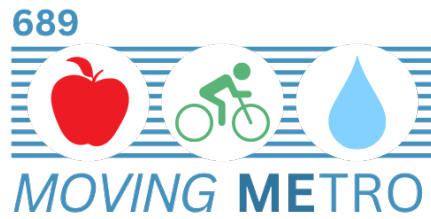


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# A Word With Wellness May 2024



*May hosts several important awareness campaigns to promote health and raise awareness about various medical conditions. It's crucial to highlight preventive measures that can*

*empower individuals.*

## Global Employee Mental Health and Fitness Month



The statistics from the National Institutes of Health (NIH) underscore the significant prevalence of mental illness in the United States, with 57.8 million adults affected by various forms of mental health conditions.

The diverse spectrum of mental illnesses encompasses a range of conditions, including mood disorders like depression and bipolar disorder, anxiety disorders, psychotic disorders like schizophrenia, personality disorders, and substance use disorders, among others.



Supporting someone with mental health challenges requires empathy, understanding,

and patience. Here are some ways to offer support:

- **Listen Without Judgment:** Create a safe and non-judgmental space for the person to express their thoughts and feelings.
- **Offer Reassurance:** Offer words of encouragement and reassurance, emphasizing that it's okay to seek help and that support is available.
- **Respect Their Boundaries:** Respect the person's boundaries and pace when it comes to discussing their mental health. Avoid pressuring them to open up if they are not ready, and let them know that you are available whenever they feel comfortable seeking support.
- **Be Patient and Supportive:** Be patient, supportive, and understanding throughout the person's journey, and celebrate their progress and achievements along the way



**Common warning signs of emotional distress include:**

- Eating or sleeping too much or too little.
- Anger, feeling edgy or lashing out at others.
- Overwhelming sadness.
- Pulling away from people and things.
- Not connecting with others.
- Lack of energy or always feeling tired.
- Feeling like you have to keep busy.

If you are in the medical plan for TEHW, here are some resources you can use to support your mental well-being

# THINK CLEARLY



## MENTAL HEALTH RESOURCES

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING WITH THEIR MENTAL HEALTH OR NEEDS HELP, CONTACT YOUR MEDICAL PROVIDERS TO BE CONNECTED TO A MENTAL HEALTH PROFESSIONAL OR YOU CAN SIGN UP TO RECEIVE MENTAL HEALTH COUNSELING OR COACHING.



**CAREFIRST: 877-260-3253**  
OPTION 7 OR [CLICK HERE](#) TO SIGN UP FOR A CAREFIRST VIDEO VISIT



**KAISER: 1-866-530-8778**  
OR [CLICK HERE](#) TO SIGN UP FOR THEIR EMOTIONAL WELL-BEING APPS: CALM, MYSTRENGTH, OR GINGER



TAKE A FREE ANONYMOUS MENTAL HEALTH TEST FROM [MENTAL HEALTH AMERICA](#)



[CLICK HERE](#) FOR A NUMBER OF MENTAL HEALTH RESOURCES INCLUDING THE [NATIONAL COUNCIL FOR MENTAL WELLBEING](#), [NATIONAL ALLIANCE ON MENTAL ILLNESS](#), AND MUCH MORE!



KAISER PERMANENTE®



## What is the difference between Physical Fitness and Physical Activity

See below for information on how physical fitness and activity help with not just the body, but also the mind.



Regular exercise offers numerous benefits for mental health and emotional well-being, and it can be particularly beneficial for individuals with mental illness. It helps improve mood, stress reduction, increased self-esteem, and enhanced cognitive function.

Incorporating regular exercise into one's routine can have profound positive effects on mental health and emotional well-being, making it an essential aspect of a holistic approach to wellness for individuals with or without mental illness.

- Physical fitness refers to the overall condition of the body in terms of its ability to perform physical tasks and activities effectively and efficiently.
- It encompasses several components, including cardiovascular endurance (the ability of the heart and lungs to supply oxygen to the muscles during sustained physical activity), muscular strength (the capacity of muscles to exert force against resistance), muscular endurance (the ability of muscles to sustain repeated contractions over time), flexibility (the range of motion around joints), and body composition (the ratio of fat to lean body mass).
- Physical fitness is a measure

Engaging in regular exercise has been consistently linked to better mental health and emotional well-being, as well as reduced risk of developing mental illness. It helps with mood enhancement, stress reduction, improved sleep, and social interaction.

According to the Centers for Disease Control, physical activity refers to any bodily movement produced by skeletal muscles that requires energy expenditure.

- It encompasses a wide range of activities, from structured exercise sessions such as jogging, swimming, or weightlifting to everyday activities such as walking, gardening, or taking the stairs.
- Physical activity can be categorized into three main types: aerobic activity (activities that increase heart rate and breathing, such as brisk walking or cycling), muscle-strengthening activity (activities that work major muscle groups, such as lifting weights or doing push-ups), and flexibility and balance exercises (activities that improve range of motion and stability, such as yoga or tai chi).

**Read more**

of overall health and well-being and is associated with a reduced risk of chronic diseases such as heart disease, diabetes, and obesity.

**Read more**

## How Much Do You Know about your blood pressure?

### **Normal**

Blood pressure for most adults is defined as a systolic pressure of less than 120 and a diastolic pressure of less than 80. Elevated blood pressure is defined as a systolic pressure between 120 and 129 with a diastolic pressure of less than 80.

### **Prehypertension**

Blood pressure readings between 120/80 mmHg and 139/89 mmHg. While not yet classified as hypertension, prehypertension indicates an increased risk of developing high blood pressure in the future.

### **Hypertension:**

Is diagnosed when blood pressure consistently measures 140/90 mmHg or higher. Hypertension is a significant risk factor for heart disease, stroke, and other cardiovascular complications.

**Natural way to lower Blood Pressure Read More**



## Keep High Blood Pressure Under Control

There are many ways to lower or control high blood pressure. These resources can help you learn about and promote the importance of knowing your numbers, heart-healthy living, and more.

[Read More](#)

## Survey

Let the wellness team know what you need from us. Your input is valuable to us. Share your thoughts!

[Survey Link](#)



## Safety Glasses 411

Did you know that according to the National Institute for Occupational Safety and Health (NIOSH), nearly 2000 workers in the United States require medical treatment for on-the-job eye injuries every day?

**New Year  
NEW GLASSES**



**Safety glasses are crucial in safeguarding your vision against potential hazards within the workplace.**

Local 689 Maintenance and Construction workers are eligible to order safety glasses once a year.

**To place an order, visit [www.safevision.com](http://www.safevision.com), select SafeVision under "Brand Name", select a pair of frames, and send your RX prescription/pupillary distance (PD) number to [info@tehw.org](mailto:info@tehw.org).**



You can obtain your pupillary distance (PD) number from your optometrist or measure it yourself at [www.safevision.com/measure-your-pd/](http://www.safevision.com/measure-your-pd/).

**Safety  
GLASSES CHECKLIST**

*Before placing an order for safety glasses, please make sure you have the following:*

- Visit [www.safevision.com](http://www.safevision.com) and select a pair of frames:
  - Wrap Frames: SV20FS, Battery, Cruiser, Oakleaf, Quantum, Ranger, Streak, SV-20, UVerse, Echo
  - Traditional Frames: Alpha, SVSS1, SVSS11, SVSS12, SVSS14, 7014, SVSS3
- Valid RX Prescription and Pupillary Distance (PD) Number from your Optometrist
- If you are unable to obtain the PD number from your Optometrist, visit [safevision.com/measure-your-pd/](http://safevision.com/measure-your-pd/) to measure your PD number

ONCE YOU HAVE THE FOLLOWING ITEMS, PLEASE SEND THEM TO [INFO@TEHW.ORG](mailto:info@tehw.org). ONCE PROCESSED, ORDERS WILL BE DELIVERED IN 7-10 BUSINESS DAYS.

**QUESTIONS? EMAIL [INFO@TEHW.ORG](mailto:info@tehw.org) OR CALL 301-568-2294**

Have you ordered your prescription safety glasses? You can order one pair per year.

All you need is your current prescription along with your pupil distance.

This benefit is for maintenance and construction employees only. *If you would like to verify your eligibility email [info@tehw.org](mailto:info@tehw.org).*

Find out how to place an order [here](#).

**View Document**

# Moving Metro Partnerships



**We are no longer partnered with BurnAlong and new and exciting changes are coming to 689 Moving Metro. Look out for new and upcoming events.**

**Kaiser Permanente**



## Musculoskeletal disorders are a major concern for employers


### Prevention is key to reducing the incidence and severity of musculoskeletal (MSK) disorders.

By investing in MSK injury prevention and treatment, employers can benefit from improved employee health, well-being, engagement, and retention, as well as reduced healthcare spending and workers' compensation claims.


### Implementing measures in the workplace can be very effective.

Employee health and performance can be compromised by musculoskeletal disorders, which involve damage or pain in the musculoskeletal system, such as muscles, nerves, tendons, joints, cartilage, and spinal discs. [Business Group on Health](#) reported that musculoskeletal injuries were the second most costly health condition after cancer. To help workers prevent or manage these disorders, employers can adopt these strategies.

- **Ergonomics:** Design workstations, chairs, and tools ergonomically to prevent physical strain.
- **Education and Training:** Train employees on proper lifting techniques, posture, and body mechanics to raise awareness and prevent injuries.
- **Scheduled Breaks:** Encourage regular breaks for stretching and relieving muscle tension, reducing risk of MSK disorders.
- **Early Reporting:** Promptly report discomfort to prevent minor issues from worsening.
- **Organizational Changes:** Redesign tasks and provide assistive devices to reduce strain.



**What Others Are Doing:**  
 San Mateo County Schools Insurance Group has developed an award-winning Worker's Compensation Return to Work program using Sentinel software. The program, in conjunction with Kaiser Permanente On-the-Job workplace injury care, has shown it can save individual school districts up to 90% in annual savings in paid time off. With this success, Sentinel is negotiating with multiple other risk pools to bring savings to hundreds more California school districts, cities, and counties.

 <p><b>Resources for your Employees</b></p> <p><a href="#">Learning About Ergonomics</a></p> <p><a href="#">Learning About Your Musculoskeletal System</a></p> <p><a href="#">Low Back Pain</a></p>	 <p><b>KP Member Specific Resources</b></p> <p><a href="#">MSK Care at Kaiser Permanente</a></p> <p><a href="#">Check Your Symptoms</a></p> <p><a href="#">Fitness Deals</a></p> <p><i>**Members may see articles or information authored from KP partners in other regions, but they should seek care directly from their local care team.</i></p>	 <p><b>Strategic Planning Resources</b></p> <p><a href="#">Transforming MSK Care with a Digital PT-First Approach: Lessons Learned (medbridge.com)</a></p> <p><a href="#">Ergonomics and Musculoskeletal Disorders   NIOSH   CDC</a></p> <p><a href="#">Implement your Ergonomic Program   NIOSH   CDC</a></p>
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\*All kp.org information is available to view in Spanish or English depending upon user preference

Your feedback is important to us! Scan the QR code or click to complete a [short survey](#) about this newsletter.



### Other Resources

[Work Safety: Musculoskeletal Injuries and Illnesses - Data Details](#)

[Fitness: Getting and Staying Active | Kaiser Permanente](#)

[Getting Physically Active | American Heart Association](#)



[View Document](#)

# Site Visit Calendar

May							2024
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2 Glenmont Rail Yard Operations	3 ATU International Conference	4 ATU International Conference	
5	6	7 Greenbelt Rail – Building B Maintenance 9 am – 3 pm	8	9 Montgomery – Bus Operations 10 am – 3:30 pm	10	11	
12	13 Shady Grove Rail – S&I Shop 10 am – 2:30 pm	14	15	16 Four Mile Run – Bus Operations 9:30 am – 4 pm	17	18	
19	20	21 Greenbelt Rail Yard - Operations 10 am – 3 pm	22	23 Glenmont Rail Yard - Operations 9:30 am – 2:30 pm	24	25	
26	27 Memorial Day – Holiday	28 Branch Avenue – Maintenance 10 am – 3 pm	29	30 Cinder Bed Bus - Operations 9:30 – 3 pm	31		

[View Website](#)

See What We're Up To



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