

# AUGUST NEWS

## 2022

Empowering you with information for  
your emotional and physical wellbeing

## Back-to-School Season

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#### *Celebrating Vaccines and Back to School Season*

Summer is coming to a close, and that means it's back to school season for millions of parents in the U.S. This time of year can be chaotic as we juggle heat, the last of our summer activities, and big routine changes. Read on for some ways to prioritize health during the back-to-school season.

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## Helping Your Family Get Back to School



### Start Routines Early

Kids adapt to summer schedules quickly, but it doesn't take long to restart a school year routine. The key is starting early. Start three weeks before the first day of school—encourage the kids to go to bed and wake up a half-hour earlier every few days until you reach their school schedule.



### Meet the Teacher and Visit the Class

Anxiety can stem from a fear of the unknown. Help kids by making the unknown more familiar before the first day. Attend a meet the teacher session with your child and take time to explore the classroom. For children who may move from class to class during the day, a "trial run" of classes can ease their fears.



### Host a Back-to-School Get Together

With vacations, camps, and activities, it's challenging to find time to get together with school friends during the summer, which may leave some children with social anxiety. Host an event in your home or another well known area to let kids reconnect before school in a familiar place.



### Freshen Up Time Management Skills

When kids don't have a schedule to stick with, time management goes out the front door. In the few weeks before school starts, choose a few school-related tasks—packing lunch or reading, for instance—and give them a time limit. Ease them into managing their time more.



### Pay Attention to Your Own Mental State

If you're stressed, anxious, and overwhelmed, that can easily influence the mood and mental health of your kids. Take some time to review how you are feeling, practice some stress-relieving activities, and talk with a coach or a counselor for a little outside help.



### Read on for More Tips

If you want more information and tips about going back-to-school, we have more for you to read on the Uprise Health blog:

<https://link.uprisehealth.com/b2school>

### QUESTIONS TO ASK KIDS BEFORE BACK TO SCHOOL

1. *How are you feeling about going back to school?*
2. *What are you looking forward to in school this year?*
3. *What can a teacher do to help you at school?*
4. *Who was your favorite teacher last year, and why did you like them?*
5. *What do you want to learn more about in school this year?*
6. *What will you miss about summer?*
7. *What name do you want to be called in class?*
8. *How can I help you with school?*





## Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. For many of us, immunization is a regular part of healthcare, starting from the first days of a baby's life.

Vaccines are undoubtedly the most effective public health measure in the United States. They've reduced disease occurrence, disability, and death from formerly deadly diseases and wiped at least one—smallpox—off the map. Thanks to vaccines, we have seen huge drops in many other infectious diseases from the 20th century including diphtheria, mumps, and polio. According to a conservative estimate from the World Health Organization, vaccines prevent 2-3 million lives per year.

Safety is one of the biggest concerns regarding immunization, especially for new parents and those deciding to take a new type of vaccine. Because vaccines are given to healthy people, including newborns with no natural immunity, they're held to the highest safety standards possible. Most of the vaccines that we use today have been in use for decades and have excellent safety records. While vaccines can have short-term side effects (fever, fatigue, headache, muscle pain), there has been decades of vaccine history that show there is little chance of new long-term side effects occurring from vaccines.

With back-to-school quickly approaching, it's important to consider vaccination requirements and the importance of vaccines for school-age children. Vaccines save children's lives—not only your own children, but also friends, family, and other members of the community who might have compromised immune systems.

### MOST COMMON VACCINES FROM BIRTH TO ADULthood INCLUDE:

- » Hepatitis A
- » Hepatitis B
- » DTaP (diphtheria/tetanus/pertussis)—a combination of immunization against bacterial infections that can cause respiratory distress, whooping cough, and jaw-locking
- » RV—which protects against stomach flu
- » HiB—protection against bacteria that can cause meningitis
- » PCV13—a preventative vaccine for a variety of conditions
- » IPV—which protects against polio
- » MMR—which protects against measles, mumps, and rubella
- » Varicella—a protective vaccine against chickenpox

If you want to read more about the history, safety, and future of vaccines, check out our blog:

<https://link.uprisehealth.com/niamonth>

If you have questions about what vaccines are currently appropriate for you and your family, talk with your primary care physician about vaccine recommendations, common vaccine schedules, and health and safety regarding vaccinations.



## Interactive Exercises for Wellbeing

If you need to check in on your mental health and wellbeing during summer or the back-to-school season, we have interactive exercises for you to use on the Uprise Health platform. Here are a few that might be helpful:

### STRESS MANAGEMENT COURSE

<https://app.uprisehealth.com/library/course/3/lesson/overview>

**Controlled Breathing Exercise**—This audio exercise walks you through a simple way to control your breathing. Breath control has been shown in studies to help promote relaxation and reduce stress.

**Progressive Muscle Relaxation**—This guided exercise walks you through how to tune in to your body and slowly relax your muscles one after another. The body responds to stress with muscle tension and letting go of that tension can break cycles of stress.

### FOCUS, PRODUCTIVITY, AND PROCRASTINATION COURSE

<https://app.uprisehealth.com/library/course/26/lesson/overview>

**Focus Exercise**—In this interactive exercise, the platform walks you step by step through how to recognize root causes for procrastination and how to retrain your thinking to take more productive steps.

**Focus Question Exercise**—After a brief audio explanation of the focusing question, the platform talks you through how to set up a focus question and get clarity on how to achieve your immediate goals.

### CONTROL VS ACCEPTANCE COURSE

<https://app.uprisehealth.com/library/course/9/lesson/overview>

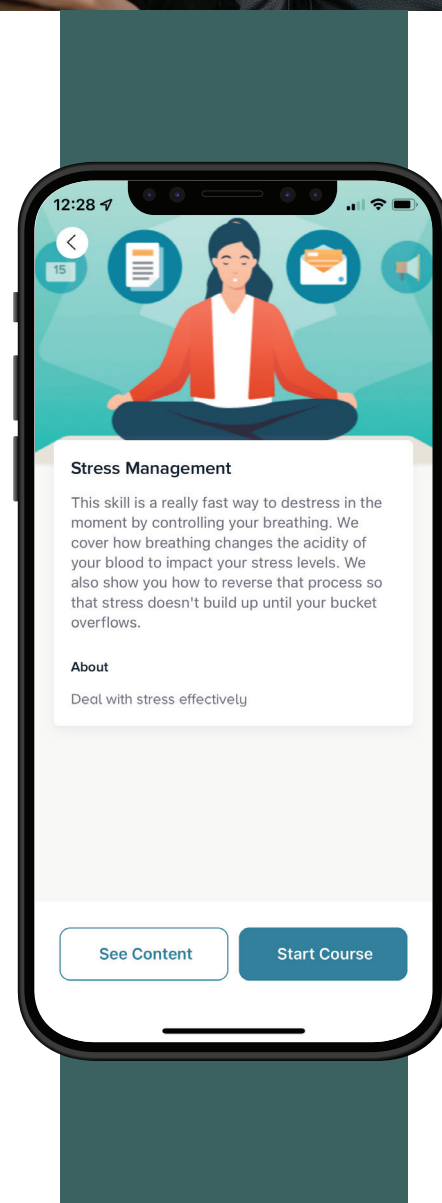
**Feelings as Sensations Exercise**—This is a guided meditation exercise that explores how to turn feelings into sensations. Recognition of feelings in this way can help you better understand and process your feelings.

We have many more courses with a variety of exercises that help you develop important skills to improve your everyday behavior and wellbeing.

### COACH AND CHECK-IN ENGAGEMENT

Along with our interactive courses, there are also options to book time with a coach in the platform: <https://app.uprisehealth.com/coaching/booking> or keep tabs on your overall wellbeing and stress levels with the platform's Wellbeing Check:

<https://app.uprisehealth.com/dashboard/check-now>



## Resources & Events



### Immunization Awareness Month

National Immunization Awareness Month (NIAM) is observed annually in August to emphasize how important vaccines are for the health of people at all ages. To participate in NIAM, read through vaccine resources, open a conversation with your family about the importance of immunization, and talk with your primary care physician or other healthcare professional about any questions or concerns you have about vaccines.

#### Resources for NIAM

CDC NIAM Information

<https://link.uprisehealth.com/cdc-niam>

National Foundation for Infection Diseases

<https://link.uprisehealth.com/nfid-niam>

National Health Council

<https://link.uprisehealth.com/nhc-niam>

U.S. Department of Health and Human Services Office of Minority Health on Immunizations and African Americans

<https://link.uprisehealth.com/hhs-niam>

COVID-19 Vaccination Featured Resources

<https://link.uprisehealth.com/covid-vaccine-resources>

### *This Month's Mental Health Skill Building Webinar*

#### **Focus, Productivity, and Procrastination**

Recognizing and choosing to pay attention to behaviors consistent to our values can improve productivity and focus.

Join us for a 30-minute webinar and Q&A

August 18, 2022 | 12pm PT

<https://link.uprisehealth.com/august-webinar>

### *This Month's Personal Advantage Webinar*

#### **As Our Parents Age**

This webinar will cover how to assess a parent's needs at each stage of aging, how to have difficult conversations, finding support solutions for emotional and health issues, and balancing self-care with caregiver responsibilities.

*The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the Uprise Health member site with your assigned Access Code and click "Work-Life Services." Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.*