

JUNENEWS 2022

Empowering you with information for
your emotional and physical wellbeing

Men's Health Month

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June is Men's Health Month.

Let's work together to heighten awareness about the physical and mental health of men. Information, early detection, and an openness to talk about health can go a long way.



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Common and Important Concerns for Men



Heart Disease

Heart disease is the leading cause of death among men of all ages and races. Men tend to have more lifestyle risk factors that lead to high blood pressure, which contributes to heart disease.



Suicide

Suicide is the second-highest cause of death in men aged 20 to 44 and the third-highest for boys and teens. Men die by suicide in numbers almost four times that of women, but there are many resources available to help.



Diabetes

Men are more likely to develop type 2 diabetes at a lower weight than women. Although diabetes does not commonly lead to death, it can impact quality of life and exacerbate other health conditions.



Kidney Stones

Kidney stones can be caused by a greater intake of protein and high salt, so simple lifestyle changes can reduce the risk of developing kidney stones.



Prostate Cancer

Prostate cancer is a severe disease, but is highly treatable and has a high rate of survivorship—3.1 million men in the U.S. who have been diagnosed with prostate cancer are still alive today. Awareness and screening are critical survival factors.



Read More About Men's Health

We have more information about men's health, the history of men's health month, and tips to help men live a happier, healthier life. Dive deeper by visiting:

<https://link.uprisehealth.com/mens-health>

MEN'S MENTAL HEALTH MATTERS

COMMON AND IMPORTANT CONCERNS FOR MEN

Mental health conditions impact everyone, but experiences and symptoms can differ broadly by gender.

COMMON SYMPTOMS

Anger, irritability, and aggressiveness are common symptoms of anxiety and depression in men.

STIGMA IMPACTS MEN

Men are far less likely to seek help for mental health. Men are under a lot of pressure but do not feel it is socially acceptable to seek help.

TURNING TO DRUGS

Men are two to three times more likely than women to misuse drugs—untreated mental health conditions are one reason why.

NO ONE IS IMMUNE

No one is immune to stress, anxiety, and depression. These are medical problems that can also lead to physical health concerns if left unaddressed.

HELP IS AVAILABLE

Men are reaching out more frequently to address mental health concerns. It's smart and strong to get help, and help is available!





How is Your Work-Life Balance?

WHAT IS WORK-LIFE BALANCE?

Work-life balance means a person prioritizes work and career goals the same amount they prioritize personal or family goals. It means that there is an equilibrium—a balance—where work and life are both prioritized, and one isn't significantly over-prioritized in terms of time, demands, or focus. Achieving and maintaining work-life balance in daily life is nuanced and can feel unattainable—especially right now.



HOW CAN I IMPROVE WORK-LIFE BALANCE?

An employer's position and support regarding work-life balance can significantly impact your personal ability to achieve or maintain it. Here are some recommendations to review if you are struggling with work-life balance.

Set reasonable goals: Carefully assess your roles and responsibilities and track the time you spend on tasks. If you discover you lack resources to complete your job or have more tasks than there are hours in a day, discuss your concerns with your manager or leaders who can help you set goals and priorities for your work.

Get rid of guilt and ditch perfection: Performing well and paying attention to detail are good qualities but may not be the best use of your time. Reassess your standards, make checklists to ensure your tasks are complete, and don't spend time ruminating on a problem you can't solve.

Create boundaries: Boundaries apply to both work and life. Some examples include setting a start time and end time for your workday, removing work apps and email from your phone, and strongly limiting work conversations during your time off work.

Discover more work-life balance resources: We offer many additional resources covering work-life balance on your work-life portal. Visit your member page, go to the work-life section to find out more. We have resources on goal setting, separating work from home, and more.

To continue this conversation, read our recent blog at: <https://link.uprisehealth.com/work-life>