



June 2024

The monthly health newsletter is designed to help keep your workforce healthy and motivated all year, sharing healthy ideas and inspiration with the team. Along with our health topic of the month, we share other resources to help your employees stay informed. We encourage you to share these resources with your employees.

Welcome to the June edition of the Kaiser Permanente Newsletter! We aim to help you explore new ways to be the best **YOU**. Join us in making healthy habits this month and keeping it going throughout the year! For **June** let's focus on **Brain Health**.



Brain-boosting activities to exercise your mind!

Feeling focused or forgetful? Sharp or scattered? Our brain functions in many ways from how we think, feel, and move throughout the day. It acts as the command center for our entire body. As we age, things change with our brain function, but the good news is that there are simple things we can do that will boost our mental fitness.

- Play Games ??? playing games and doing puzzles can help train your brain. Studies show that solving jigsaw puzzles can engage many cognitive abilities such as, visual, and long-term memory. You can try games on your computer too.
- Learn a new skill ??? drawing, painting, knitting, or woodworking, study a new language, or reading a book can help your brain activity cooking can engage your mind and benefit your mental health [4 ways baking can help support your mental health](#)
- Relax your mind [Meditate](#)

- Stay socially connected to loved ones [7 ways to show someone you care](#)
- Practice tasks with your other hand ??? studies show that doing tasks like writing with your non-dominant hand can help increase brain activity. Try it out!
- Be good to your body ??? your mind and body are connected, when you are good to your body, your brain also benefits. Physical, emotional, and mental health all work together to support brain health and keep our minds sharper. Also focus on your total health such as sleeping well, eating nutritious food, and staying active and hydrated.
- Explore more here [Brain and Nervous System](#)

To learn more, check out www.kp.org/brainhealth

Monthly Challenge: Beat the Heat

The Hello Sunshine Challenge invites you to get out in the sun for 10 of the next 30 days for at least 5-10 minutes. When the sun hits your skin it creates vitamin D, which you cannot create on your own. Vitamin D is vital for a strong immune system and strong bones, so you must get some exposure. There is even evidence that sun exposure can help you get better sleep at night. We also know that too much sun can cause skin cancer so please do not overdo it and apply sunscreen. So, roll up your sleeves and go outside so your skin can get a healthy dose of sunshine to feel happier and healthier.

COME AND GET YOUR CALM ON!



What is Calm? The number one app for sleep and meditation which is designed to help lower stress, anxiety, and more. Free to all Kaiser Permanente members.

Calm features more than 100 guided meditations, also sleep stories for a more restful sleep. Exclusive music tracks for focus, relaxation, sleep, and much more! This app is free to all Kaiser Permanente members. Please visit www.kp.org/selfcareapps to learn more.

Join us for 15 minutes to de-stress, reset, and renew yourself.

(open to everyone regardless of your health plan)

June 12th, 10 am - 10:15 am - [Click here to join the meeting](#)

AND/OR

June 26th, 2 pm - 2:15 pm - [Click here to join the meeting](#)

Visit [Kaiser Permanente](#) for more resources and information. Keep an eye out for the next installment, and we hope you and your workforce have a happy, healthy June!

[All - June Brain Health Flyer Design, Option A, English.pdf](#)

[All - June Brain Health Flyer Design, Option A, Spanish.pdf](#)

[All - June Brain Health Flyer Design, Option B, English.pdf](#)

[All - June Brain Health Flyer Design, Option B, Spanish.pdf](#)

[JUNE SCAL Calendar.pdf](#)