

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

SPRING ISSUE • MAY 2024

The health topic for May is work-life balance.

This month, you'll find information to support members in managing stress and maintaining balance.

You'll also find other wellness-related links to share with your employees.

Get in touch with UMR if you have any questions or want additional resources.

Work-life balance resources

You can use the links below to download this month's PDFs to print and display in your workplace. Or you can pass them along digitally to your employees via email or your intranet.

[Know when you've reached your stress limit](#) [Spanish](#)

This flyer features information about stress, including triggers, symptoms and coping strategies.

[Power of the mind-body connection](#) [Spanish](#)

This flyer informs members how mental well-being can affect a person's physical health, and vice versa. It also provides tips for achieving a healthy balance for both mind and body.

These additional article links can help your employees with work-life balance:

- [Overcoming job stress](#)
- [Ways to improve your well-being](#)
- [The benefits of slumber](#)
- [I'm so stressed out! fact sheet](#)
- [Caregiver relaxation exercises](#)

Healthy recipes

- [Microwave beef enchiladas](#)
- [Sauteed cauliflower rice](#)
- [Banana oatmeal cookies](#)
- [Apple spinach salad](#)
- [Apple nachos](#)
- [Vegetable stir fry](#)

Mental health awareness

Many people are facing stressful and overwhelming challenges right now. Learning to cope with stress in a healthy way can help your members and those around them become more resilient. Share this link with your members to help them learn more about [coping with stress](#).



Healthy You magazine

UMR sends a monthly digital newsletter directly to members with information about what's in the latest issue of *Healthy You* magazine. You can also post a link to the magazine on your intranet site or share specific articles that might interest your employees. This month we're promoting these articles:

[Work-life balance for remote workers](#)

If you telecommute, these 6 tips can help you better balance work and personal demands.

[Couch to 5K plan](#)

Get up and running with this popular fitness program.

[Antioxidants: Your body's shield](#)

Learn what antioxidants are and how they work to protect your health.

Find the entire [Spring issue here!](#)