

Unity Fellowship Church Movement

HEALTH & WELLNESS NEWSLETTER

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UFCM EXTERNAL DEPARTMENT



HEALTH & WELLNESS INITIATIVE

TO SUPPORT THE WHOLISTIC HEALTH OF UNITY FELLOWSHIP CHURCH MOVEMENT AND THE COMMUNITITES THEY SERVE.

Bishop Harris Thomas, Prelate - Jurisdiction 4 - Beatitude Bishop Zachary G. Jones, UFCM Presiding Prelate

DISCLAIMER: The Unity Fellowship Church Movement's Health Innovative wants our readers to know the views and testimonials shared are that of our writers. Please consult your medical providers with health concerns.

IS THERE A HEALTH ISSUE YOU WOULD LIKE TO SEE ADDRESSED THROUGH THE UFCM HEALTH & WELLNESS IINIATIVE? PLEASE SEND IT TO: gjerrilee@gmail.com

WELCOME TO WELLNESS

This is your first step to healthier living. Unity Fellowship Church Movement Health and Wellness Initiative encourages you to move in the direction of self-care, self-love, and wellness.



IT'S A LOVE THING...BLACK HISTORY MONTH



FOR THE LOVE OF HEALTH-PREVENTIVE HEALTH CARE

Preventive healthcare includes cancer screenings, vaccines, and annual checkups. These are some of the best ways to stay ahead of serious medical concerns. Preventive healthcare is also a way to make the most of your medical coverage. The first step to preventive healthcare is scheduling an annual wellness exam with your primary care physician.

GENERAL PREVENTIVE CARE

Annual Check Up- Blood pressure check, full body exam, bloodwork, dental care, vision exam. There are certain screenings such as colorectal, cholesterol, bone density, and prostate cancer, recommended depending on your health history and risk factors.

PREVENTIVE CARE FOR WOMEN

Breast Cancer Screening. Mammograms are suggested every other year with no family history of breast cancer. Your Primary Care Physician should perform a clinical breast exam at every checkup. Also, preventive care includes monthly breast self-exams.

Bone Density Screening- Suggested for women 65 years and older. Frequency depends on risk for fractures, age, and current medication. This screening indicates if you have low bone mass (weaker bones than normal) and your likelihood for developing osteoporosis. This screening is especially important if you've had a fracture.

Pap Smear and Pelvic Exam-This screening is recommended every three years up to the age of 65 years. Consult with your Primary Care Physician about risk factors and the right screening schedule for you.

PREVENTATIVE CARE FOR MEN

Prostate Cancer Screening - Annual digital prostate exam beginning at age 50, depending on your risk factors and health history.

Abdominal aortic Aneurysm Screening - Men 65-75 years old who have smoked should ask about this one-time screening.

VACCINES FOR OLDER ADULTS

Seasonal Flu, shingles, pneumonia, tetanus, diphtheria, and pertussis, COVID-19

PREVENTIVE HEALTH CARE FOR PEOPLE WITH DIABETES

Annual eye exam, A1C Hemoglobin (measures glucose level), blood pressure checks, cholesterol screenings, kidney health checks, foot exam, dental exam.

HEALTHY IS AN INDIVIDUAL LOOK

Health Looks Different on Everyone

Begin your healthy look with self-awareness. It helps to honestly recognize ourselves. What is important to you. What are your health goals? What are your beliefs and why do you have them? Health is the ability to manage illness and injury effectively so you have a quicker recovery. That can be accomplished if we face ourselves and our bodies truthfully. Learning to process the knowledge about our bodies requires us to learn how to process the knowledge. Having the ability to adapt and change when challenges arise, whether it's aging, loss, or unexpected illness. How do you adapt to the challenges that life throws at you? Learning to adapt also involves recognizing our strengths which change throughout our lives. You need to be compassionate with ourselves when something goes wrong. Acceptance of yourself is the key to growth at any age.

Practicing self-knowledge allows you to communicate that to your physician, so they can make recommendations that are specific to your needs. Annual checkups are a good time to talk to your provider about managing chronic conditions, how you are tolerating any medication and preventive care.

Do not put off checkups. Recognize the behavior for what it is. Many times, avoiding things is associated with anxiety and fear. The question to ask yourself is "how does avoiding something help you stay healthy?" You are the best advocate for your health needs. If for some reason you do not feel comfortable talking to your doctor, let them know so together you can figure out next steps. You have the right to speak up if you are confused or concerned about what is being discussed. Only when you are true to yourself can you be true partners with your healthcare provider and get the best care possible.

GRATEFULNESS = WELLNESS

Wellness in the mind and spirit is the result of gratefulness. Being grateful and thinking positive rather than negative can give you joy. This can lead to feeling better physically and mentally by reducing stress, boosting the immune system and reducing pain. Health and wellness in the in the mind and spirit fills the body with what it needs to be well.

Often people in the beginning stages of diabetes, hypertension or other chronic conditions, still feel well. Don't wait until you are sick to go to the doctor. Preventive maintenance is priceless. Nutrition also plays a role in wellness and gratefulness. Eating a clean, healthy diet and exercising (positive movement) puts you on your way to health and wellness. Eating well can reverse diabetes, lower cholesterol, and high blood pressure. Always consult with your health provider and a nutritionist when deciding. Food can be healing. GIFT YOURSELF WITH WELLNESS.

THE HEALTH BENEFITS OF HAVING A PET

Pets can be a lot of work, but they can also make life more enjoyable and fulfilling. There are many health benefits you can enjoy when you have a pet in your life.

REDUCED STRESS LEVELS

Stress is a part of life for many people, but too much stress can cause health problems. Chronic stress can be linked to sleep problems, weight gain, muscle tension, headaches, depression and anxiety, memory and concentration issues, high blood pressure, digestive problems, stroke and heart disease. It can be hard to reduce stress naturally, but science shows that owning a pet lowers stress and improves heart health. If there is a question about it all you need to do is snuggle with a puppy or play with a playful kitten and notice how your stress level goes down. MAKE NOTE HOW LOOKING AT THE PICTURES BELOW LOWERS YOUR STRESS LEVEL.

INCREASED PHYSICAL ACTIVITY

When you own pets, you are responsible for making sure they get enough exercise for good health. This means you will have to get out and exercise as well. Walking a dog is a great way to boost your physical health, and make sure your cardiovascular system is always improving. If you have a cat, you can get exercise by playing with it.



Bella



Melo



Oliver and Ozzy

IMPROVED MENTAL HEALTH

Having a pet can help reduce the chances of a mental health disorder or may help you manage mental wellness. Being around pets can lower stress hormones that contribute to anxiety. Dogs have a sixth sense and know when you are feeling down. It is demonstrated when they lick your face or curl up next to you when you are sad or worried.



Emmie



Jay Jay



Royce

DECREASED LONELINESS

For those who live alone, a life of solitude can become very lonely. A loving pet can provide a sense of companionship. Pets are very loyal. Having a pet can also make it easier to make friends with another pet owner. Socializing with other pet owners can create a community of friendship that improves the quality of life.



Stela



Noah



Lolo

THE EFFECTS OF STRESS ON THE BODY

Stress is what happens when you are introduced to a challenge or command in life. It can result in physical or emotional tension. A normal feeling that has evolved to protect you from danger. Fight or flight reaction gets the body ready for action. Despite the fact that stress happens to everyone, but stress can be harmful to your health if it happens over a long period of time.

Cortisol is a hormone released in times of stress. It can cause cravings for sugar or fat. The key is to know your triggers, and be ready when stress is likely to hit. Stocking up on healthy snacks during the times when stress may hit. This is when emotional eating is more likely to happen. Stress can be linked

to weight gain or weight loss, associated with poor eating during times of stress. Cortisol may increase the amount of fat tissue during stress.

Stress can affect the heart by promoting behaviors that increase the risk for heart disease. It can cause a hyperarousal, which is a biological state in which people do not feel sleepy. It can lead to insomnia another sleep disorder where you have problems falling asleep as a result of stress. Major stressful events that may cause insomnia usually pass once the stress is over. Long term exposure to chronic stress can contribute to sleep disorders.

A body under stress results in muscle tension. This in turn may cause headaches. In situations where there is stress caused headache, aside from treating the headache focus on headache proofing your, diet and lifestyle. Stress can interfere with the brain's ability to form new memories. It can interfere with neurotransmitters, the chemicals that brain cells use to communicate with each other. It can make it difficult to think or retrieve memories.

Stress can raise blood sugar levels. Positive changes in your diet, exercising (movement) or adjusting medication by speaking with your health provider, can help keep blood sugar under control. Things like heartburn, stomach cramping and diarrhea are worsened by stress. Many think stomach ulcers are caused by stress but they are not necessarily caused by stress, but can be treated with antibiotics. Always check with your health practitioner before proceeding with any treatment. Stress can raise your blood pressure by constricting the blood vessels and increasing the heart rate. Over an extended period, elevated blood pressure can cause damage to body organs. Other ways stress can affect the body are through skin problems, back pain, risk of stroke, premature aging and decline in the immune system.

To help avoid the effects of stress on your overall health find your space of calm. It could be meditation, prayer, exercise, walking, or finding a quiet place to relax. It is different for everyone. Find your stress-free space.

SIGN LANGUAGE CLASS



FRIDAYS - FEBRUARY 2023 - 6:45PM

 ZOOM ID: 846 0781 8932 - PASSCODE: 892000

Achieving a Healthy Work-Life Balance

In today's society it is common for us to have many competing responsibilities in our work and personal lives. Achieving a healthy work-life balance requires managing our professional and personal life in sustainable ways to keep our energy flowing, our minds and bodies healthy.

Below are just a few suggestions:

- Track how you use your time
- Determine your priorities
- Set specific goals
- Establish boundaries
- Take care of your health
- Take time for you
- Know when to ask for help

May 6, 2023 | WOW Community Center
45 Commerce St, Newark, NJ 07102

TRANS HEALTH SUMMIT



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Save the Date!

**UFCM Health Initiative is in need of staff writers for the Newsletter.
If interested, please contact Rev. Jerri-Lee: gjerrilee@gmail.com**

