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Plan well to avoid summer health hazards

Taking precautions against the hazards of summer is especially important this season if you're in a region experiencing a heat wave. To keep safe, hang out in places with air conditioning, avoid strenuous activities, wear light clothing, and drink water frequently. Never leave people or pets in a closed car. To learn more heat wave safety tips and for other ways to protect yourself this summer no matter where you are, read on.

[Find out more](#)



Nature and your well-being



Managing conflict at work: Tips to stay cool

Spending time in nature has many benefits for your well-being. From different types of activities you can do outdoors to get your body moving, to cultivating a healthy garden to add more fruits and veggies to your diet (plus, growing your own can keep your wallet healthy!), to keeping the earth clean, limiting waste and reducing pollution, there are countless ways nature impacts our physical health. Additionally, the amount of time you spend in nature has numerous positive effects on your emotional well-being, including improved mood and attention, reduced stress and increased happiness. Get outside more with these tips.

[Find out more](#)

As more people are returning to work, you may find that your coworkers are processing the many changes brought on by aspects of the pandemic in different ways, with views that might conflict with yours. This can sometimes lead to difficult discussions, making it hard to focus on your job. But no matter the topic of discussion, it's important to properly and respectfully manage any conflicts that arise.

[Find out more](#)



UV Safety Month

Learn all about the damaging effects of getting too much ultraviolet (UV) radiation exposure from the sun and how to protect you and your family.
<https://www.cancer.org/healthy/be-safe-in-sun.html>



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