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Take more nature breaks for better health

If your go-to break when you've finished a work or home task is to scroll through your phone or flip on the TV, trade it for stepping outside. Developing the "nature break habit" has many proven benefits for better health and well-being.

[Find out more](#)



Get the Facts on Sun Protection

Summer is finally under way, and you may be



Getting Along with Others at Work

Our changing world has increased political and

looking forward to getting outside more often to get the seasonal “glow” of a tan. While sunlight is essential for vitamin D production, prolonged exposure can be dangerous, and, according to the Skin Cancer Foundation, there is no such thing as a healthy tan! Any tanning that results from UV rays—whether outdoors or indoors—increases your chance of developing skin cancer, as well as damages your skin cells and speeds up aging. Before you head outside, make sure to protect your skin with the help of these tips!

[Find out more](#)

other tensions, including conflicts relating to COVID-19. It’s important to use good communication skills to create a supportive work environment, avoid unfavorable outcomes and help you feel happier at work.

[Find out more](#)

UV Safety Month—for skin *and* eyes!



Along with wearing a hat, sunblock, and staying in the shade in the midday sun, good sun protection includes wearing sunglasses made to protect against both UVA and UVB rays. Too much exposure to UV light raises your risk of eye diseases and other problem such as cataracts—even babies and children need to wear hats and sunglasses! And remember clouds don’t block UV light—so wear them on overcast days. For more complete information, visit <https://www.aao.org/eye-health/tips-prevention/sun>.



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