

OCTOBER
2025



Get fit with a wall

Wall Pilates is a fantastic fitness trend gaining popularity for good reason. It adapts traditional Pilates by adding a wall's stability and resistance, making exercises more accessible and effective for any fitness level.

DISCOVER THE ADVANTAGES

- **Gentle on joints:** Wall Pilates is a low-impact workout, meaning it's kind to your joints, making it suitable for those with injuries or chronic pain.
- **Boosts core strength:** Just like traditional Pilates, wall exercises heavily emphasize engaging your core muscles, which is crucial for overall body stability and posture.
- **Improves balance and flexibility:** The wall provides support, helping you maintain proper alignment and deepen your stretches, leading to improved balance and increased flexibility.
- **Convenient and accessible:** All you need is a clear wall and a mat! You can do Wall Pilates at home, making it a super convenient addition to your fitness routine.

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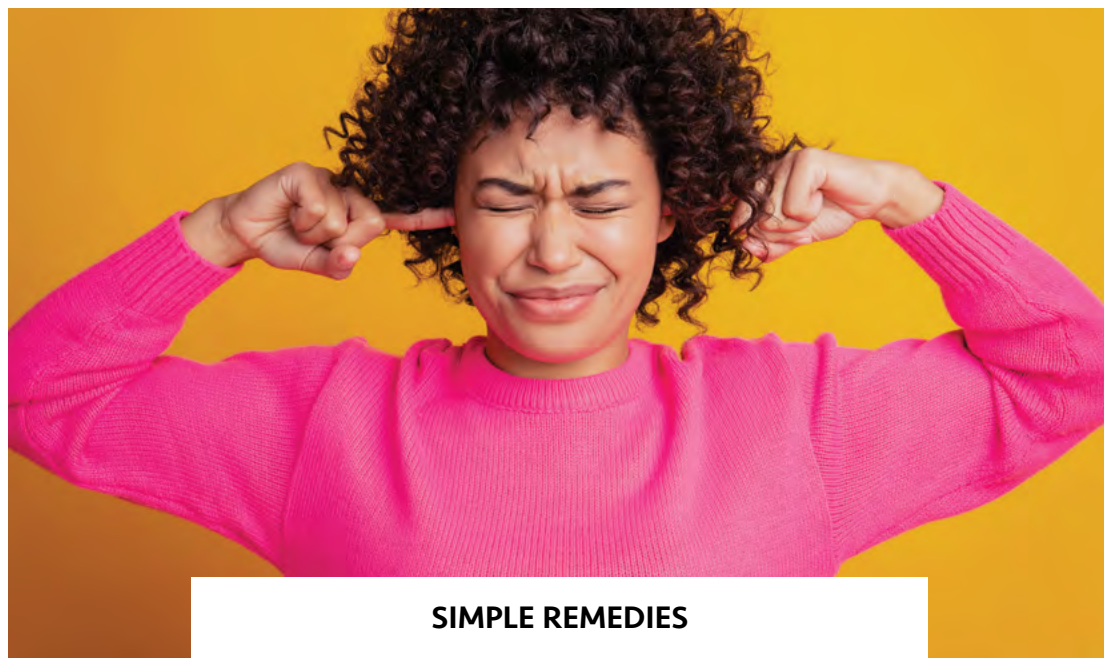
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Bye-bye, ear pain

Earaches, from dull throbs to sharp pain, are a real nuisance. Knowing common causes and home remedies helps but recognize when to see a doctor. Ear pain often stems from infections, pressure changes, earwax, or referred pain from a sore throat or dental issues.



SIMPLE REMEDIES

- **Warm compress:** This is a classic remedy, applying a warm, damp cloth or a towel-covered heating pad to the affected ear can provide soothing relief. The warmth can help relax muscles and encourage fluid flow.
- **Over-the-counter pain relievers:** Medications like ibuprofen or acetaminophen can effectively reduce pain and fever associated with earaches. Always follow dosage instructions carefully, especially when administering to children. **Note:** Do not give aspirin to children due to the risk of Reye's syndrome.
- **Elevate your head:** Sleeping with your head slightly elevated can help reduce pressure in the ear, making it easier to rest.
- **Chew gum or yawn:** For ear pain caused by pressure changes (like on an airplane), chewing gum, sucking on candy, or yawning can help open the eustachian tubes and equalize pressure.
- **Hydrogen peroxide:** If earwax buildup is suspected to be the cause, ask your doctor about using a diluted solution of 3% hydrogen peroxide (mixed with an equal amount of warm water) to help loosen it. If used incorrectly, it may cause more harm. Also, this method should be avoided if you have a tear or hole in the eardrum or have an ear infection.
- **Gentle neck exercises:** Simple neck rotations may help relieve ear pressure related to muscle tension.

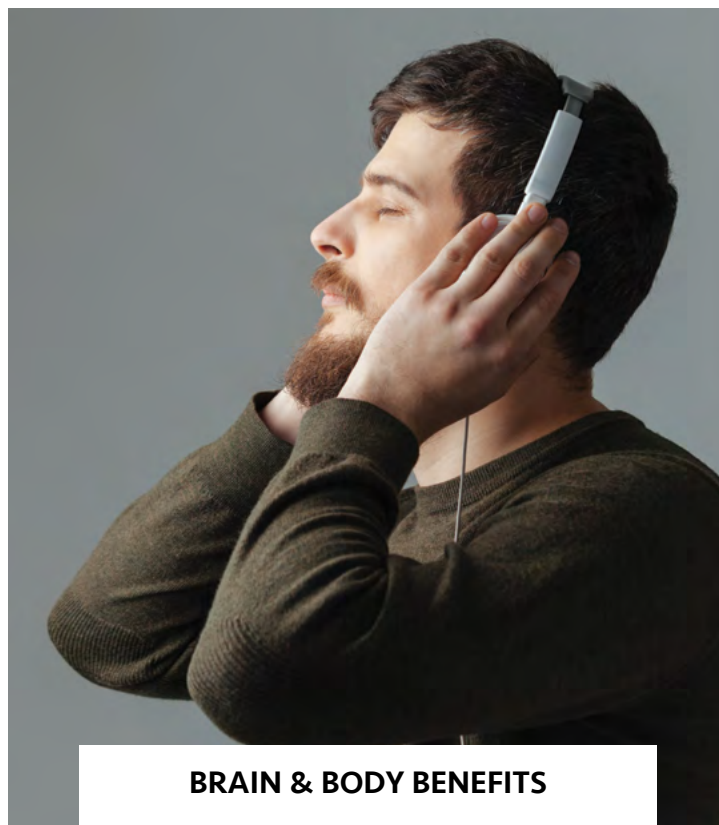
Consult a healthcare provider if:

- The pain is severe.
- You have a high fever.
- There is discharge, blood, or pus from the ear.
- Symptoms worsen or don't improve within 24-48 hours.
- You experience dizziness, headaches, or swelling around the ear.
- Severe pain suddenly stops, which could indicate a ruptured eardrum.



Exploring ASMR

Autonomous Sensory Meridian Response, or ASMR, is more than just a fleeting sensation. It's a sensory-emotional experience that may impact your well-being.



BRAIN & BODY BENEFITS

- Many individuals report that ASMR videos significantly improve their mood. The soothing nature of triggers like whispering, gentle tapping, or slow, deliberate movements can stimulate the release of “feel-good” chemicals in the brain, such as dopamine. This can lead to feelings of contentment and reduced distress.
- By diverting attention from stressors and promoting a sense of safety, ASMR can help lower stress hormones and activate the brain’s reward centers, easing feelings of tension and anxiety.
- The relaxing sensations and reduced physiological arousal associated with ASMR can help slow heart rate and prepare the body for deep, restorative sleep. Many users find it helps them drift off more easily and experience more restful nights.
- It is suggested that ASMR may even have a positive impact on cognitive functions. The immersive nature of ASMR can help some individuals enter a state of “flow,” boosting focus, concentration, and potentially even creativity.



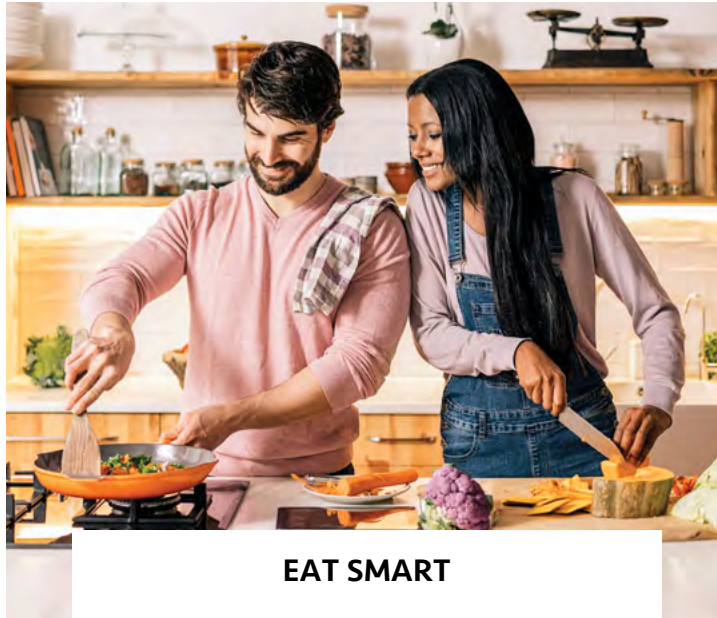
PUTTING INTO PRACTICE

- Experiment with different triggers and types of content to see what resonates with you and provides the desired relaxing or tingling sensation. If a particular sound or visual causes discomfort, stop using it.
- ASMR can be a valuable addition to your self-care routine, especially for relaxation and mild mood improvement. However, it should not replace professional medical advice or treatment for conditions like chronic anxiety, depression, or severe sleep disorders.
- Be mindful of excessive screen time, especially before bed. Consider using audio-only ASMR or setting a timer for your viewing sessions to avoid potential disruption to your sleep cycle.
- ASMR works best when integrated into a healthy lifestyle that includes a healthy eating pattern, regular physical activity, and quality sleep habits. These foundational elements are crucial for overall physical and mental health.



Food for breast health

Healthy eating often focuses on heart health or diabetes. But what you eat also impacts breast health for everyone, including breastfeeding mothers. Nourishing your body can contribute to overall wellness and potentially reduce breast-related issues.



EAT SMART

- Aim for a variety of colors to ensure a broad spectrum of protective compounds. Berries, leafy greens, broccoli, and carrots are excellent choices.
- Opt for whole grains like oats, brown rice, quinoa, and whole wheat bread over refined grains. They provide fiber, which helps regulate hormones and promote digestive health.
- Include sources of lean protein such as fish, poultry, beans, lentils, and nuts. These provide essential amino acids for cell repair and overall body function.
- Avoid unhealthy fats, excessive sugar, and artificial ingredients that can contribute to inflammation.
- Incorporate healthy fats from sources like avocados, nuts, seeds, and olive oil. These fats contain anti-inflammatory properties and are crucial for hormone production and absorption of fat-soluble vitamins.
- Excessive alcohol consumption has been linked to an increased risk of certain breast conditions. If you choose to drink, do so in moderation.
- Obesity can increase the risk of various health issues, including some breast conditions, especially after menopause. A balanced diet combined with regular physical activity is key to maintaining a healthy weight.
- Drink plenty of water for overall cellular function and detoxification.



WHEN BREASTFEEDING

- While the core principles remain, women who breastfeed have increased caloric and nutrient needs to support milk production. Focus on nutrient-dense foods to ensure both your health and your baby's.
- Continue to prioritize fruits, vegetables, whole grains, and lean proteins.
- Consult with your healthcare provider or a registered dietitian for personalized dietary advice during this time.
- Eating a balanced, nutrient-rich diet is a powerful step you can take to support your breast health and overall well-being.



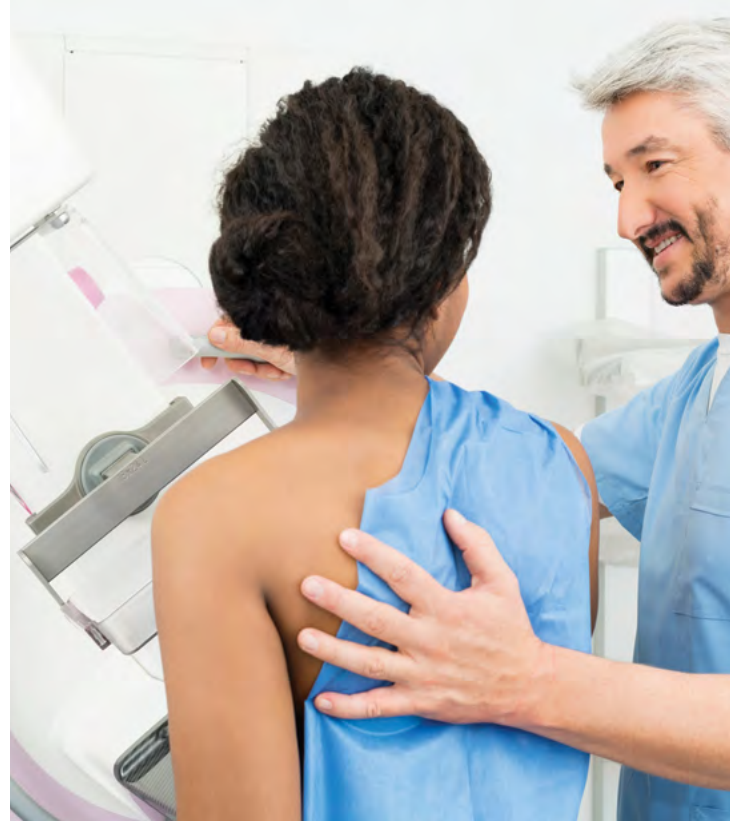
Mammogram playbook

Thinking about your first mammogram, or just curious about what's involved? You're not alone! Mammograms are a crucial tool in detecting breast cancer early, when it's most treatable. Understanding what to expect can help ease any nerves and ensure you're prepared for this important screening.



WHAT TO KNOW

- On the day of your mammogram, avoid deodorants, antiperspirants, lotions, or powders on your underarms or breasts. These products can contain tiny particles that might show up on the X-ray and look like calcium spots, potentially leading to a false alarm.
- You'll likely be asked about your medical history, including any breast problems, surgeries, or family history of breast cancer. Be prepared to discuss these details.
- Yes, there's some compression involved. This is essential to flatten the breast tissue, allowing for a clearer image with less radiation. It's usually brief and only lasts a few seconds per view. While it can be uncomfortable for some, it's typically not painful.
- If you experience significant pain during the compression, let the technician know. They can adjust the positioning or pressure.
- The radiation dose from a mammogram is low, comparable to the amount you'd receive from natural background radiation over a few months.



TYPES

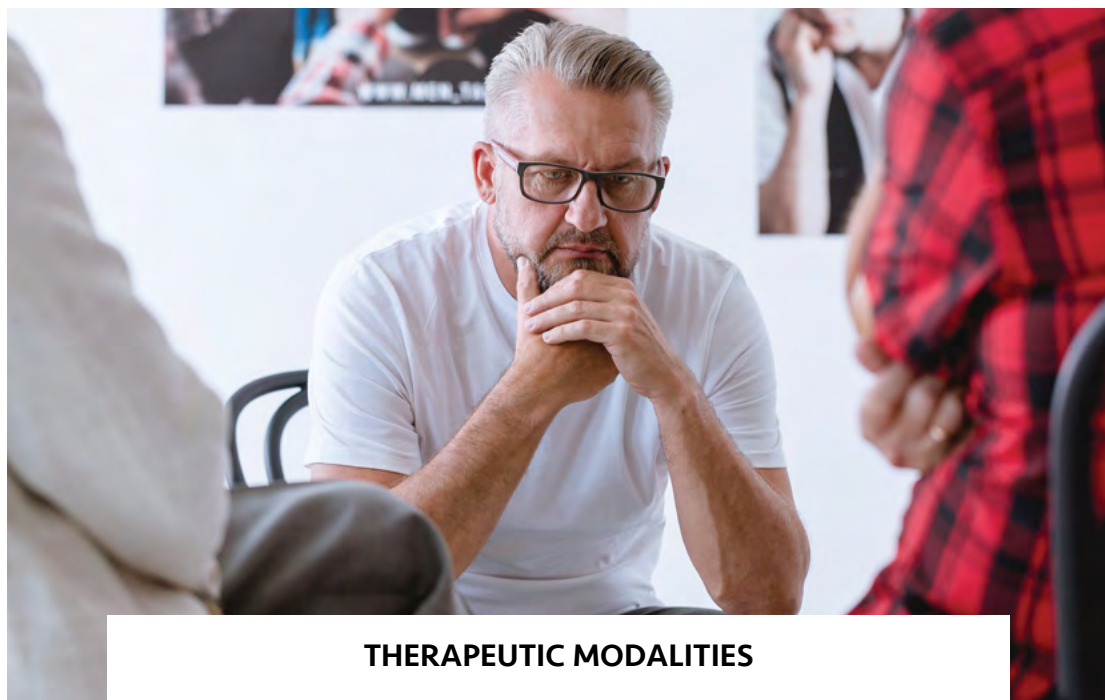
- **2D Mammogram (standard):** This is the traditional type, taking two X-ray images of each breast from different angles.
- **3D Mammogram (tomosynthesis):** This newer technology takes multiple images from various angles, creating a 3D reconstruction of the breast. It can be especially beneficial for women with dense breast tissue as it reduces the chance of overlapping tissue obscuring abnormalities.

GUIDELINES

- **Starting age:** The American Cancer Society recommends annual mammograms for women starting at age 40 (or earlier if breast cancer occurs in their family) and continuing as long as they are in good health. Discussing your personal risk factors with your doctor is key.
- **How often:** For women at average risk, annual or biennial (every two years) screenings are typically recommended. Your doctor will advise based on your individual health history and risk factors.

Finding your therapy fit

Mental health challenges are common, with many paths to healing. Therapy offers a safe, confidential space to explore thoughts, emotions, and behaviors. It's not a one-size-fits-all solution. There are different types of therapy, each with unique approaches.



THERAPEUTIC MODALITIES

- **Cognitive Behavioral Therapy (CBT):** Focuses on identifying and changing negative or unhelpful thinking patterns and behaviors. This is combined with teaching practical coping skills and strategies to manage current problems, often through homework assignments and structured sessions.
- **Eye Movement Desensitization and Reprocessing (EMDR):** Involves recalling distressing memories while engaging in specific eye movements or other bilateral (left-right) stimulation. The goal is to help the brain process traumatic memories in a new way, reducing their emotional impact.
- **Interpersonal Therapy (IPT):** Helps individuals identify and address problematic relationship patterns, communication issues, and role transitions (like grief or divorce) that may be contributing to their distress.
- **Psychodynamic Therapy:** Explores how past experiences, and unconscious patterns influence present behavior and relationships. It aims to help individuals gain insight into their emotional processes and resolve unresolved conflicts from their past, leading to lasting change.
- **Mindfulness-Based Therapies (MBT):** Integrates mindfulness practices (paying attention to the present moment without judgment) into therapy. They help individuals observe their thoughts and feelings without getting caught up in them, promoting emotional regulation and stress reduction.
- **Dialectical Behavior Therapy (DBT):** A specialized form of CBT, DBT emphasizes four key skills: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. It often involves both individual therapy and group skills training.



Financial fitness

**FINANCIAL STRESS
SIGNIFICANTLY IMPACTS
BOTH YOUR PHYSICAL
AND MENTAL STATE,
UNDERSCORING THE
IMPORTANCE OF
MANAGING YOUR
MONEY FOR A
HEALTHIER LIFE.**



HEALTH IMPACTS

- Financial worries are a leading cause of stress and anxiety. Chronic pressure elevates stress hormones like cortisol, contributing to high blood pressure, heart issues, and weakened immunity.
- Financial stress frequently causes sleep disturbances, including insomnia and poor sleep quality. This lack of restorative sleep can worsen other health issues.
- Financial strain is linked to various physical ailments, such as headaches, digestive issues, and muscle tension. Inability to afford nutritious food further worsens these problems.
- Financial insecurity directly impacts access to healthcare. This can result in delaying necessary medical care, skipping medications, or avoiding preventive screenings, leading to more serious health issues.

Your office oasis

Your workspace has a major effect on your productivity and well-being. A well-designed office creates an environment supporting focus, comfort, and health. Simple adjustments, whether remote or shared, can make a world of difference.



- Invest in a comfortable chair that supports your back and encourages good posture. Position your monitor at eye level to prevent neck strain. Ensure your keyboard and mouse are easily accessible, keeping your wrists straight.
- Good lighting reduces eye strain and improves mood. Utilize natural light when possible. Supplement with adequate task lighting, avoiding harsh overhead fluorescents that can cause glare.
- A tidy desk equals a tidy mind. Regularly clear away unnecessary items to reduce distractions and create a more calming environment.
- Add a touch of personality with photos or plants. Plants can improve air quality and reduce stress.