

# The Wellness Exchange



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## Feeling Hot! Stay Cool During Your Summer Workout



We all know that staying active and exercising are important to our overall health and well being. As the summer approaches, it is important to learn about the risks and precautions of exercising outside in the heat.



Exercising in hot temperatures can cause stress to the heart and lungs. Both exercise and heat increase your body temperature. To dissipate the heat, blood circulates through the skin leaving less blood for the muscles. This results in an increase of heart rate. Under normal conditions, our bodies have a natural cooling system, which adjusts to the heat. However, if exposed to high temperatures and humidity for too long, an individual may experience illness such as heat cramps, heat exhaustion or heatstroke.



### Take Precautions

- **Drink Plenty of Fluids.** Drink plenty of water before, during, and after your workout. Your body needs rehydration to manage it's ability to sweat and cool down properly. Stick with water or sports drinks and avoid drinks that contain caffeine or alcohol.
- **Start Slow.** During those first hot days, cut back on your exercise regimen. Gradually increase the duration and intensity of your workouts as you adapt to the hot weather.
- **Avoid Midday.** Try to schedule your workouts in the morning or evening when it is the coolest. When possible, exercise in a shaded area.
- **Dress Appropriately.** When exercising in hot weather, wear lightweight, loose, and light colored clothing. Try to avoid dark colors, as these can absorb the heat. And don't forget the sunscreen! To protect your skin, apply waterproof sunscreen of at least SPF 15. A hat or a visor is also good protection from the sun.

### Heat-Related Illness

When you are exercising in the heat, it is important to know when to stop or take a break. According to The Mayo Clinic ([www.mayoclinic.com](http://www.mayoclinic.com)), the signs of heat-related illness include:

- Weakness
- Headache
- Dizziness
- Muscle cramps
- Nausea or vomiting
- Rapid heartbeat
- Extreme breathlessness
- Reduction in sweat rate

If you experience any of the signs of a heat-related illness, STOP! Stop exercising, cool down and drink water. Give yourself about 30 minutes to cool down and rehydrate. If you do not feel better within 30 minutes, contact your doctor. If you develop a fever higher than 102 degrees or become faint or confused, seek immediate help.

For more information, please visit:  
[www.mayoclinic.com](http://www.mayoclinic.com)  
<http://my.clevelandclinic.org>

**Business Health Services is a free and confidential program provided by your employer for you and your household members. BHS can help resolve personal and professional problems.**

For additional information call BHS today.

# Adolescent Mental Health

## What are the Warning Signs?

### Mental Health is Important

The teen years can be very difficult. Teenagers are under a lot of stress at school and at home. While most of a teen's stress is normal and expected, some might be warning signs of a mental health problem.

Mental health is important throughout life – especially during adolescence. Mental health affects all areas of our lives, such as our relationships and decision making. Caring for the mental health of our children is essential to their growth and maturity.

Mental health problems can interfere with an adolescent's daily life and "when untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence, and even suicide" (<http://mentalhealth.samhsa.gov>).

### Causes

The causes of mental health problems in teens are mostly attributed to biological and environmental factors. Possible biological causes include genetics, chemical imbalances, or damage to the central nervous system. Examples of environmental causes include exposure to environmental toxins, exposure to violence, stress related to serious hardships, and the loss of important people through death, divorce, or broken relationships.



### Seek Help

If you think your child is experiencing mental health problems, talk to them. Parents are often the first to recognize a problem and it may help to have an open and honest conversation with your child. You can also speak with the child's physician. Remember, mental health problems can be treated.

To learn more, please visit the following websites:

<http://mentalhealth.samhsa.gov>  
<http://www.aacap.org>

### Know the Warning Signs

According to the American Academy of Child & Adolescent Psychiatry, the following are a few signs which may indicate that an adolescent seek professional help:

- Marked change in school performance.
- Inability to cope with problems and daily activities.
- Marked changes in sleeping and/or eating habits.
- Frequent physical complaints.
- Sexual acting out.
- Depression shown by sustained, prolonged negative mood and attitude, often accompanied by poor appetite, difficulty sleeping or thoughts of death.
- Abuse of alcohol and/or drugs.
- Intense fear of becoming obese with no relationship to actual body weight, purging food or restricting eating.
- Persistent nightmares.
- Threats of self-harm or harm to others.
- Self-injury or self destructive behavior.
- Frequent outbursts of anger, aggression.
- Threats to run away.
- Aggressive or non-aggressive consistent violation of rights of others; opposition to authority, truancy, thefts, or vandalism.
- Strange thoughts, beliefs, feelings, or unusual behaviors.

***If problems persist over an extended period of time and especially if others involved in the child's life are concerned, consultation with a clinician specifically trained to work with children may be helpful.***