



## HEALTHY HEART

### Ready, Set, Shade

#### Skin Protection Tips for All Ages

With summer lurking just around the corner, the sun is expected to hang around (hopefully) every day. While it is inviting to be outside when the sun is shining, keep in mind the following sun safety tips, courtesy of the Canadian Cancer Society.

- Check the UV Index daily – Be extra careful about skin protection when the UV Index is 3 or more. It's best to limit your sun exposure between 11am – 3pm, when the sun rays are at their strongest.
- Seek shade – Find some shade when you notice your shadow is shorter than you. And if you can't find proper shade, cover up with clothing, hat, sunglasses, umbrella or sunscreen. UV rays can still reach you in the shade by reflecting off the surrounding surfaces.
- Cover up – Most skin cancers occur on the face and neck so be diligent about putting sunscreen around those areas in addition to wearing a wide brim hat and tightly woven or UV protective labelled clothes.
- Wear sunglasses – Look for glasses with the label UV 400 or 100% UV protection. Better yet, elect the close-fitting ones with UVA and UVB protection in a wraparound style.

- Use sunscreen properly – This means using one with an SPF of 30 or higher, labelled broad-spectrum (UVA and UVB protection), and water-resistant (if you are in the water). Be sure to apply a generous amount of sunscreen on any exposed skin that is not covered by clothing. This means your ears, nose, neck, any bald spots, the backs of your hands and tops of your feet.
- Don't use indoor tanning beds or sunlamps – Unfortunately, all tans are not good for your skin, so why subject yourself voluntarily to the harmful UV radiation from the tanning beds and/or lamps?
- Know the signs of skin cancer – Understand the ABCDEs (Asymmetry, Border, Colour, Diameter, Evolving) of skin cancer. This means check your skin regularly to ensure all your moles and marks are within the ABCDE parameters.

## HEALTHY MIND

### Chill Out

#### Stress Coping Strategies

We all have stress and we all understand the detrimental effects of what stress can do to our physical and mental health. While some coping strategies may be more effective than others, the success rate really depends on the individual. *Canadian Living* magazine offers this collection of stress coping strategies, in hope at least one strategy proves to be effective for you.

- Recognize your signs of stress. This could include (and not limited to) feeling irritable, having problems concentrating, or enduring a churning stomach.
- Take a mini-break by going for a walk, doing a few stretches, listening to some music, or grabbing a cold drink.
- Stick to your routine by ensuring your basic needs are met. Eat regular meals and sleep an adequate number of hours.
- Deal with time problems by planning ahead and not overscheduling things you can't commit to.
- Learn relaxation techniques, such as yoga or meditation.
- Get physical exercise as it is the best instant stress reliever.
- Laugh (at yourself or a silly joke) as it helps release stress-relieving chemicals in your brain.
- Socialize. Don't internalize things that may be bothering you. Tell someone and you'll likely feel better, knowing you've been heard.

## HEALTHY LIVING

### Camp Like a Champ

#### Simple and Easy Camping Ideas

There's no better feeling in the world than to be one on one with nature – unless of course you are not prepared for all that nature has to offer during your family camping trip. While camping is a fantastic way to spend time with family and friends, it also requires plenty of planning and preparation before you hit the campground. The key to a successful camping trip is to keep things simple and here are a few ideas, according to the Lifehack.org.

1. Prepare all meals and snacks prior to leaving. When you are at home, you have the convenience of a full kitchen, including a sink, running, clean water, and all the cutlery. Why not use these resources for

food preparation instead of fumbling around at the campsite?

2. Bring glow sticks. You can hang one on tree stumps, tent pegs, or other seemingly harmless things during the day but potentially dangerous at night.
3. Bring some toys for the kids. An assortment of balls and exploratory equipment like binoculars, magnifying glass or a butterfly net could help entertain the kids if they are not completely into nature stuff, such as bugs and trees.
4. Bring a tarp or multiple tarps. Having a tent is important, but having a tarp is equally crucial. It can shield small areas, such as the cooking station or eating area from being drenched in an event of a downpour.
5. Pack your clothes better. Put together entire outfits, including socks and underwear and secure with rubber bands. That way, you don't have to dig your bags for the second sock.
6. Bring things to easily make a fire. Lighters, plus the long matches (for back-up) are recommended. Fire-starter things, such as lint and used toilet paper rolls are also great for getting the fire going. But make sure you also safely put out the fire when you don't need it.
7. Set-up a hand-washing and first aid station. Nature can be full of surprises so hopefully this station provides easy access to everything required to treat minor injuries.

