

April Health and Wellness Observances

The Health & Well-being Interest Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support workforce education and communication activities. The spotlighted observances for April appear below and in the Members Only section at www.gpbch.org.

STRESS AWARENESS MONTH

April is recognized as [National Stress Awareness Month](#) to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues. It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help.



The [Mental Health America](#) (MHA) provides some tips on how to reduce your stress by utilizing a [Stress Screener](#). Also, take some time to visit the [Centers for Disease Control and Prevention \(CDC\) website](#) and familiarize yourself with strategies for stress management.

Following are several resources about stress symptoms, signs and causes, and educational tools & workplace programs to assist employers and employees in preventing and managing stress:

- [Warning Signs & Risk Factors - SAMHSA](#)
- [Helpline Brochure - SAMHSA](#)
- [Coping with Stress – Centers for Disease Control and Prevention](#)
- [Stress Management: American Heart Association](#)
- [Right Direction – Fostering Better Mental Health in the Workplace](#)
- [Mindfulness at Work – Jefferson Health](#)
- [Helping Children Handle Stress – Healthy Children](#)
- [Stress in America 2023](#)

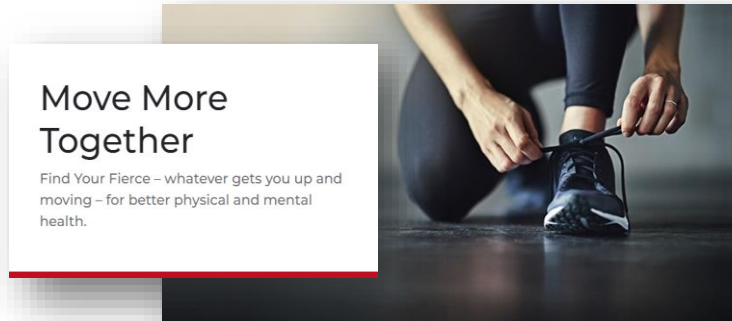


MOVE MORE MONTH

Let's Move More!

Every April, the American Heart Association (AHA) celebrates physical activity and encourages all Americans to **commit** to being more active on a regular basis. Being active is a great way to maintain our physical and mental health. The AHA invites you to join them for Fierce 5 movement breaks, workouts, streaming events, tips and activities that will motivate you to move more every day so you can Live Fierce.

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-together>



NATIONAL ALCOHOL AWARENESS MONTH

Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems. <https://alcohol.org/awareness-month/>

What is Alcohol Use Disorder? Alcohol use disorder (AUD) is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. It encompasses the conditions that some people refer to as alcohol abuse, alcohol dependence, alcohol addiction, and the colloquial term, alcoholism. Considered a brain disorder, AUD can be mild, moderate, or severe. Lasting changes in the brain caused by alcohol misuse perpetuate AUD and make individuals vulnerable to relapse. The good news is that no matter how severe the problem may seem, evidence-based treatment with behavioral therapies, mutual-support groups, and/or medications can help people with AUD achieve and maintain recovery.

Resources to Support States, Employers and Communities: Visit the links below for reports, policy briefs and free guides for addressing alcohol use disorder.

National Institute on Alcohol Abuse and Alcoholism

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-alcohol-use-disorder>

Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/alcohol/index.htm>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/find-help/atod>

[Click here to access the updated April Spotlitged Observance](#) – Effects of Drinking Alcohol on Your Health. This document is a ready-to-distribute flyer for your employees and colleagues.