

Mansfield Monthly



HAVING A SAFE AND PRODUCTIVE SUMMER!

We're finally approaching the summertime. Unfortunately, we are still dealing with some challenging times having to keep our distance from each other and be away from our normal routines.

June is National Safety Month. Certain parts of our everyday lives are starting to reopen and this is a great time to focus on how we reintegrate in a safe manner and continue staying safe at home.

Everyone has been through a lot these past few months dealing with the extra stressors of covid-19. Safety is obviously important under normal circumstances too, but there are many things to keep in mind as employers, employees & family members during these times.

A few different important safety topics to keep in mind include: mental health, ergonomics working at home and helping others. Here are some ideas to address these areas and audit your physical/mental safety and well-being heading into the summer!

Mental Health

- If you're not feeling alright or safe about anything, tell someone.
- Write down things you're grateful for or any other positives thoughts/actions daily or weekly.
- Write down a to-do list for work and personal items the night before so you're organized and less stressed heading into tomorrow.
- Utilize the 24/7 United Services Mental Health helplines: 860-774-2020 or 860-456-2261. (For questions about the EAP program contact Liz Westcott at lwestcott@usmhs.org)

More Home and Work Safety Tips



Ergonomics Working at Home

- Have your computer screen at a height where you can keep your head/neck neutral.
- Make sure your chair offers good back support and allows your feet to rest comfortably on the ground.
- Keep your wrists in a neutral position typing, not bent up or down.
- Use a headset, headphones or speaker phone if able when on calls to avoid unnecessary upper body strain from holding a phone all day.
- Get up and move frequently. Take 10 min walks outside or move for 10 min around the house every few of hours.

Helping Others

- Continually check in on family, friends & co-workers to see how they're doing and if you can help with anything.
- Take the extra time at home to improve your living area safety and cleanliness. A safer and cleaner environment will help reduce distractions and incidents.

TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Specific Dates & Times ^^)

** Virtual classes being offered all through June by the MCC. Click the link above to see dates and sign up!

1 ON 1 SUPPORT CALLS

If you have a particular goal you're working towards or are looking for a little extra support or ideas to improve your health & wellness during these times, send an email to cummingsb@mansfieldct.org.

If you're looking to get started on a goal at home (nutrition, stress relief, exercise, etc.) let us know and we'd be happy to schedule some time to put together a strategy for you.

[CLICK HERE](#) for updates on MCC offerings, reopening and membership opportunities!

JUNE

BE WELL NEWS

Please click [HERE](#) for the June Wellness quiz that will count towards the end of year Rewards!

Thank you for your participation in the quizzes and activities during this time. If you have an idea of something that would benefit you or anyone in your workplace in particular, let us know and we'll see what we can do to help!

HAPPY
FATHER'S
DAY

Family Health & Fitness Day

Saturday, June 13th is Family Health & Fitness Day!

Set a reminder and put something in your calendar to get the family together for an activity if you're able to!

Go for a hike, bike, walk, cook a meal together, play a game or sport, do yardwork, make a point to have dinner together, etc.

Come together with family or friends and participate in something wellness related midway through the month!

Other resources for you and your family's well-being and latest updates:

[Centers for Disease Control and Prevention](#)

[American Heart Association](#)

[CT.gov](#)

cummingsb@mansfieldct.org with any questions or ideas to keep up with your health/wellness right now!

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

Be Well
Wellness

