

Summer WELLNESS

LiveWELL
July 2023



Summer is heating up, and knowing how to stay cool in Arizona is important. This month's newsletter will share tips on how to beat the heat.

LiveWELL Prevent heat-related illness

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Summer is here, and no one is risk-free when it comes to deadly summer heat. Each year in Arizona, heat-related illnesses cause over 250 deaths and nearly 3,000 emergency room visits. However, heat-related illness and death can easily be prevented with the right safety measures and intervention. The key is to stay cool, stay hydrated, and stay informed.

1. **Stay cool:** Stay indoors during the hottest parts of the day (from 10 a.m. to 4 p.m.) and avoid hiking or strenuous outdoor activity when temperatures are high. Many hiking trails will close on extreme heat days and pets are not allowed on City of Phoenix hiking trails when the temperature is above 100 degrees. If you need assistance keeping your home cool, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) or find a [cooling center nearby](#).
2. **Stay hydrated:** Drink plenty of water and start drinking before you feel thirsty! The Arizona Department of Health Services recommends at least two liters (8+ cups) of water each day, even if you are mostly indoors. Outdoor workers, anyone who is outside in high temperatures, those engaging in physical activity, and individuals who have certain health conditions should increase their intake.
3. **Stay informed:** Stay safe from the extreme heat this summer by paying attention to [National Weather Service heat warnings](#) and signing up for [ADHS heat warning alerts](#).

Information derived from azdhs.gov

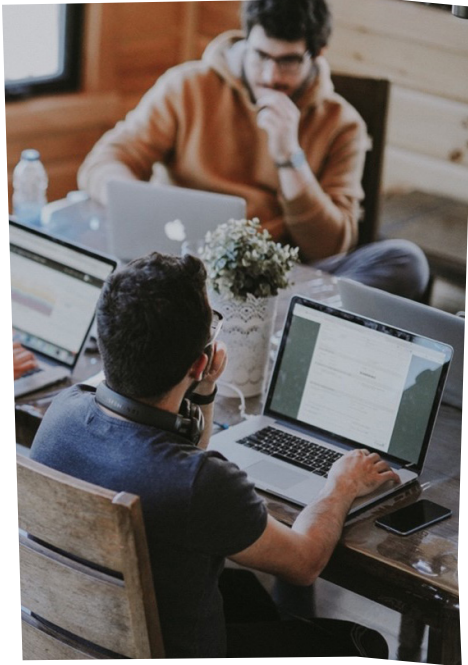




PlayWELL

Keep your team engaged this summer

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While summer heat can sometimes leave employees feeling stressed, exhausted, and depleted, warmer weather can also bring several positive benefits for employee well-being.

- Vitamin D plays a vital role in mental well-being, and deficiencies of the nutrient can cause depression-like symptoms. While it's important to remember that some skin types respond differently to prolonged sun exposure, getting at least 20 minutes of sunlight every day has been proven to boost memory, reduce negative thinking patterns, and even improve sleep quality. Try to get some vitamin D outside of scorching temperatures from 10 am–4 pm.
- Being present in or surrounded by nature has proven positive effects on our health and well-being. Research shows that spending time in nature not only increases our sense of happiness, but also improves our working memory, cognitive flexibility, and attentional control. Not to mention, those who spend more time in nature develop a stronger sense of purpose and meaning in their lives, which translates directly to their professional goals, productivity, and engagement at work.

Designing holistic wellness challenges is key to meeting employees where they are and supporting their mental health during the summer. Mindfulness breaks, low-impact exercise, and inclusive social gatherings are great ways to capitalize on the mental health benefits of warm weather and put your employees' well-being first.

Information derived from [wellright.com](https://www.wellright.com)



WorkWELL

Encourage time off

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Studies have shown that taking time away from the job can have the following physical and mental health benefits.

1. **Improved physical health:** Stress can contribute to heart disease and high blood pressure. For both men and women, the New York Times reported, taking a vacation every two years compared to every six will lessen the risk of coronary heart disease or heart attacks.
2. **Improved mental health:** Neuroscientists have found that chronic exposure to stress can alter your brain structure and bring on anxiety and depression. When you take a vacation, feelings of calm arise and relieve stress, which allows the body and mind to heal.
3. **Greater well-being:** According to a Gallup study, people who "always make time for regular trips" had a 68.4 score on the Gallup-Heathway's Well-Being Index, in comparison to a 51.4 Well-Being score for less frequent travelers.
4. **Increased mental motivation:** Studies have found that chronic stress can make it difficult to achieve certain tasks and cause memory problems. Taking time off can sharpen the brain, improving your mental health and cognition.
5. **Decreased burnout:** Employees who take regular time to relax are less likely to experience burnout, making them more creative and productive than their overworked, under-rested counterparts.
6. **Boosted happiness:** Research shows planning a vacation can boost your happiness. Some people experience an elevated mood up to eight weeks before the trip.

The bottom line is, take a vacation if you can. When you take time away from the stresses of work and daily life, it can help you feel refreshed and more prepared to handle whatever comes when you return.

Information derived from [allinahealth.org](https://www.allinahealth.org)

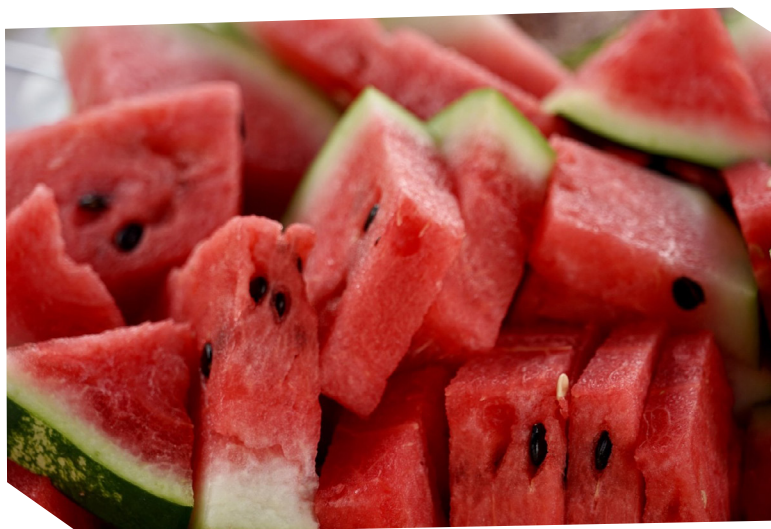




EatWELL

Stay hydrated with fruit

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Proper hydration is extremely important for your health. But drinking water is not the only way to stay hydrated. Here are the fruits that have the highest water content to stay hydrated over the summer:

1. **Watermelon: 92%**
2. **Strawberries: 91%**
3. **Cantaloupe: 90%**
4. **Peaches: 89%**
5. **Oranges: 88%**

These fruits also have many health benefits offering antioxidants, vitamins, and minerals, as well as reducing inflammation and preventing various types of cancer.

While drinking water is important, you can consume a significant amount of water by including a variety of water-rich fruits, vegetables, and dairy products in your diet. Learn about more water-rich foods [here](#).

WELL Community

How to help those in need

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Almost 200 people died from extreme heat in Phoenix in 2020 – the hottest, driest, and deadliest summer on record with 53 days topping 110F (43C) compared with a previous high of 33 days.

Mortality and morbidity rates have been creeping up over the past two decades and in 2020 heat-related deaths jumped by about 60%. Last year there were fewer scorching days, but the death toll remained staggeringly high, with people experiencing homelessness and addictions dying disproportionately.

In Phoenix, an estimated 9,600 people are suffering from homelessness. To help those in need combat the heat, the

Greater Phoenix Chamber and Foundation partnered with Kid in the Corner for their annual Zack Packs community kindness event where they prepared and provided care “packs” for those suffering from homelessness.

500 care packs were assembled which included essential items like water, food, sunglasses, hygiene products, and more.

Learn more about how your team can make a difference this summer with [Kid in the Corner](#).



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