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HEALTH OBSERVANCE

National Breastfeeding Month

Kim Farrell – Wellworks For You

National Breastfeeding Month is entering its 14th year as an observance this August. This year's theme, "Nourish, Sustain, Thrive," resonates deeply as it underscores the critical importance of protecting, promoting, and supporting lactation throughout the human life cycle.

WHY IS BREASTFEEDING SUPPORT CRUCIAL?

- **Health Benefits:** Breastfeeding provides essential nutrients and antibodies, promoting healthy growth and reducing the risk of infections for infants.
- **Maternal Health:** It lowers the risk of postpartum depression, breast and ovarian cancers, and contributes to faster postpartum recovery.
- **Economic Impact:** Breastfeeding reduces healthcare costs and fosters a more productive workforce by supporting parental bonding and workplace policies.

HOW CAN WE SUPPORT THOSE IN THEIR BREASTFEEDING JOURNEY?

Individuals

- Offer emotional support and encouragement to breastfeeding parents.
- Respect their feeding choices and provide a non-judgmental environment.
- Assist with household chores or childcare to alleviate stress.
- Educate yourself about breastfeeding benefits to better understand their experience.

Organizations

- Implement breastfeeding-friendly policies in the workplace, such as flexible schedules and private lactation rooms.
- Provide access to lactation consultants and breastfeeding education for employees.
- Advocate for breastfeeding-friendly healthcare practices and policies.

Policymakers

- Enact and enforce laws that protect the rights of breastfeeding parents, including workplace accommodations and extended parental leave.
- Allocate funding for breastfeeding support programs and research.
- Ensure healthcare providers receive training in lactation support.
- Promote breastfeeding education in schools and healthcare settings to raise awareness and understanding.

This event encourages us to celebrate the dedication of mothers and parents who choose to breastfeed while striving to create a supportive environment for all families. Together, we can protect, promote, and support breastfeeding, ensuring a healthier future for generations to come.

Source: <https://www.usbreastfeeding.org/national-breastfeeding-month.html>



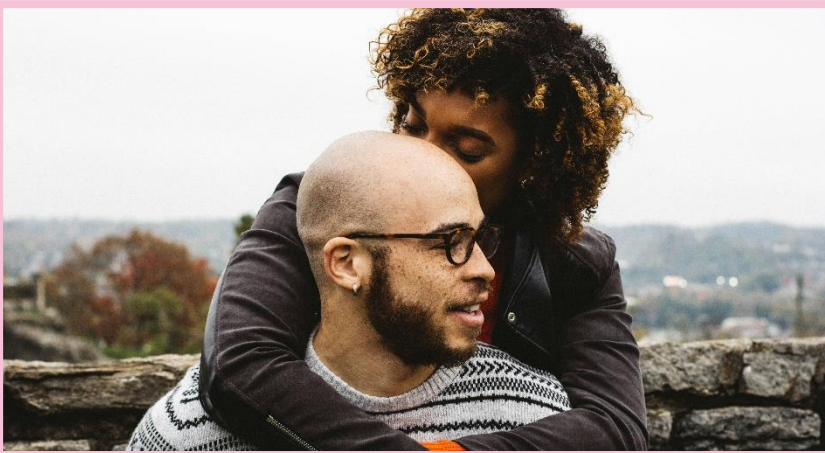
Attachment Styles: Do You Know Yours?

Recognizing your attachment style can illuminate pathways to personal growth and healthier relationships. page 2



Dive into Summer! A Word on Water Safety

A few simple precautions can make all the difference between a fun day and a dangerous situation. Stay safe, stay cool, and enjoy your summer swim! page 3



LIVE SIMPLY

MENTAL WELLBEING PROGRAM

HEALTH TIP CORNER

Wellness Pillar: Connectedness

Understanding Attachment Styles

Kim Farrell – Wellworks For You

The concept of attachment styles, introduced by psychologist John Bowlby in the mid-20th century, is a fundamental tool for understanding our patterns in close relationships. It's rooted in our earliest interactions with caregivers and shapes how we think, feel, and behave in relationships as adults. Recognizing your attachment style can illuminate pathways to personal growth and healthier relationships.

Attachment styles are generally categorized into four types: secure, anxious-preoccupied, dismissive-avoidant, and fearful-avoidant. People with a secure attachment style usually have a positive view of themselves and their relationships. They find it easy to form close bonds and are resilient in the face of conflicts, enjoying healthy, independent relationships.

In contrast, individuals with an anxious-preoccupied attachment style often crave closeness and seek validation, accompanied by a fear of abandonment. Dismissive-avoidant individuals, on the other hand, tend to maintain emotional distance and value their independence, often avoiding closeness. Lastly, those with a fearful-avoidant attachment style experience a mix of desiring closeness and fearing potential hurt, leading to a complex dynamic in their relationships.

Understanding your attachment style is not about labeling yourself but gaining insights into your relational dynamics. It helps you understand your reactions in relationships, identify your anxieties, and recognize patterns where you might push people away or cling too tightly. This awareness is the first step towards meaningful change.

For example, recognizing an anxious attachment style might lead you to focus on self-soothing techniques and building self-esteem to feel more secure in your relationships. If you identify more with an avoidant style, you might challenge yourself to gradually open up and express vulnerability. In all cases, open communication and trying to understand others' perspectives can foster healthier interactions.

Exploring attachment styles opens the door to change. With self-awareness, patience, and sometimes professional guidance, you can evolve your attachment patterns to form deeper, more satisfying connections. Ultimately, knowing yourself better is the key to unlocking a world of healthier relationships and emotional well-being.

Source: <https://www.attachmentproject.com/blog/four-attachment-styles/>



DIVE INTO SUMMER

Keeping Cool and Safe in the Water



Lisa Kyler – Wellworks For You

As the temperatures rise, many of us seek relief in pools, lakes, and oceans to beat the heat. However, amidst the fun and relaxation, it's crucial to prioritize safety, especially when it comes to swimming. Understanding potential risks and taking preventive measures can ensure a safe and enjoyable summer aquatic experience.

For Adults: For adults, being aware of potential dangers and understanding how to respond is key to enjoying water activities safely:

- **Dry Drowning Awareness:** After leaving the water, watch for signs of dry drowning such as persistent coughing, difficulty breathing, or extreme fatigue.
- **Rip Currents and Riptides:** Be cautious of powerful currents in the ocean. If caught, swim parallel to the shore rather than fighting against the current.
- **Pool Safety:** Always swim in designated areas with a lifeguard present. If there is no lifeguard available, ensure someone knows your swimming plan. Safety means never swimming alone!

For Children: Drowning is a leading cause of accidental death for young children, so extra precautions are essential:

- **Learn to Swim:** Enroll children in swimming lessons early to teach them basic skills and safety habits.
- **Constant Supervision:** Don't assume that the more adults around, the better. Assign one designated adult to actively supervise children in and around water, maintaining eye contact and staying within arm's reach.
- **Pool Fences and Alarms:** Ensure pools are enclosed with proper barriers to prevent unsupervised access.
- **Dress in Bright Colors:** Avoid choosing water hued clothing. Instead, dress children in long sleeve rash guards in bright, neon colors, making them easy to see in case of an emergency.

General Tips for Everyone:

- **Know CPR:** Adults should learn CPR techniques, as prompt action can save lives in drowning incidents.
- **Stay Hydrated:** Drink plenty of water, especially when swimming outdoors under the sun.
- **Check Weather Conditions:** Before heading to the beach, lake, or pool, check for any advisories or warnings.

By following these guidelines and staying informed, adults and children alike can safely enjoy their time in the water this summer. Remember, a few simple precautions can make all the difference between a fun day and a dangerous situation. Stay safe, stay cool, and enjoy your summer swim!

Source: <https://www.byrdie.com/things-to-look-for-in-a-sunscreen-5235614#:~:text=11%20Tips%20for%20Choosing%20a%20Sunscreen%2C%20Directly%20From,8%20Choose%20a%20Comfortable%20Texture%20...%20More%20items>

FEATURED RECIPE

Peanut Butter & Chocolate Chickpea Blondies

12 Servings | Total Time: 85 Minutes

Egg-Free, Vegetarian, Gluten-Free



INGREDIENTS:

- 1 (15 ounce) can no-salt-added chickpeas
- $\frac{3}{4}$ cup packed dark brown sugar
- $\frac{1}{2}$ cup smooth natural peanut butter
- $\frac{1}{4}$ cup chickpea flour
- 2 teaspoons vanilla extract
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{3}$ cup chocolate chips
- $\frac{1}{3}$ cup chopped salted peanuts
- 1 teaspoon flaky salt

DIRECTIONS:

1. Preheat oven to 350°F. Line an 8-inch-square baking pan with parchment paper, letting some overhang the sides.
2. Reserve 2 tablespoons liquid from the chickpea can. Rinse chickpeas and pat dry. Combine the chickpeas and aquafaba in a food processor along with brown sugar, peanut butter, chickpea flour, vanilla and baking powder. Process until smooth. Add chocolate chips and peanuts; pulse a couple of times to mix. Scrape the batter into the prepared pan and spread in an even layer. Sprinkle with salt.
3. Bake until a toothpick inserted in the center comes out with just a few crumbs attached and the top is firm and starting to brown at the edges, about 40 minutes. Cool in the pan on a wire rack for 30 minutes, then use the parchment as handles to transfer the blondies to a cutting board. Cut into 12 pieces.

NUTRITION

Per Serving: 1 blondie

Calories: 206	Protein: 6g
Carbohydrates: 25g	Dietary Fiber: 3g
Saturated Fat: 2g	Sodium: 277mg
Total Sugars: 17g	Added Sugars: 16mg

Source: <https://www.eatingwell.com/recipe/7952386/peanut-butter-chocolate-chickpea-blondies/>