

June 2022

6/2/2022: Fight Stress with the Power of Connection

Mental Health is important, and connection is a good way to combat the stress in your life. I'm Clarissa Moon with Texas A&M AgriLife Extension here with 5 ways to build connection.

- 1) Connect with Family and friends. Humans are social creatures and thus, having social connections has positive mental health effects. Sharing your burden with others can ease your mind in more ways than one.
- 2) Connect with a casual acquaintance or stranger.
 - a. Connections don't have to happen with your BFF in order to be beneficial. Even connecting with your mail carrier or someone next to you in line at the grocery store can promote social and emotional well-being. Spread a little love out there today and you may be surprised at how good it feels.
- 3) Connect with a furry friend. Call me a crazy cat lady, but furbabies are the best. In fact, petting a dog has been proven to decrease blood pressure. And that's just one of the many benefits that having a pet can improve your physical and mental health.
- 4) Connect with nature. You don't have to travel far to connect with nature. Even just sitting outside or taking a walk around the neighborhood can get you some vitamin D and fresh air.
- 5) Connect with yourself. Hit pause and treat yourself to the gift of the present. Whether you're religious or not, pausing to meditate and check in on yourself is great for your spiritual well-being.

I hope you take time to enjoy the power of connection today. If you're looking for more connection, visit [heart.org](https://www.heart.org) or panola.agrilife.org.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/fight-stress-with-the-power-of-connection>

6/6/2022: How to Stay Active in Warm Weather

Panola County, it's HOT outside! Summer can be a challenging time to keep yourself looking and feeling hot but not too hot. What's a person to do? I'm Clarissa Moon here with some tips on staying fresh this summer.

1. Timing is key. Avoid outdoor exercise during the hottest parts of the day, around 12-3pm.
2. Hydrate. Always drink plenty of water before, during and after physical activity; even if you don't feel thirsty. If water doesn't excite you, try eating some water found in plenty of fruits and vegetables.

3. Dress for success. Wear lightweight, loose-fitting clothing and protect your skin from the sun with sunglasses, a hat and sunblock.
4. Listen to your body. It will take time to adapt to the heat, so be patient with yourself and take plenty of breaks.
5. What's up, doc? Always consult a healthcare provider before starting or changing your exercise routine. Certain conditions and medications can change the way your body responds to heat.
6. Buddy up. Try exercising with a partner to keep it fun, social, and safe!
7. Last but not least- watch out for heat-related conditions. Dehydration, headache, cramps and dizziness are all strong indicators of heat-related illness. If you experience any of these symptoms, get cooled down as soon as possible.

I hope these tips keep you on the up and up this summer! For more information on exercise safety, visit heart.org or panola.agrilife.org. Thanks for listening to the Moon Minute!

<https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-stay-active-in-warm-weather>

6/13/2022: Get Active with Dad this Father's Day

Celebrate dad and show him you care by doing something that will do you both some good-activity! I'm Clarissa Moon with your Moon Minute on some fun Father's Day activities.

- Play his favorite sport with him. Take dad to the driving range or hit some balls around the yard! Or maybe you could throw a football or baseball around. Shoot some hoops or shoot some pool, too. These are thoughtful ideas for doing something active that he'll enjoy.
- Help with the chores. Give dad a coupon for you to help him mow the lawn or do the dishes for him. Chores are more fun when you do them together!
- Go to the park or splash pad! Get some fresh air and enjoy the great outdoors together. Be sure and stay hydrated!
- Take a bike tour. Ride around the neighborhood and ask dad to show you his favorite places to hang out while you show him yours. See who can count the most kinds of flowers or cattle.
- Get dad a dad date! Ask your friends, neighbors and family to bring their dads for a pickup game of their choice. Give them some fresh fruit or infused water to stay hydrated.

Show dad some love this weekend, and all summer long! For more inspiration, visit heart.org or panola.agrilife.org. Thanks for listening to the Moon Minute!

<https://www.heart.org/en/healthy-living/fitness/getting-active/get-active-with-dad-this-fathers-day>

6/27/2022: Skin Sun Safety

Just like she sells seashells by the sea shore, you should also scan your skin for sun safety this summer. Skin cancer is the most common cancer in the US and it's also one of the most easily preventable cancers. I'm Clarissa Moon here with some tips.

- Protecting your skin from UV rays is the most preventable risk factor. Do this by seeking shade, wearing sun protective clothing/accessories, and applying sunscreen to all exposed skin.
- Look for a sunscreen that's broad-spectrum, water-resistant, SPF 30 or higher, and be sure to reapply every two hours at minimum.
- Don't be afraid of sunscreen! Scientific studies support the use of sunscreen, which is why the FDA recommends it. Sunscreen is classified as an over-the-counter drug and is monitored by the FDA as such.
- There are many different types of sunscreen out there such as baby, sensitive skin, sport, insect repellent, and more. For more information on what's best for you and what these terms mean, just give me a holler or visit aad.org

Thanks for listening to the Moon Minute and don't forget to scan your skin for sun safety this summer.

<https://www.aad.org/public/everyday-care/sun-protection/shade-clothing-sunscreen>