



Introducing **WHOLE-BODY WELLBEING**

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

CONNER
STRONG &
BUCKLEW

TAKE CARE OF YOUR BODY AND MIND!

According to the U.S. Centers for Disease Control and Prevention (CDC), **7 out of 10 Americans die each year from chronic diseases**, many of which are preventable.

Set yourself up for wellness by getting regular physical exams, screenings, and making any lifestyle changes as recommended by your doctor.

MEN'S *and* WOMEN'S HEALTH

Preventive care, including regular doctor visits and screenings that are specific to men and women, should be part of your life to promote good health.



FOUR SCREENINGS FOR MEN

PROSTATE CANCER

Men over the age of 50 should have a yearly rectal exam and prostate screening test.

TESTICULAR CANCER

All teenage and adult males should have a testicular exam every time they visit the doctor for a physical exam.

COLORECTAL CANCER

Men should have a colorectal cancer screening to detect cancerous cells and growths in the inside wall of the colon after age 50.

SKIN CANCER

Older men are twice as likely as women to develop melanoma, and men, in general, are two to three times more likely to get non-melanoma basal cell and squamous cell skin cancers than women. A skin exam by a dermatologists or other health professional should be part of a routine checkup.

Talk to your doctor about what other health screenings would be beneficial to you.

ts, is important for everyone. There are certain tests and
en. Consider incorporating these screenings, tests, and
and prevent the onset of certain conditions.



FOUR SCREENINGS FOR WOMEN

MAMMOGRAM

A mammogram is a low-dose X-ray that allows doctors called radiologists to look for changes in breast tissue. This helps doctors find or detect breast cancer early, making treatment more effective. Women should have a mammogram every one to two years after age 50.

PAP SMEARS

Women should have their first pap smear at age 21 and continue to have one every three years until they are 65. Women over 65 who have three or more normal Pap smears in a row with no abnormal results can stop having tests.

PELVIC EXAMS

Women should have a pelvic exam every one to three years after having three consecutive normal exams to detect signs of illness.

COLORECTAL CANCER

Women should have a colorectal screening to detect cancerous cells and growths in the inside wall of the colon after the age of 50.





Take care of your MENTAL HEALTH!

BE KIND TO YOURSELF!

Nobody is perfect, yet you may feel like you must strive to measure up to impossible standards. Or, you may struggle to accept mistakes and failures in your life. But you can overcome this by practicing self-compassion.

Self-compassion means learning to be kind and understanding to yourself. It may take time, but with practice, you can learn to accept yourself for exactly who you are, even your imperfections.

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Regularly practicing self-compassion can help you feel:

- *Less depressed, stressed or anxious*
 - *More satisfied with a greater sense of purpose*
 - *Less worried and fearful*
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THE PATH OF SELF-COMPASSION

Focus on Self-kindness. If you tend to criticize yourself or be overcome with feelings of shame, learn how to become aware of these thoughts without pushing them away. Consider how these thoughts make you feel. Write down these feelings.

Acknowledge Common Humanity. Although we may feel isolated and alone in our failures, the reality is that many human beings share similar experiences. Take comfort in knowing you are not alone and there are others who understand you and your circumstances. Allow others to show you compassion.

Practice Mindful Awareness. Once you become comfortable with your negative thoughts, learn how to sit and observe them. To do this, you must be fully present in the moment, and allow any thoughts to pass through your mind without judging them. This can help those who often dwell on past events or worry about future events. Being present helps you focus on what is happening now.