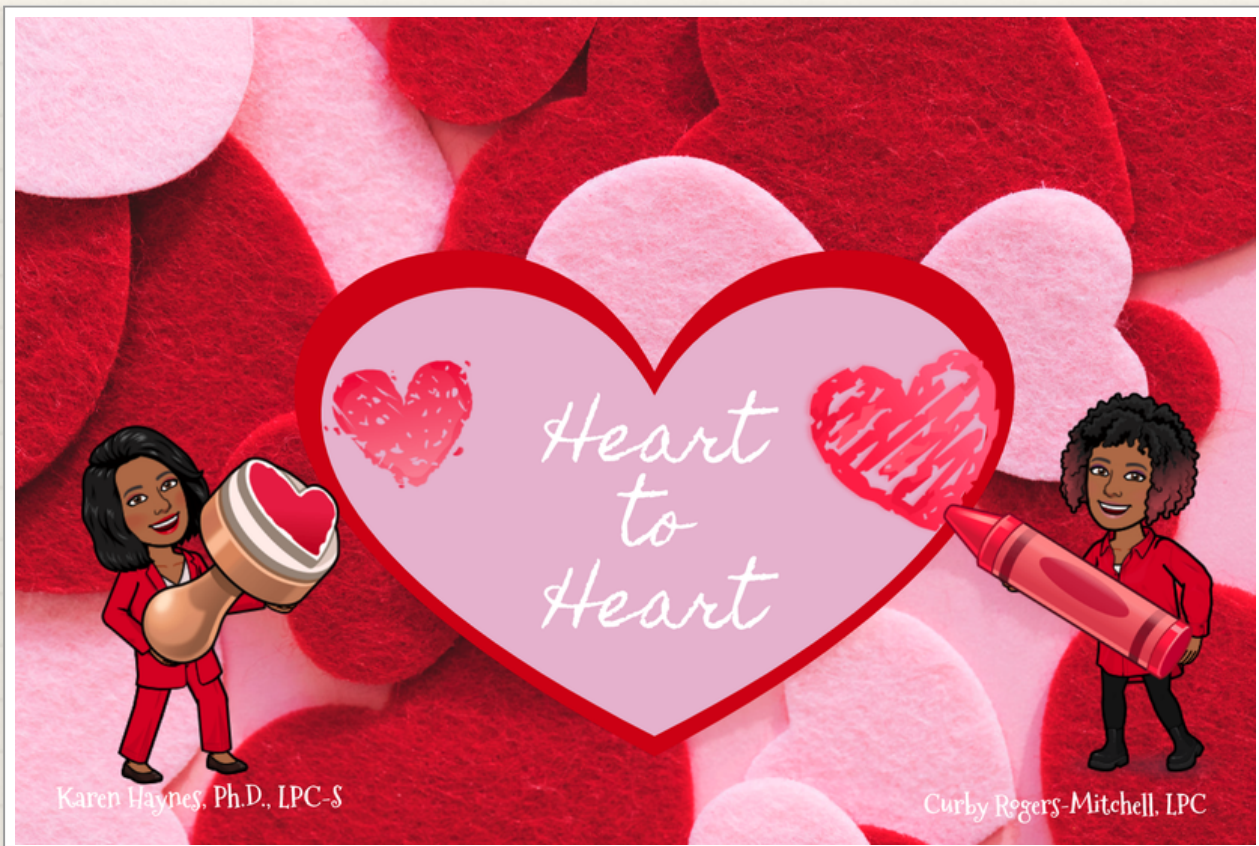


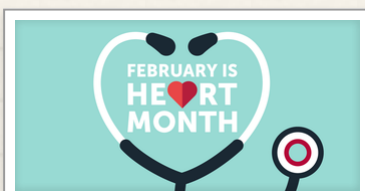
# WELLNESS WEDNESDAY

February 23, 2022



We will be closing out the amazing month of February by celebrating and learning about American Heart Month.

## AMERICAN HEART MONTH



February is American Heart Month. This is a time to be intentional in focusing on our cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on high blood pressure, a leading risk factor for heart disease and stroke for 2022.

# ELEVATED BLOOD PRESSURE

High blood pressure usually develops overtime. Having high blood pressure can increase your risk for various illnesses. If your blood pressure is between 120/80 mmHg and 129/80 mmHG, you have elevated blood pressure.

(cdc.gov, 2022)



# MANAGE BLOOD PRESSURE



It is important to stay on top of your blood pressure if you are at risk of high blood pressure, or if high blood pressure is hereditary.

You can manage your blood pressure by doing the following:

1. Take your blood pressure often using an at home blood pressure monitor.
2. If prescribed a medication for your blood pressure, stay consistent.
3. Lifestyle changes matter. Eat healthier and stay physically active. Seek professional assistance with nutrition if need be.
4. Manage diabetes- 6/10 individuals with Diabetes also suffer from high blood pressure.

# WEAR RED

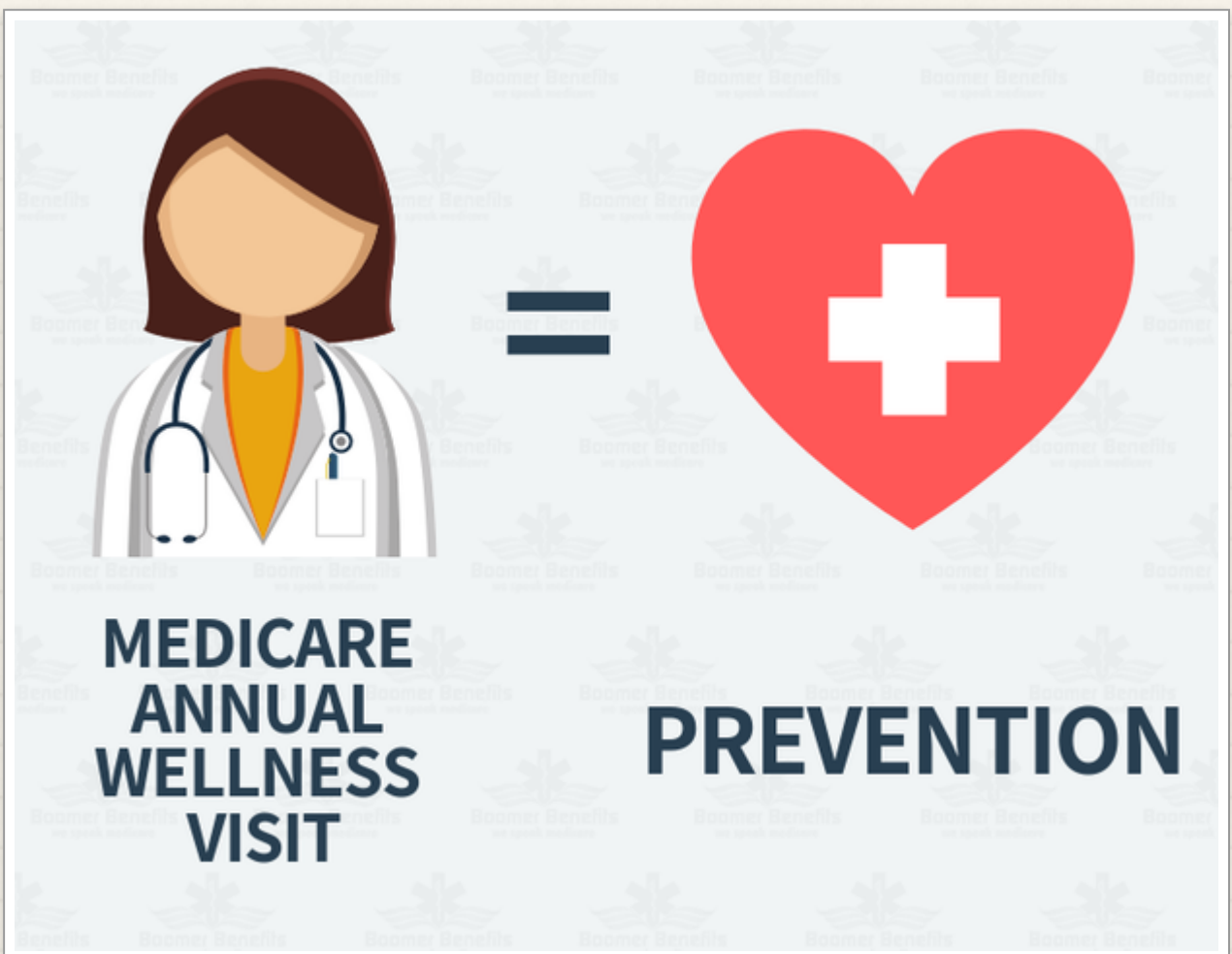
Although, National wear RED day is observed on February 4, 2022.

Let's plan to wear RED as many times as possible this month to show our support for the awareness of heart disease.





## ANNUAL VISIT

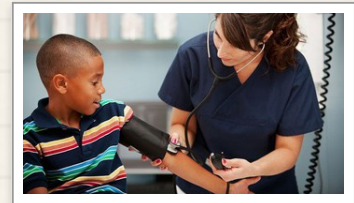


It is so important to stay on top of annual medical visits. These are great opportunities to have medical professionals assess our cardiovascular health and any other concerns.

We challenge you to schedule your annual visit if you have not already!

## HEART TO HEART

There are so many amazing toolkits to educate yourself and others on heart health.  
Select the links below to learn more!



**ALLIANCE FOR THE  
MILLION HEARTS®  
CAMPAIGN PARTNER  
TOOLKIT**

**MEASURE YOUR  
BLOOD PRESSURE**

**HIGH BLOOD  
PRESSURE IN KIDS  
AND TEENS**

**LOVE**





The heart is a symbol of love. Love yourself and others by promoting intentional awareness about cardiovascular health.

## WELLNESS WEDNESDAY LIVE

Your favorite Wellness Wednesday PROs are going LIVE. We would love the opportunity to provide a platform for you to share anything that may be happening for you or offer suggestions and resources.

### Wellness Wednesday **LIVE**

Did you miss out on Wellness Wednesday Live previously?

Don't worry the **PRO**essionals are coming to you live again TODAY February 23, 2022 at 3:30pm.



# WELLNESS WEDNESDAY LIVE

## WHEN

Wednesday, Feb. 23rd, 3:30pm

## WHERE

This is an online event.

## MORE INFORMATION

Wellness Wednesday LIVE will be VIRTUAL ONLY.

Meeting ID: 386 763 6908

Passcode: GPISD



SCAN ME

CLICK TO JOIN MEETING

EMPLOYEE ASSISTANCE PROGRAM

# Galena Park ISD Employee Assistance Program

## EMPLOYEE ASSISTANCE PROGRAM (EAP)



**ComPsych® GuidanceResources®**  
Contact Us... Anytime, Anywhere

**Curby Rogers-Mitchell, LPC**  
Licensed Counselor and Support Specialist  
curby@compsychresources.com  
800.272.7295

**Holly L. Sherrard**  
Licensed Counselor  
holly@compsychresources.com  
800.272.7295

**COMPSYCH**  
Your ComPsych® GuidanceResources® program offers resources to help you and your family with life's challenges. We're here to help you with anything you need to do, such as:

- Confidential Emotional Support** - Our highly trained counselors will help you with your concerns and help you and your family navigate with life's challenges including family, depression, stress, grief, loss and life adjustments. We'll help you with anything you need to do.
- Work Life Solutions** - Our specialists provide guidance, resources and support for anything you need to do, such as: Managing stress, Managing time, Managing money, Managing family, Managing health and more.
- Legal Guidance** - Ask us for assistance for practical assistance with your most pressing legal issues, including: Divorce, adoption, family law, wills, trusts and more. We'll help you with anything you need to do.
- Financial Resources** - Our financial experts can help with a wide range of issues, including: Retirement planning, budgeting, debt, investments and more.
- Online Support** - ComPsych® Resources Online is your 24/7 link to all resources, tools and support. Log in for articles, podcasts, videos, webinars, and more.

**24/7 Support, Resources & Information**

Contact Your GuidanceResources® Provider



**ComPsych® GuidanceResources®**  
Comuníquese con nosotros

**Curby Rogers-Mitchell, LPC**  
Licenciado en consejería y especialista en apoyo  
curby@compsychresources.com  
800.272.7295

**Holly L. Sherrard**  
Licenciada en consejería  
holly@compsychresources.com  
800.272.7295

**COMPSYCH**  
Su programa de ComPsych® GuidanceResources® ofrece recursos para ayudarte y a tu familia con los desafíos de la vida. Estamos aquí para ayudarte con todo lo que necesites, como:

- Apoyo emocional confidencial** - Nuestros expertos en consejería te ayudarán a manejar tus preocupaciones y a ti y a tu familia con los desafíos de la vida, como: Estrés, depresión, ansiedad, duelo, pérdida y adaptación a la vida. Te ayudaremos con todo lo que necesites.
- Soluciones para el trabajo y la vida personal** - Nuestros especialistas te ayudarán a manejar cualquier cosa que necesites, como: Manejar el estrés, manejar el tiempo, manejar el dinero, manejar la familia, manejar la salud y más.
- Asesoramiento legal** - Pídele un consejo experto sobre cualquier asunto legal que tengas, como: Divorcio, adopción, leyes de familia, testamentos, fideicomisos y más. Te ayudaremos con todo lo que necesites.
- Recursos financieros** - Nuestros expertos en finanzas te ayudarán con una amplia variedad de temas, como: Planificación de jubilación, presupuesto, endeudamiento, inversiones y más.
- Apoyo en línea** - ComPsych® Resources Online es tu enlace con información, herramientas y apoyo todo el tiempo. Regístrate para artículos, podcasts, videos, webinars y más.

**Apoyo, recursos e información durante las 24 horas, los 7 días de la semana**

Comuníquese con su programa GuidanceResources® de ComPsych  
Llámenos al: 800.272.7295

EAP ENGLISH FLYER

CHECK THESE OUT!

EAP SPANISH FLYER



*Topic Suggestions & Feedback*

## *Wellness Wednesday*

*Are there topics you would like to see discussed?  
We would LOVE to hear from you hear from you.*

*CLICK TO SUBMIT*

**CLICK TO SUBMIT**

*Chat with a*



**PRO**





## **KAREN HAYNES, PH.D., LPC-S**

Licensed PROfessional Counselor-Supervisor  
Director for Mental Health and Social Services

✉ [khaynes@galenaparkisd.com](mailto:khaynes@galenaparkisd.com)

☎ (832)386-1280



## **CURBY ROGERS-MITCHELL, LPC**

Licensed PROfessional Counselor  
Licensed Mental Health and Support Specialist

✉ [ccrogers@galenaparkisd.com](mailto:ccrogers@galenaparkisd.com)

☎ (832)386-1319