



## Women's Health

### Three Steps for Better Wellness

Women tend to show a genuine sense of compassion for those around them. But, sometimes this comes at the expense of their own needs and health. Putting yourself first when it comes to your personal health and wellness is especially important. Try these three techniques:

#### 1. Make health a priority

Adopting a healthy lifestyle can help reduce the risk of various diseases and health conditions. Here's how to get started:

- Stay active most days a week. (Visit [FOH.hhs.gov/physical](http://FOH.hhs.gov/physical).)
- Eat healthy foods—like fruits and vegetables. (Visit [FOH.hhs.gov/nutrition](http://FOH.hhs.gov/nutrition).)
- Relax with the people you like to be around most. Or wind down by reading, listening to music, or practicing meditation or yoga. (Visit [FOH.hhs.gov/unwind](http://FOH.hhs.gov/unwind).)
- Seek support when times get tough. Your agency's Employee Assistance Program (EAP) can help you deal with life's many challenges. (Visit [FOH4You.com](http://FOH4You.com).)
- Limit alcohol consumption (Visit [FOH.hhs.gov/alcohol](http://FOH.hhs.gov/alcohol)) and avoid tobacco (Visit [FOH.hhs.gov/quit](http://FOH.hhs.gov/quit)) and recreational drugs.

#### 2. Know your risks

Along with leading a healthy lifestyle, it's important to learn your family's medical history. If your family members either had or currently have conditions—such as high blood pressure, breast cancer, diabetes, or heart problems—share this information with your health care provider. Talking about the things that put your health at risk is the first step toward protecting yourself.

#### 3. Check yourself

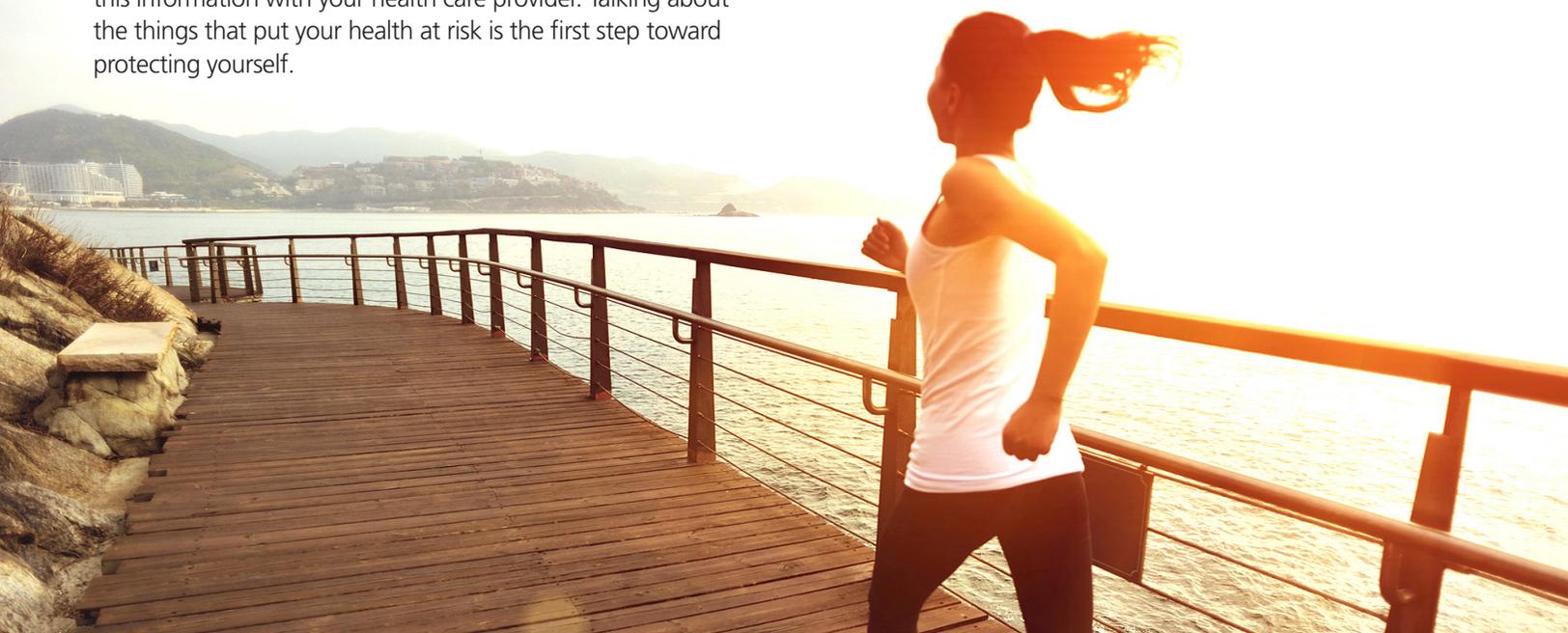
Visit your primary care provider for regular checkups and screenings to help lower your risk of various physical and emotional health conditions. These preventative measures can help you identify potential diseases early, while they're easier to treat.

Depending on your age, family history, and lifestyle, you might want to get screened for:

- Blood pressure
- Bone mineral density (osteoporosis)
- Breast, cervical (pap smear), colon, and skin cancer
- Chlamydia, gonorrhea, syphilis, and other sexual transmitted diseases (STDs)
- Cholesterol
- Diabetes
- Depression
- Hepatitis C virus
- HIV

There are some screenings you can do yourself, too—such as monthly breast self-exams. Talk to your primary care provider if you observe changes in your breasts—pain, lumps, nipple discharge, etc. Remember, going in for a mammogram is the best way to detect breast cancer.

Occasionally, things can get hectic or even overwhelming. So, take of the time for yourself—because your wellness matters, too.



# Dealing with Workplace Bullying

Recognize the warning signs and take action

## What is bullying?

Bullying is an unwelcome and repeated aggressive behavior where there's a perceived imbalance of power, according to StopBullying.gov, the U.S. Department of Health and Human Services' bullying prevention site.

## What does it look like?

Workplace bullying is much the same as typical playground bullying, but the harassing behavior often takes more subtle forms:

- Intimidation can often be via email, using harsh tone or language to control or humiliate
- Demeaning behavior could include name-calling or inappropriate and unwelcome jokes
- Exclusion from the peer group by not inviting certain coworkers to lunch or social functions
- Being openly dismissive of others' ideas or the work they produce
- Spreading rumors about someone seems to be a classic form of bullying at any stage of life

Even if the person engaging in this behavior claims that he or she was "just joking" or intended no harm, make it clear that—whether intended or not—the behavior won't be tolerated.

## Document your experience

If an incident of bullying occurs, be sure to document details such as when and where the bullying occurred; what made you feel intimidated, humiliated, or threatened; and whether anyone else witnessed the bullying. It is best to document this information in writing.

## Stand up to a bully at work

Take the following steps to address the issue and try to work things out:

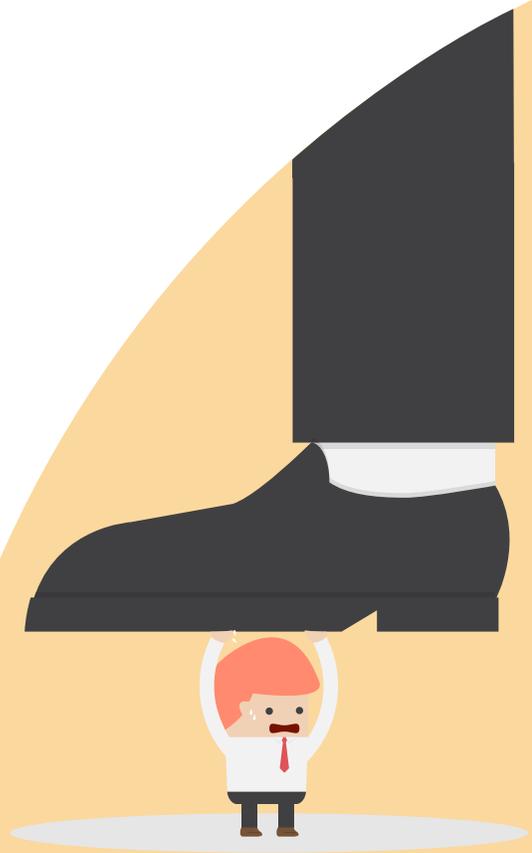
- Tell the person how the behavior negatively impacts you
- Set boundaries—list the behaviors that will no longer be tolerated
- Clearly state to him or her that you have a plan to take further steps, including reporting to supervisors, if the inappropriate behavior(s) continues

## Seek help

Contact your immediate supervisor or your human resources department if you need help dealing with bullying. Provide the following information:

- Describe what is happening in detail, and provide any evidence, if possible.
- Explain how the situation affects your ability to work
- Explain that you want to find a constructive way to address the situation; focus on solutions

Remember, bullying is not your fault. Your agency's Employee Assistance Program (EAP) is available to assist you. Call 1-800-222-0364 for support at any time.



# Breast Cancer Awareness

Lower Your Risk and Inspire Hope

A woman born in the United States today has about a one in eight chance of developing breast cancer over the course of her life. The good news is millions of women are surviving breast cancer today, thanks to early identification and treatment, as well as advances in medical research. In fact, when breast cancer is detected early in a localized stage, its five-year relative survival rate is 100%.

## Take action early to lower your risk and help others do the same.

### Understanding breast cancer

Breast cancer is a malignant tumor—or lump—in the breast resulting from uncontrolled cell growth. While it primarily affects women, men are at risk, too.

Symptoms of breast cancer may include:

- Changes in the size or shape of the breast
- Pain in any part of the breast
- Irritation, redness, flaky skin, or dimpling of the nipple or breast skin
- Thickening of the skin or a lump in the breast or underarm
- Nipple discharge other than breast milk

Although the presence of any of these symptoms does not mean you have breast cancer, it's still smart to talk to your primary care provider if you observe anything unusual around your breasts or underarms.

### Reduce your risk

The best way to fight breast cancer is to develop a plan for early detection and lead a healthy lifestyle. Although some risk factors are uncontrollable—such as your gender, age, genetic predisposition, and family history—you can control others associated with lifestyle choices.

Lower your risk of breast cancer by:

- Maintaining at a healthy weight
- Staying physically active
- Limiting alcohol consumption
- Breastfeeding
- Reducing exposure to radiation
- Getting adequate, quality sleep

Breast cancer screenings are another preventative approach to help uncover issues early while they're easier to treat. Talk with your health care provider to determine which screenings—breast self-exams, clinical breast exams, or mammograms—are right for you.

### Be part of the solution

Pass this information on to friends or loved ones to educate and raise awareness about breast cancer. Help inform them on the benefits of staying healthy, getting screened, and having regularly scheduled visits with a primary care physician or gynecologist.



# Sling Your Weight Around

Total-body resistance training for a fitter you

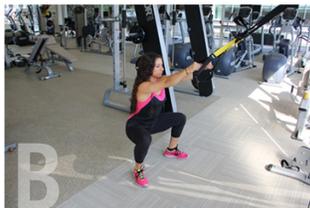
## 20-minute sling workout

Do all four exercises for 30 seconds each, using suspension straps.

Rest a minute or two before repeating each circuit. Aim for two to three sets of the circuit during your 20-minute session.

### 1. Squat

- With your feet just outside shoulder-width apart, hold the straps with your arms extended at about shoulder level.
- Squat down until your thighs are as close to parallel with the ground as comfortable. Keep your chest high.
- Push through your heels—while driving your knees outward—back to the starting position, using the straps for assistance.



### 3. Standing row

- Facing the anchor point with your feet shoulder-width apart, hold the straps with your palms facing and lean back slightly to extend your arms with your body at a diagonal.
- Bend your elbows and pull your torso forward until your hands are at your armpits, keeping your back flexed.
- Hold for a second and return to the starting position keeping your body in a straight line.



### 2. Lunge (repeat on each side)

- Place your left foot in the cradle (beneath the strap handle) and plant your right foot in front of you.
- With your hands on your hips, lunge your right knee forward, ensuring your toes remain in sight and in line with your knee.
- Once your front thigh is as close to parallel to the ground as is comfortable, push through your right heel and rise back into the starting position.



### 4. Standing chest press

- Repeat the motion of the standing row, facing the opposite direction (face away from the anchor point and grab the straps with your arms fully extended).
- Tilt your body forward as you bend your elbows until your hands are just in front of your chest in pushup position.
- Extend your arms in front of you at shoulder height while keeping your body in a straight line to return to starting position.

