

# Community Health Corner: Well Women

## FACT SHEET #3

2024 Annual Lesson Series



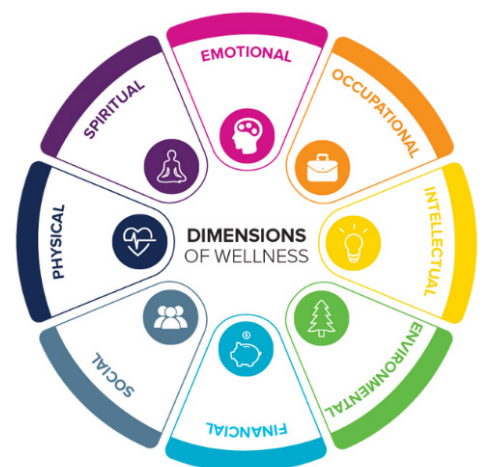
## Care for Your Mind, Body, and Soul!

Sometimes, we think of wellness as only physical health, but overall wellness includes emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social well-being. Knowing that many things contribute to wellness requires focusing on things that refuel you, which can help you take care of yourself and others.

Busy women may find it challenging to set aside time to focus on their well-being while caring for families, working at jobs, and volunteering in the community. Feeling overwhelmed and stressed can be common. A 2021 AARP (American Association of Retired Persons) survey of 4,851 women over 18 revealed how stress and anxiety affected sleep, weight, and other health issues. Though 63% of Latina women from the survey reported sleep problems, 60% said they chose inner peace over outer beauty. Balancing responsibilities and stress with self-care takes a little attention each day to focus on things you enjoy.

Self-care means taking care of yourself, managing stress, recognizing emotional and spiritual needs, sustaining relationships, and balancing different areas of life. Self-care is different for everyone and is based on culture, beliefs, backgrounds, and experiences. But, according to National Mental Health First Aid, self-care can start in four simple ways:

- Move more: physical activity can help the brain cope better with stress.



- Eat a healthy, balanced diet: what you eat affects your mood, prevents disease, and speeds recovery from illness.
- Get enough sleep: most adults need 7 to 8 hours of sleep at night; falling asleep can be helped by relaxation exercises, turning off the cell phone, and not eating sweets before bedtime.
- Set boundaries: saying “no” to things that add unnecessary stress and planning for things that give you joy will lead to positive mental wellness.



Self-care can also mean you engage in things that bring you joy. Joy takes many forms. It could be cooking for family, participating in church events and festivals, attending athletic matches, being with friends, or connecting with the arts. Regardless of what brings you joy, engaging in self-care activities is essential for a healthy mind, body, and soul!

## Vaccination

### *Get caught up: Mom and baby!*

Vaccination is a tool to help your bodies build immunity against potentially life-threatening diseases and protect your families and communities at the same time. Vaccinations are needed at several stages of life, including during pregnancy, and continue to be proven safe and effective for use.

Health professionals recommend that pregnant women receive a Tdap (tetanus, diphtheria toxoids, and acellular pertussis) vaccine during each pregnancy, preferably between 27 and 36 weeks of carrying a baby. Timely vaccinations protect the mom and the baby through the passive transfer of protective antibodies. Once vaccinated, the mother’s body makes the antibodies needed to protect her and her baby from diseases like whooping cough (pertussis) by passing them on through the placenta and/or breast milk. Passive immunity can last several weeks to months after birth, protecting babies through their most vulnerable time before their immune systems are fully developed.

In addition to Tdap, it is also recommended that pregnant women receive vaccinations for influenza

and COVID-19 due to a greater risk of health complications resulting from flu or COVID-related infections. Other vaccinations may be recommended before, during, or after pregnancy, depending on your risk. Expectant women should seek the advice of their health providers as to their overall health.

### *Find a vaccine near you:*

Search [vaccines.gov](https://www.vaccines.gov)

Text your ZIP code to 438829

Call 1-800-232-0233





## **Don't Ignore What Your Body is Saying To You** *During the appointment, ask questions and speak out*

Doctors can't read minds. So, get the most from your healthcare appointment by asking questions and expressing concerns. Don't be afraid to speak up. Let your provider know if you don't understand something.

- Ask every time you don't understand something.
- If you can't understand what your doctor is explaining, ask them to explain it in better detail, possibly using pictures and brochures.
- Ask for an interpreter in advance so a sign language or other language interpreter can be there for your appointment.

- Questions to ask could be:
  - What do my symptoms mean?
  - What caused this condition?
  - How serious is this condition?
  - How is it treated?
  - Are there any side effects to the treatment? How long will treatment take?
  - How will this condition affect my life now and in the future?
  - Who is an expert in the condition that you'd recommend?

Make a plan to follow through with the information your doctor provides. You are your body's best advocate.



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