

# BSWBeWell

Spring 2025

Spring is blooming. Peek inside for ways to chase away those winter chills and Be Well.

Beginning July 2025, you'll get the Be Well you love, monthly. A new, easy-to-read format will include new health topics, tips and challenges.

- 🌸 Springtime, clean time
- 🌸 Wednesday webinars
- 🌸 WebMD Reflect and Reset Challenge
- 🌸 Green spaces are the place for us
- 🌸 Findhelp
- 🌸 Health Topics
- 🌸 Puzzle: Hello Spring!

# Springtime, clean time

Spring cleaning is not only a terrific way to clean, declutter and organize your space—it also helps boost your mental health.

Here's how:

## Relieve stress

Research shows people who view their space as cluttered experience increased cortisol (the stress hormone), while the cortisol levels of people whose spaces are uncluttered tend to drop. Life has enough stress as it is. Don't let an untidy desk, dining area or dirty clothes pile add to it.

## Enhance focus

Our brains like to group things together to process them better, and that includes the environment we live in. Organizing your living and working space can help increase your focus, productivity and prioritization.

## Improved social life

We've all been there: your friends or family want to come over, but your home is cluttered and there's no way you can tidy up in time. So, you cancel plans. Socializing and interacting with other people has a large impact on mental health, and a cluttered space could lead to feelings of shame or embarrassment.



A good spring clean won't take long, and decluttering your space can help you declutter your mind. For more ways it can help, check out [ScrubbingIn](#).





# #WebinarWednesdays

**Every month, join us online at lunchtime for a free wellness webinar.**

**APRIL 2, 2025, AT 11:00 AM**

**Let's Grow Something - [RSVP](#)**

Did you know that the average garden yields \$600 of produce a year? Come learn more about gardening basics and how growing your own food can benefit your health in a variety of ways.

**MAY 7, 2025, AT 11:00 AM**

**The Big 3 - Headaches, Backaches and Neck Pain - [RSVP](#)**

According to the National Spine Health Foundation (2020), every year nearly 100 million Americans report suffering from neck and/or back pain. In this webinar, we will discuss medical and homeopathic ways to help manage spinal and headache pain.

**JUNE 4, 2025, AT 11:00 AM**

**The Power of Laughter and Positivity - [RSVP](#)**

We've all heard the phrase, "laughter is the best medicine," and there is clear evidence that supports that statement. Please join us and discover how laughter, positive thinking and actions are beneficial for your mental health.

#WebinarWednesdays

# The Reflect and Reset Challenge



Reflect on what you're grateful for as a form of self-care during BSW Be Well's Reflect and Reset Challenge.

Register by **May 5** at [MyBSWHealth.com/login](https://MyBSWHealth.com/login)

## How it works

During the Reflect and Reset Challenge, consider what makes you feel grateful for 14 of 21 days between **April 28** and **May 25**. Record your progress at [My.BSWHealth.com/login](https://My.BSWHealth.com/login).

## Reflect and feel renewed

Reflecting on the positive parts of your life can help you feel like a new person. By practicing gratitude daily, you can help yourself be happier, sleep better, have fewer aches and pains and much more.

## Look inward for well-being

Reflect on what you're grateful for as a form of self-care. It can help you sleep better, feel less stressed and find happiness in the little things. Then, show your body and mind some gratitude! Exercise, eat healthy and always prioritize your mental well-being.

Here are some guidelines to help:

- **Live actively** — Aim for 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week.
- **Enjoy healthy food** — Eat a diet of mostly fruits, veggies, whole grains, lean proteins and healthy fats (like nuts and avocados).
- **Sleep soundly** — Most adults need between seven to nine hours of high-quality sleep each night.

## Be thankful and be your best

Practice gratitude to help yourself feel happier, be healthier and become more connected with the people you love. Then, give yourself even more reasons to feel grateful! Take time each day to focus on something that brings you joy.

Here are some tips:


- **Start small** — Taking just five minutes for yourself each day can help you stay positive and reduce stress.
- **Try something new** — Don't have a hobby? Try cooking, gardening, reading, knitting or bird watching—the options are endless!
- **Manage your time** — Make personal time a priority by scheduling it into your daily routine.

## Having trouble accessing your wellness benefits?

Make sure you link your Baylor Scott & White Health Plan account to your MyBSWHealth portal. [Here's how.](#)

### SOURCES

Harvard Health Publishing: "Mindfulness: Not just for stress reduction", Jstor: "Psychosocial stress and impaired sleep", Mayo Clinic: "Headaches: Reduce stress to prevent the pain", Harvard Health Publishing: "Why Stress May Cause Abdominal Pain", Better Health Channel: "Anger – how it affects people", Cornell University: "Meditation", National Center for Biotechnology Information: "Stress and Eating Behaviors"



Green  
spaces are  
the place  
for us.



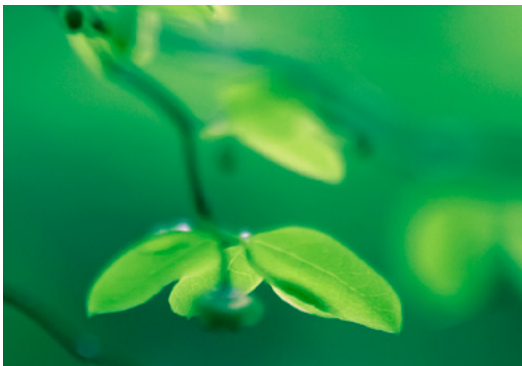
As the weather gets warmer, getting up and going outside can help chase the winter blues away. *Research shows green spaces—parks, forests, gardens—can boost mental health by strengthening the immune system, increasing social interaction and encouraging physical activity.*

Stress, isolation and lack of physical activity are leading contributors to premature death in developed nations, according to the World Health Organization. Exposure to nature on a regular basis could benefit you in all three areas by influencing you both physiologically and psychologically.

Consistently spending time outside in nature has been shown to:

- Decrease stress levels.
- Increase ability to bounce back after an emotional situation.
- Improve overall mood and diminish symptoms of depression and anxiety.
- Cope with physical pain.
- Alleviate mental fatigue by restoring and relaxing the mind.
- Improve work performance and diminish burnout.
- Increase creativity and mindfulness.

This spring, let nature help cure what ails you. Stroll through a beautiful garden. Hike through a forest. Take your lunch break on a park bench. You can find more ways to make being outside part of your routine at [ScrubbingIn](#).



This spring, let  
nature help cure  
what ails you.



# WALK with a DOC

*Want to get outside while getting to know a doctor? The monthly Walk with a Doc series is for you.*

*After a brief talk by a featured physician, participants will walk around an area park. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs. [Find more walks with more docs.](#)*

## **Miller Park**

**1919 N 1st St. Temple, TX 76501**

(3rd Saturday of the month)

- April 19 at 9:00 AM
- May 17 at 9:00 AM
- June 21 at 9:00 AM

## **Purser Family Park**

**100 Mountain Lion Rd. Harker Heights, TX 76548**

(First and third Sunday of every month)

- January 18 at 9:00 AM
- February 15 at 9:00 AM
- March 15 at 9:00 AM

## **Juanita J. Craft Recreation Center**

**4500 Spring Ave. Dallas, TX 75210**

(3rd Wednesday of the month)

- April 16 at 10:00 AM
- May 21 at 10:00 AM
- June 18 at 10:00 AM

## **Save the date!**

Join us for the 3rd annual

## **Show Yourself Some Love**

women's event

## **Sign up TODAY!**

**Saturday, April 26, 2025**

**9 AM to 1:30 PM**

**Cultural Activities Center**

**3011 N. 3rd St.**

**Temple, TX 76501**

**This event is FREE.**  
**Lunch will be provided.**



The **Findhelp** local resource hub can help you identify resources available in the community. Whether you're seeking services for yourself or looking to offer help to someone else, Findhelp makes it easy. Find and make referrals for food, healthcare, job training and more with dignity and ease.

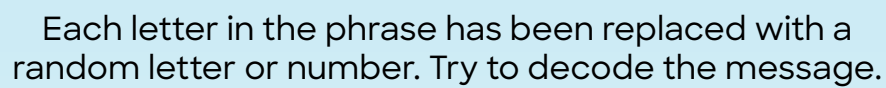
#### How it works:

- Visit [BSWHealthPlan.Findhelp.com](https://BSWHealthPlan.Findhelp.com)
- Type in your ZIP code.
- Hit the "search" button and discover hundreds of social service organizations at your fingertips.

*You can also create an account for access to other free tools and features.*







# Healthy Focus

A purple square graphic with a folded corner effect. The word "APRIL" is written in large, bold, orange-to-yellow gradient letters. The letters are filled with a scenic image of a lake and mountains under a blue sky.

APRIL

## Cushing Disease Awareness Month

People who have Cushing disease can experience muscle weakness, vision problems, mood and behavior disorders, skin changes, unusual, rapid weight gain, and extreme fatigue or trouble sleeping. Cushing disease usually arises from a benign tumor located in the pituitary gland, causing it to secrete too much of the ACTH hormone—which triggers the release of the “stress hormone” cortisol. Discover more [symptoms and treatment options](#).

A pink square graphic with a folded corner effect. The word "MAY" is written in large, bold, white letters. The letters are surrounded by various colorful paper flowers in shades of orange, blue, and green.

MAY

## Lyme Disease Awareness Month

May is a great time to explore the great outdoors, but it’s important to take precautions before you explore. The bite of the blacklegged tick can cause a bacterial infection called **Lyme disease**. Symptoms include an initial bullseye rash, inflammation of the brain and spinal cord, and a droop in one or both sides of the face. There are several ways to [prevent](#) tick bites and stop Lyme disease in its tracks. *Do not use home remedies to treat Lyme Disease without consulting a healthcare professional first.*

A light orange square graphic with a folded corner effect. The word "JUNE" is written in large, bold, white letters. The letters are filled with a vibrant image of various colorful flowers, including purple, orange, and yellow blooms.

JUNE

## Alzheimer’s & Brain Awareness Month

Developing specific healthy [daily habits](#) that engage the brain can help decrease the risk of Alzheimer’s disease. Alzheimer’s disease is a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out simple tasks. There is no known exact cause for Alzheimer’s, but studies have shown that family history and genetics, along with lifestyle and environmental factors can increase the risk of developing [Alzheimer’s disease](#).



# Our mission

as part of the Baylor Scott & White Family

Founded as a Christian ministry of healing, Baylor Scott & White Health promotes the well-being of all individuals, families and communities.

