

Got Scary News Anxiety? Here's Help

It's important to stay aware of what's happening in your community, country and the world. But a barrage of headlines about war, shootings, pandemics and financial woes, day after day, can harm your mental health.

You can't ignore the news, but these tips can help you cope.

- **Stop doom scrolling.** After you've read frightening news, there's no reason to read details about the event over and over.
- **Limit your news consumption.** There's a big difference between checking news once or twice a day and every few minutes. Consider deleting news apps to give yourself a mental break.
- **Commit to consistent, tried-and-true stress management techniques.** Daily exercise, adequate sleep and eating healthy all help combat stress and mitigate news anxiety.
- **Calm hopeless feelings with practical action.** If worrisome news makes you feel hopeless, take realistic action when you can. For example, write your representatives or recycle and donate household items you no longer need to charity.



Healthy Body, Healthy Heart

Each day your heart beats, on average, 100,000 times, pumping your blood through a vast system of blood vessels that's more than 60,000 miles long. Your heart is an amazing engine, but it needs your help to keep blood moving.

Lower your risk of cardiovascular disease:

- » **Manage your blood pressure** to reduce strain on your heart, arteries and kidneys.
- » **Monitor your blood cholesterol** to give your arteries their best chance to remain free of blockage.
- » **Stop using tobacco.** Cigarette smoking significantly increases the risk of cardiovascular disease and stroke.
- » **Maintain healthy blood sugar** to help prevent type 2 diabetes, a factor that can damage your heart, kidneys and nerves.
- » **Eat well.** A heart-smart eating plan contains lots of vegetables, fruit, whole grains, nuts and fish. It's also lower in refined flour, salt, meat and sweets.
- » **Move every day.** Getting at least 150 minutes of moderate-intensity activity weekly (any amount is beneficial, but more is better), such as brisk walking, helps reduce your heart disease risk.
- » **Maintain a healthy weight.** Both aerobic exercise and resistance (weight) training burn calories, aid weight loss and help improve your baseline metabolic rate. The more muscle mass you develop, the more calories you burn. Losing even 10% of your weight can reduce the burden on your heart. Your health care provider can help you safely manage your weight.
- » **Watch your alcohol intake.** The American Heart Association advises that men should have no more than two drinks per day, and women should have no more than one drink per day. If you don't drink alcohol, don't start.
- » **Make time to sleep.** You need seven to nine hours every night (or day, if you work shifts). Quality sleep allows the body to repair itself and helps reduce inflammation, a contributing factor in heart ailments. Did you know? Sleep deprivation is linked to high blood pressure and heart disease, according to the CDC.



Urgent Care 101

Urgent care centers are not the same as emergency rooms (ERs). Understanding the difference can help you make the right decision when you need care but aren't sure where to go for specific injuries or symptoms.

If you can't contact your health care provider easily for advice, it makes sense to seek immediate medical care. Here are the basics on deciding between urgent care and the ER:

Urgent care centers provide easy access to quality medical care, including office-based laboratory tests, such as urinalysis, rapid strep assays and X-rays, when your regular health care provider isn't available.

But it's not a substitute for regular health care. Instead, urgent care is for urgent — but not emergency — concerns. For example, urgent care facilities treat cuts that need stitches (but aren't bleeding profusely), mild to moderate asthma symptoms, fever or flu, minor broken bones or swelling from falls, irritated eyes, moderate back problems, severe sore throat or cough, urinary tract infections and vomiting, diarrhea, or dehydration.

It's important to know when to skip urgent care and head straight to the ER or call 911. Medical emergencies are potentially life-threatening and require ER care. These include compound fractures (with bones protruding through the skin), heart attack or stroke symptoms, seizures, loss of consciousness, deep wounds of any kind, pregnancy-related problems, poisoning, bad burns, severe bleeding, serious back or head injuries.



Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit [coronavirus.gov](https://www.cdc.gov/coronavirus).

The **Smart Moves Toolkit**, including this issue's printable download, **The Value of Prevention**, is at personalbest.com/extras/23V2tools.



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