



THE Y AXIS



## Breathe a Sigh of Relief

Ever felt stressed out at work? Worried about money, family, or health issues? Or maybe the holidays are already taking a toll.



What should you do? It's as simple as this: Breathe a sigh of relief. It's a real thing.<sup>4</sup>

Take a deep breath. Fill your lung with air, and let it all out like a deflating balloon.

When your body senses stress and tension, it forces you to sigh... because it works

But you don't have to wait until stress triggers your body to react. Take a deep breath and exhale. Like... right...now. You'll feel better.

### COMMENTS?

Send comments to the editor: [well@wellsources.com](mailto:well@wellsources.com)

## Crave the Health Benefits of Cranberries

Dish up this sweet & sour berry for better health

“Pass the cranberries.” That’s a request you’ll hear at the table during the holidays. Go ahead, dish up and enjoy some of these sweet and sour berries.

Cranberries are good for your health.

Americans consume about 400 million pounds cranberries every year. It’s a colorful and festive berry. And it’s one of only a few fruits native to North America. But there’s a lot more to cranberries than just a pop of color.

### Cranberries also contain vitamins and nutrients that help:<sup>1</sup>

- **Reduce heart disease risk.** Cranberries are high in antioxidants. These nutrients help prevent damage to blood vessels that can cause a heart attack.
- **Prevent urinary tract infections.** Eating cranberries may help prevent a urinary

tract infection (UTIs). That’s because components in the cranberries stop bacteria, such as E. coli, from clinging to the cells along the walls of the urinary tract. (Most likely, though, cranberries can’t treat a UTI once you have one.)

- **Improve gut health.** Cranberries can make it hard for bacteria in the stomach to cause ulcers. The fiber in the skins and flesh of cranberries supports bowel health. This fiber can also improve cholesterol levels
- **Lower the risk for certain types of cancer.** Antioxidants and anti-inflammatory properties of cranberries help prevent cell damaged linked to cancer.

Enjoy cranberries in low-sugar juices, sauces,

### MORE

Try these cranberry recipes <https://tinyurl.com/vyupoese>

## 6 Ways to Avoid Getting Sick This Season

Personal hygiene and sleep make a difference

Every time you’re around people, you’re at risk for catching a cold, the flu, or even COVID-19.

The elevator, shopping mall, the office, or grocery store all harbor cold-causing germs, bacteria, and viruses that can make you sick. What can you do to avoid getting sick?<sup>2</sup>

### Here are six ways to protect your health during cold and flu season:

#### 1. Wash your hands frequently.

Lather up with soap for about 20 seconds. Rinse thoroughly under

running water. Use alcohol-based hand sanitizer if soap and water are not available.

#### 2. Try not to touch your nose and eyes.

These are places where cold germs enter your body.

#### 3. Practice good lifestyle habits.

Sleep eight hours a night. Exercise at least 30 minutes a day. Drink plenty of fluids. And eat healthy food such as fruits, vegetables, nuts, legumes, and whole grains



#### 4. Avoid cigarette smoke and secondhand smoke.

If you smoke, get help to quit. Cigarette smoke destroys the little hair-like fibers inside your nose and lungs that help filter out germs.