

Health & WELLNESS



May 2022



Check the expiration date. Sunscreen is formulated to remain effective for at least three years, according to FDA regulations. Any bottle older than that isn't guaranteed to protect you. If the bottle or can doesn't have an expiration date and you can't recall when you bought it, better to play it safe and buy new sunscreen.

Shake it. The directions might not tell you to do this, but it's a good idea because it helps distribute the active ingredients throughout the sunscreen.

Use enough. CR's tests have shown that if you use half the proper amount of sunscreen, the SPF protection declines by about half. Apply sunscreen 15 to 30 minutes before you go outside. For lotions, a good rule of thumb is to use a shot glass full (about an ounce) to cover your entire bathing-suit-clad body.

Or think of it as a teaspoon per body part or area: 1 teaspoon for your face, head, and neck; 1 for each arm; 1 for each leg; 1 for your chest and abdomen; and 1 for your back and the back of your neck. For sprays, apply as much as can be rubbed in, then repeat.

Don't forget commonly missed spots. These include the lips, backs of hands, tops of feet, back of the neck, scalp, and ears.

Reapply. Regardless of which kind you use, reapply every 2 hours and immediately after swimming or sweating. Use spray sunscreens carefully. The proper way to use a spray is to hold the nozzle 4 to 6 inches away from your skin and spray until your skin glistens, then rub it in. Do this even if a spray is labeled "no rub"; smoothing it into skin increases its protection. Then repeat, just to be safe.

The FDA has said that it is exploring the risks of inhaling spray sunscreens. Do not spray them directly on your face. Instead, spray sunscreen onto your hands, then apply it to your face. Children are more likely to inhale the mist, which could cause lung irritation. Consumer Reports recommends using a lotion on kids rather than a spray, but if you choose to use a spray, be very careful when applying it. The best thing to do is spray it into your hands and rub it onto your child's skin. At the very least, have children close their eyes and mouth, and turn their heads while you spray. Last, sprays are flammable, so let them dry before going near an open flame.

Article published in Consumer Reports Online/Sunscreen Buying Guide - March 14, 2022



COVID-19 TEST KITS!

You can order your **3rd round** of free COVID-19 rapid at-home test kits from the government again!

Go to [COVIDtests.gov](https://www.covidtests.gov) to order your second set of at-home test kits!

Talking to Your Children about the Recent School Shooting

A recent online article put out by Focus on the Family, *Talking to Kids about Mass School Shootings*, provides a Christian perspective on how to talk with your children. **Focus on the Family is also offering a one-time complimentary consultation with a counselor.** The article provides this number to reach one of their counselors, 1-855-771-4357. This has no affiliation with the EPC Benefit Plans. The article also provides an age and stage guide for talking to your children about school shootings.

Click [here](#) to read Focus on the Family's online article written by Jackson Greer.

The Myth of Multitasking



We can't do two things well at once. When we multitask, we switch our attention between two tasks, often performing less effectively at both. The idea of multitasking has been around for decades and first referred to using a single computer to simultaneously carry out two or more jobs.

Everyday examples: We text or answer email while in meetings, play video games when chatting with family, take notes during a lecture, drive while talking on our phones or cook dinner while helping our kids with homework. Being a multitasker may be a point of pride for some, implying mental dexterity and effective productivity.

Multitasking can help us save time in some cases, but research suggests that trying to do more than one challenging task at a time may decrease our overall productivity instead. Most people tend to work slower and less efficiently when multitasking because of the increased mental demand of jumping from one thing to another.

Staying focused on one task at a time can increase work productivity. If you are dedicated to multitasking, but you start more tasks than you can finish, start prioritizing your tasks in order of importance. Begin with your most demanding assignments and finish your day with lighter and less time-consuming tasks whenever you can.

Article in Personal Best Newsletter - May 2022



The Beauty of Water

You already know water is needed for life to exist. You probably even know that our bodies are made up of mostly water. We need water to stay healthy and balanced. But here's something you may not know: Drinking lots of water can keep your energy, blood pressure, blood sugar, mood, and hormones at healthy levels! Staying hydrated is one of the best things you can do for your body.



Getting Your
Child Ready
for Camp

Summer camp is around the corner. Whether your child is headed to a day or an overnight camp, getting your child ready now can help make the experience more fun and avoid unnecessary stress for all of you.

Contact your pediatrician's office to see if your child needs a checkup. Make sure all vaccinations are current and complete a camp-required health history form and an emergency contact sheet.

Talk to the camp director about your child's needs, including the use of emergency medications, such as asthma inhalers.

Tips to get youngsters ready:

Plan practice sleepovers. If your child has never been away from home without you, plan a sleepover or two at a friend or grandparent's house.

Talk about camp rules. Make sure your youngster understands if the camp is off-grid (no electronics allowed) or has rules about using phones and other smart devices.

Let your child ask questions and look up answers together. Is there a camp store for extra snacks or to replace a lost toothbrush? Can parents stay for a while the first day or is there a drop-off rule?

Acknowledge that homesickness may occur. Let your child know camp can take getting used to, but emphasize the fun experiences they'll have. Together, look at photos or videos of camp activities.

Article- Personal Best newsletter - May 2022

**"As water reflects the face, so one's life
reflects the heart."
Proverbs 27:19**

Our newsletter addresses programs made available through the EPC and your church may not participate in all these programs.

EPC Benefit Resources, Inc. • Website: www.epc.org/benefits • 407-930-4492 • Email: benefits@epc.org