

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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WWW.WESTFIELDNJ.GOV/HEALTH



Feeling Stressed Out?

Do the **STOP** practice for about one minute

Stop or slow what you are doing.

Take a few deep, slow breaths.

Observe how you are feeling in your body as you are taking slower breaths.

Proceed with what you were doing.

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The Body's Overlooked Defense System: Your Skin

Making the most of your skin barrier can ward off certain diseases. With infection on everyone's mind, it's time to refocus attention on the skin and strengthen your defenses.

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Exergaming: Fitness and Fun in Front of Your TV

Active-play video games may encourage adults—including those with heart disease—to be more active.

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