

MIND YOUR MOOD BY TRACKING IT

Mood tracking is the act of recording your moods from day-to-day so that you can recognize trends, triggers, and how you're using your energy. There's no one way to create a mood chart, but here are a few tips.



Why Write It Down?

Logging your mood can have many benefits, including helping you:

- Understand your mood patterns
- Better cope with stress
- Make informed decisions
- Process your emotions



1 – CHOOSE YOUR MEDIUM.

You can use a plain notebook, a journal, a calendar, or even an app.



2 – BEGIN WITH THE BASICS.

Start by recording how you were feeling on a particular day. It's helpful to jot down whether your mood changed and anything significant that happened that day—maybe you had an argument with your partner, came down with a cough, or received exciting news.



3 – DECIDE ON DETAILS.

You can also add details like number of hours slept, time spent exercising, or any self-care practices you tried (taking a bath, calling a friend, etc.). Over time, you can see how these factors affect your mood.



Emotion wheels can help you put a name to what you're experiencing. To see an example of one called the Feelings Wheel, visit <https://feelingswheel.com>.

www.bfm.bm

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BF&M medical assistance is available 24/7 with our toll-free numbers:

- 1-888-674-1367 (from Bermuda)
- 1-877-236-2338 (from outside Bermuda)
- 1-519-251-5186 (from Bermuda: collect calls)
- 1-519-251-5185 (from outside Bermuda: collect calls)

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REACH OUT. Find support for mental health from the Mid-Atlantic Wellness Institute. Call 236-3770, Monday to Friday, 8 a.m. to 5 p.m. Or reach the 24-hour mental health crisis line at 239-1111.



Why You Should Stop Doomscrolling

You pick up your phone or log on to your laptop. Before you know it, you're immersed in the worst news of the day, from COVID-19 deaths to political turmoil. Being drawn to disaster online is called doomscrolling. It can make you feel anxious, sad, and uncertain about the future. Rein in the online negativity with these tips.

- **Track your time.** Log exactly how long you're on your screens and where you're spending those hours. Ask yourself if the results align with what you find most meaningful.
- **Set a schedule.** Designate specific times during the day to read the news or check your feeds.

- **Avoid alerts.** Turn off notifications and keep your apps on silent.
- **Clean your feed.** Notice which people and sites make you feel the most anxious or sad. Mute, unfollow, or stay away online. Seek out communities or causes that inspire joy and connection.
- **Offset screen time.** Balance the time you spend on social media with real-life activities to reduce stress.

Finally, give thanks. Gratitude has been shown to improve mood and increase resilience. Use your feeds to post daily lists of positive experiences. Or spread joy by, for instance, leaving positive online restaurant reviews.

What Should You Do After You've Gotten Your COVID-19 Shots?

Vaccination greatly reduces your risk of becoming ill from COVID-19. But there's still a chance you could get infected.

You are considered fully vaccinated two weeks after your second dose of the Pfizer or AstraZeneca vaccine. But even after that, keep taking steps to protect yourself and others. To slow the spread of the virus:

- Stay at least 1 metre from others.
- Wear a mask, especially in crowded, closed, and poorly ventilated settings.
- Open a window when indoors to improve ventilation.

- Clean your hands frequently.
- Cover any cough or sneeze in your bent elbow.

Remember: Many people have not received a COVID-19 vaccine yet, so you should keep taking precautions. But with precautions, you can enjoy your post-vaccine life.



BE IN THE KNOW.

Stay updated on COVID-19 guidance by visiting www.gov.bm/coronavirus.



health facts

Make Meatless Meals a Habit

Having just one meat-free meal a week can put you on the path to better health. Meat is a major source of calories, sodium, cholesterol, and saturated fat. Cutting back on meat reduces the risk for heart disease, high blood pressure, high cholesterol, obesity, some cancers, stroke, and type 2 diabetes.

Updating dishes you already serve may make the change easier. Pick new ingredients that are healthy, not just meatless. They should be lower in sodium and fat, for example. Don't rely heavily on processed foods, like packaged veggie burgers, to get protein.

To make over popular meals:

- Replace a beef burger with a grilled portabella mushroom burger.
- Fill tacos, burritos, and enchiladas with black beans, red peppers, brussels sprouts, and other beans and vegetables.
- Make chili with lentils or kidney or pinto beans instead of ground beef.
- Sprinkle on shredded fat-free or low-fat cheese, not regular varieties.
- Stir-fry broccoli and other vegetables with tofu or toasted peanuts or cashews.
- Sprinkle unsalted nuts or seeds on salads, instead of bacon pieces or luncheon meat.

Soon, you'll be enjoying the wide variety of options a meatless meal can bring.

The Pandemic's Effects on Cancer Screenings

COVID-19 caused millions of people to delay nonurgent medical care—including cancer screenings. Screenings can catch cancer early, before it causes symptoms and when it's often easier to treat.

Screening rates dropped sharply in spring 2020—in some cases, by more than 90%. This has resulted in new patients arriving with more advanced-stage cancers. Some experts predict screening delays will lead to more deaths from cancer.

Cancer screenings make a big difference in your long-term health. And fear of COVID-19 shouldn't keep you from getting them. Healthcare offices are taking precautions to keep patients safe from COVID-19. These include physical distancing and requiring face masks.

If you had an appointment canceled or postponed, it's time to rebook. Your provider can help you follow the right cancer screening

schedule for you. If you have questions about infection prevention, ask when you book an appointment.

When is the one time it's OK to wait for cancer screening? When you need a mammogram, but you've recently received the COVID-19 vaccine. Some people develop swollen lymph nodes in their necks or armpits post-shot. It's a normal reaction, but can be mistaken for a sign of breast cancer. So, wait one month after immunization for mammography.



Know Your Lemons!

Do you know what your breasts look and feel like? Getting familiar with what's normal for you can make a difference. Even with advanced screening tools, such as mammograms, some breast cancers are still found through physical exams.

Experts suggest paying attention to what your breasts look and feel like and contacting your healthcare provider if you notice any changes, such as:

- A new lump or hard knot inside your breast or armpit
- An area that feels thick inside your breast
- Pain in your breast that doesn't go away
- Dimpling or puckering of the skin of your breast
- Swelling of part of your breast
- Redness or flaky skin on your nipple or breast
- Change in the size or shape of your breast
- Changes with your nipple, such as pushing inward instead of sticking out
- Nipple discharge (including blood) other than breast milk

If you notice a lump or change, don't get alarmed. These signs usually don't mean that you have breast cancer. There are common noncancerous breast conditions that can cause symptoms, too. The only way to find out for sure is by making an appointment with your provider to get checked.

THE 25TH ANNUAL BF&M BREAST CANCER AWARENESS WALK

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Wednesday,
October 13th, 2021

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racedayworld.com to receive
your pack and details.

KEEP ABREAST OF BREAST CANCER SERVICES.

To book a mammogram or a *Know Your Lemons* webinar, contact Bermuda Cancer and Health Centre at **236-1001** or visit www.chc.bm.