Health Department Bathroom Renovation Completion!

What benefits do employees get when they practice mindfulness?
What does mindfulness offer employees?

It’s a common misconception that mindfulness means attaining a level of momentary peace that inevitably gets dashed against the more stressful realities of our routines. In fact, the benefits of mindfulness last well beyond the time spent practicing it! One study shows that participants in a seven-week period of mindfulness training retained significant benefits even four years after the fact. What’s more, the benefits of mindfulness actually shine brightest against a demanding backdrop like the workplace.

Here’s what increased mindfulness can offer your team:

**Increased happiness and well-being**
Simply put: it feels good to be present. Not only that, but that happiness is proven to extend beyond the moment and ripple throughout daily life.

**Improved focus**
Research has shown that 47% of our time is spent with a wandering mind. That time spent with unfocused, drifting thoughts contributes directly to increased unhappiness—especially at work, where people are counting on you to be productive. Cultivating mindfulness, even briefly, helps sharpen focus in a lasting way.

**Enhanced creativity**
There’s been quite a bit of published literature showing the positive link between mindfulness and creativity. In short, when your mind is clear and receptive, new and original ideas tend to come easier. In the workplace, this can have applications anywhere from problem-solving, to decision-making, to creative work (go figure).

**Strengthened resilience and stress management**
Mindfulness is proven to increase resilience to stress at a time when 40% of U.S. adults have had pandemic-related stress affect their mental health. What’s more, Calm’s mindfulness exercises help support well-being by reducing stress itself.

**More emotional balance**
Emotions play a big role in the workplace. Cultivating mindfulness improves emotional processing in your team—meaning they’ll be less susceptible to emotional intensity and bias.

**Improved sleep**
Quantity and quality of sleep both heavily play into determining mental well-being, and can massively impact the workday. Mindfulness meditations can help significantly improve sleep quality and keep trudging workdays at bay.

**Better work relationships**
Finally, when these aforementioned benefits are shared across your whole team—the result is
smoother collaboration, better communication, and a happier collective.
Universal Home Visiting Program is an education home visiting program that provides prenatal and postpartum support to caregivers and their families in Barton County with no out-of-pocket expense to participants. Registered nurses and community liaisons provide education and family support through home and office visits.

How do you sign up?

Complete a phone self-referral by calling (620) 793-1902

Drug Take Back Success
May National Bike Month

League of American Bicyclists presents
Bike Month
May 2023
Bikelleague.org/bikemonth

More Information
May is definitely a month to celebrate. From May Day on May 1st to National Smile Day on May 31st, May is a month about fresh starts and new beginnings. The transition from dark to light, from winter to summer, from nothing to something.

Check out a few highlights happening in your health department and in your community:

- **May Day May 1st** – This is a day of unity, togetherness, and rebirth. A day for everyone to come together and celebrate life as we know it! Consider a tradition of leaving a paper basket with spring flowers on your neighbor’s doorsteps.

- **Mother’s Day May 14** – Mother’s Day is a holiday honoring motherhood that is observed in different forms thought the world. It is a time to appreciate all kinds of mothers…. from birth mothers to foster mothers, from godmothers to grandmothers.

- **Memorial Day May 29** – Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. This is a time to reflect on the men and women who gave it all for us.

- **National Smile Day May 31** - 😊 One smile to a person who needs it can lift their day and put them in a better mood. Smiles can forge empathy between people and can cause the person doing the smiling to feel better!

- **Renovation Update – COMPLETE!** Check out photos in this newsletter.

- **Job Openings – New Position!!** We are now hiring LPN’s! We invite you to become a part of our team to ensure that conditions are favorable in which everyone can be healthy! (Find link to current job opportunities in this newsletter.)

- **Advisory Committee Openings – Join our team!** Be a public health advocate! Consider applying for one of two open positions on our current committee. (Find link to application in this newsletter.) This committee meets monthly to access programs, to share local area needs, to become familiar with funding sources, to offer input on improvements to services, to be aware of legislation affecting public health, etc.

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call @ 620-793-1902 if you have any questions.

As always, thank you for your support of Public Health!

Barton County Health Department and Courthouse
Pineapple Smoothie

Ingredients
- 1 cup cubed fresh or drained canned pineapple
- ¼ cup frozen pineapple-orange-juice concentrate
- ½ cup nonfat vanilla yogurt
- ¼ cup water
- 2 ice cubes, crushed

Directions
1. Combine pineapple, pineapple-orange-juice concentrate, yogurt, water and ice cubes in a blender; blend until smooth and frothy. Serve immediately.
The Health Advisory Committee shall provide guidance, recommendations, and assistance to the Barton County Health Department staff. Membership requirements may include allied health or the animal health field. The uncompensated position's term is December 31, 2025.

Return the signed application to the Human Resource’s Office:
by mail to: 1400 Main, Room 107, Great Bend, KS 67530
or scan and email
to dwatson@bartoncounty.org
If you are interested, please find more information on open positions at www.bartoncounty.org.