



**MARCH**

*and*

**APRIL**

*TOOLKIT*



**Thrive**

# MARCH

## *Welcome to spring*

Spring is just around the corner, and new things are blooming in every direction. Thrive's focus for March is environmental health. If you are environmentally healthy, you are happy and comfortable in your home, workspace and even your city. Environmental health can also involve spending time in natural surroundings and receiving the awesome health benefits that come from interacting with nature.

A top-down view of various cleaning supplies on a light-colored wooden surface. In the top left, there's a white spray bottle with a red cap. In the top right, a pair of yellow rubber gloves is visible. In the center, a blue scrub brush with a white handle is partially seen. In the bottom left, a white spray bottle with a blue trigger is visible. In the bottom right, a blue spray bottle with a white trigger is visible. The background is a light-colored wooden plank surface.

# SPRING CLEANING

Spring cleaning refers to cleaning and reorganizing your house at the beginning of the season. Spring cleaning is extremely beneficial to your environmental health because you make your home a more comfortable and organized place in which to feel increasingly relaxed. Decluttering your home can also provide the sensation of decluttering your life. Here are some ideas to help get you started on your spring cleaning!

**The fridge and pantry.** Sometimes we forget to throw out things we can no longer use, leading to clutter in the cupboards. Before your next trip to the grocery store, look through your fridge and pantry and check expiration dates on things you haven't touched in a while.

**The closet.** Spring is a great time to go through your wardrobe and decide what you still wear and what you don't need anymore. Consider taking lightly worn clothes to your local donation center.

**The junk drawer.** This can seem like an intimidating task at first, but if you go through it one item at a time, you may find you don't have a real need for many things in there. Relocate things that don't belong and put other needed things back in an orderly manner.

**Your office or home office.** With many working from home this year, our office space has become more in need of order and tidiness. Take time to organize your workspace to make sure work is as stress-free as possible.



# GARDENING

Another great idea for spring and environmental wellness is to start a garden! Tending to a garden can bring you many health benefits such as getting in some Vitamin D. It can also reduce stress and improve your living space by making it more beautiful. Thrive is starting an OMES Virtual Gardening Club. Join our Facebook page to post your gardening tips, show off your plants, flowers, or vegetable garden, and receive helpful advice from coworkers!

# March is National Kidney Month

## MONTHLY HEALTH OBSERVANCE

Kidney! March is National Kidney Month. Our kidneys do a lot to keep our bodies healthy, so it is essential to know that they're in tip-top condition. This visual from the National Kidney Foundation lays out the importance of our kidneys and also what kidney disease looks like.

Get to know your hard working kidneys.

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### WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

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### PROBLEMS KIDNEY DISEASE CAN CAUSE



Cardiovascular disease

Heart attack

Stroke

Anemia/low red blood cell count

Nerve damage

Weak bones

High blood pressure

Kidney failure

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### RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

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### SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

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### TESTS YOU CAN TAKE (BLOOD URINE)



**Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

**Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National  
Kidney  
Foundation®

Learn more at [kidney.org](http://kidney.org)

# APRIL

*Financial Well-being*





# FINANCIAL WELL-BEING

It's April - time to do taxes! Speaking of, how is your financial health? Need tips on budgeting or saving? Thrive is tackling financial health and has just the thing for you. In April, we will have three financial classes lined up for your financial well-being benefit. One focuses on knowing about taxes, while another teaches you how to understand your credit better. The final class topic is managing your student loans. If you struggle with financial wellness, be ready to sign up for these classes!

Until then, what exactly is financial well-being? It may be different for everyone. On a large scale, three simple ideas summarize financial well-being:

1. Do you have control over your daily finances?
2. Do you have the finances to cover a significant, possibly emergency, expense without stress?
3. Are you on track to meet your financial goals?

One problem that might arise in reading these ideas is that many people do not have financial goals. Thrive's January 2021 Toolkit was all about goal building and how to start creating your dreams from the ground up. You can always go back and look at those past toolkits by visiting [thrive.ok.gov](https://thrive.ok.gov).



# STRESS MANAGEMENT

Financial stress can be one of the most profound stressors in everyday life. It can be worrisome thinking about managing the finances life throws at us, so it is crucial to have a healthy coping strategy. Try a few of these techniques the next time you feel the weight of stress on your shoulders.

**Tip 1** - Make a note when you recognize symptoms of stress. Monitor your stressors.

**Tip 2** - Look at your notes or journal for connections and problem-solve to see what is necessary to eliminate that stressor.

**Tip 3** - Begin with small goals to improve sleep, eating and getting movement, then increase slowly. These can include:

- Stop caffeine intake earlier in the day.
- No devices in your bedroom.
- Begin with eating one fruit and one vegetable a day.
- Try a variety of recipes.
- Move a few minutes every hour at work.
- Walk at least 15 minutes a day during a break.

# April's Health Observance



appointments are vital to overall well-being. Early detection of cancer is critical because it can make for easier treatment. April is your month to schedule these appointments!

April's 2021 health observances include National Cancer Control, Testicular Cancer Awareness, Oral Cancer Awareness and more. So, this monthly health tip reminds you to get your regular screenings. Doctor

