

A monthly wellness newsletter from Better You

## Get grounded by connecting with nature

Do you ever feel stressed, tired, or overwhelmed? Being in nature can help. Grounding, also called earthing, is an effortless way to improve your health and well-being. It means making direct contact with the Earth's surface.

When we touch the ground, something amazing happens. Because the Earth is electronically active, there are electrons floating on the surface. Our bodies absorb electricity and get negatively charged electrons from the Earth. These electrons help get rid of free radicals, which can make us sick. Free radicals are like tiny troublemakers that can damage the cells in our body and cause inflammation. Grounding absorbs negative electrons and neutralizes these positive charges, keeping us in balance.

### Grounding can help in the following ways:

- Reduces inflammation. By getting rid of free radicals, grounding can help reduce chronic inflammation, which may lead to chronic diseases like heart disease, diabetes, and cancer.
- Improves sleep. Grounding can help regulate our body's internal clock and improve sleep quality.



- Lowers stress and anxiety. Grounding can calm our nervous system, which may lessen the amount of stress and anxiety you feel.

Being in nature can also help our mental health. Studies show that spending time outside may reduce symptoms of depression and anxiety and even help with post-traumatic stress disorder.

### Here are some simple ways to practice grounding:

- Walk barefoot or sit on the ground in a park or garden.

- Try gardening or spending time in nature.
- Take off your shoes and walk on the beach or a forest trail.
- Practice meditation or mindfulness outside in the grass or sand.

The path to better health is literally beneath your feet. Grounding requires nothing but your willingness to step outside. Just be careful when walking around barefoot. Why not start today?

Resources: [WebMD.com](https://www.webmd.com); [nih.gov](https://www.nih.gov)

# Summer safety: watch out for heat stroke

As the temperature rises during the summer, the risk of heat-related illnesses like heat stroke increases. Heat stroke happens when your body overheats and loses the ability to regulate its temperature. This is a serious medical condition that can be life-threatening if not treated quickly.

## Check for the following signs and symptoms:

- Is the person's body temperature elevated?
- Are they confused, disoriented, or unresponsive?
- Are they experiencing seizures, convulsions, nausea, or vomiting?

## Call 911 right away. While waiting for help:

- Move the person to a cooler location



- Remove excess clothing
- Cool the person with cool water or ice packs
- Give cool water to drink if conscious

## To prevent heat stroke:

- Drink plenty of water
- Avoid intense physical exertion in hot weather
- Wear lightweight, light-colored clothing

- Stay in air-conditioned spaces, if possible
- Check on people who may be more vulnerable, like the elderly and young children

## Stay safe this summer.

Join us for a live webinar [Drink to Your Health](#) on Tuesday, July 14th at 1:00 p.m. ET to learn more on how to stay hydrated.

Resources: [Mayoclinic.org](https://www.mayoclinic.org); [cdc.gov](https://www.cdc.gov)

## Black Bean-Avocado Wrap (Serves 1)

### Ingredients:

- 1 tablespoon low-fat plain strained yogurt (such as Greek-style)
- 1 tablespoon tomatillo salsa
- ¼ cup canned no-salt-added black beans, rinsed
- 1 cup chopped or shredded lettuce
- ¼ cup roughly chopped fresh cilantro leaves
- 1 (8 inch) whole-wheat tortilla
- 3 tablespoons shredded pepper Jack cheese
- ¼ medium avocado, sliced

### Directions:

Mix yogurt and salsa in a small bowl. Add beans and stir to coat. Place lettuce and cilantro on tortilla and top with beans, cheese, and avocado. Roll up and slice in half.



Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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