

# STEP INTO WELLNESS



Diocese of Palm Beach  
2025 Healthiest Employers Award Recipient



## April is National Stress Awareness Month

April 2026

**STRESS**  
**RELAX**

What is stress? Stress is the physical or mental response to an external cause, such as having an illness or looming deadlines. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression.

### It is Important to Manage Your Stress

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress interfere with your everyday life or cause you to avoid doing things and seem to always be present.

### Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life.

It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Spend time in meditation and prayer.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

### Strategies to Help Manage Stress in the Workplace

Encourage open communication with colleagues and supervisors

Set realistic goals and prioritize tasks.

Take a moment to concentrate on focused breathing

Engage in physical activity such as a short walk during lunch

Engage in positive self-talk (eliminate the negative!)

Don't be afraid to ask for help

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### Easter Blessings

The staff of the Department of Insurance and Employee Services wish you a blessed Holy Week and a joyful Easter. May this sacred time be filled with reflection, renewal, and peace. As we remember the meaning of the season, may your heart be uplifted with hope, love, and grace.

May Easter bring you and your loved ones happiness, spiritual renewal, and many continued blessings.

Ana, Lynn, Gretchen, Sandy, Chiedza, Carol



## Oral Cancer Awareness Month

Oral Cancer Awareness Month raises awareness about a serious but often overlooked disease that affects thousands of people each year. Early detection is key—when found in its early stages, oral cancer is highly treatable. However, many cases are not diagnosed until the disease has progressed, making awareness and regular screenings especially important.

Oral cancer can develop on the lips, tongue, cheeks, floor of the mouth, roof of the mouth, sinuses, or throat. Common warning signs include persistent mouth sores, lumps or thickened areas, difficulty swallowing, unexplained bleeding, numbness, or red or white patches inside the mouth. Any of these symptoms lasting more than two weeks should be evaluated by a healthcare professional.

Several risk factors increase the likelihood of developing oral cancer. Tobacco use—whether smoking or chewing—is one of the leading causes. Heavy alcohol consumption, prolonged sun exposure (especially to the lips), and infection with human papillomavirus (HPV) are also significant contributors. However, it's important to note that oral cancer can still occur in individuals without these risk factors.

Prevention and early detection go hand in hand. Maintaining good oral hygiene, limiting tobacco and alcohol use, protecting lips with SPF, and visiting your dentist regularly can all reduce risk. Many dental professionals include oral cancer screenings as part of routine checkups, making these visits even more valuable.

This Oral Cancer Awareness Month, take a moment to prioritize your oral health. A simple screening could save your life—or the life of someone you care about. Awareness, prevention, and early action are the best tools we have in the fight against oral cancer. Make an appointment using your Delta Dental benefit... Prevention is the BEST medicine! For questions contact Delta Dental at (800) 521-2651 or [www.deltadentalins.com](http://www.deltadentalins.com)



## April Happenings Calendar

April 1 - 30	National Stress Awareness Month
April 1—30	Testicular Cancer Awareness Month
April 1—30	National Foot Health Awareness Month
April 1—30	Oral Cancer Awareness Month
April 3	Good Friday
April 5	Easter Sunday

## National Foot Health Awareness Month

Every April, **National Foot Health Awareness Month** shines a spotlight on something we often take for granted—our feet. They carry us through thousands of steps each day, yet many people ignore foot care until discomfort or pain appears. This month serves as a reminder to prioritize foot health as an essential part of overall wellness.

Healthy feet are critical to maintaining balance, mobility, and independence. Common issues such as blisters, bunions, plantar fasciitis, and fungal infections can affect people of all ages. More serious conditions, especially for individuals with diabetes, can lead to complications if not properly managed. Paying attention to early warning signs—like persistent pain, swelling, or changes in skin or nails—can help prevent more severe problems.

Practicing good foot care doesn't have to be complicated. Simple habits can make a big difference. Wash and dry your feet thoroughly every day, especially between the toes. Choose properly fitting shoes that provide support and cushioning, and avoid wearing the same pair every day to allow them to air out. Trim toenails straight across to prevent ingrown nails, and keep feet moisturized to avoid cracking.

Regular physical activity also supports foot health by improving circulation and strengthening muscles. However, it's important to wear appropriate footwear for each activity to reduce the risk of injury. If you experience ongoing pain or notice unusual changes, consider consulting a healthcare professional or podiatrist for evaluation.

This National Foot Health Awareness Month, take a step toward better health by giving your feet the care they deserve. After all, healthy feet are the foundation of an active and healthy life.



Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocesepb.org/wellness](http://www.diocesepb.org/wellness) for helpful links and information.

## Know Your Health and Wellness Benefits!

### LIFELINE SCREENING REIMBURSEMENT BENEFIT

**Life Line Screening Reimbursement Program** (Please note: This reimbursement program applies to employees who are covered by the diocesan medical plan (Florida Blue) and their eligible dependents)

- Florida Blue Insurance is **NOT** accepted by Life Line. As a reimbursement program, payment is made by you first and then reimbursed to you by the diocese.
- You **MUST** complete the Life Line Reimbursement form with both YOUR signature **AND** the signature of the Life Line employee **AT THE TIME OF YOUR SCREENING.**
- Both the Life Line Reimbursement Form **AND** the Life Line Screening receipt must be submitted to the Diocese of Palm Beach Benefits Office within 30 days for reimbursement eligibility.
- Covered individuals may only be eligible to receive reimbursement up to the maximum reimbursement of \$179 as per the form for the following preventative screenings offered by Life Line: **1. Carotid Artery; 2. Abdominal Aortic Aneurysm; 3. Peripheral Arterial Disease; and 4. EKG to detect Atrial Fibrillation – irregular heartbeat.** Covered employees/dependents may select any location offered by Life Line for the screening.
- Should the covered individual choose additional or alternative screenings offered by Life Line outside this program, they will be responsible for those payments in full and will not be eligible for reimbursement for the optional screenings.
- Once screening is completed and the Life Line Reimbursement form is signed, the form shall be submitted to the diocesan Benefits Office for review and processing of the reimbursement. Please note that we cannot process the reimbursement if all of the requirements stated above are not complied with. After processing is completed, the eligible employee will receive a check by mail up to the maximum allowed reimbursement amount. If discounts are offered by Life Line Screening that are less than the maximum allowable reimbursement, that amount will be reimbursed for the screenings.
- The form can be found on the Benefits/Wellness section of the Diocese of Palm Beach webpage under “FORMS” at: <https://www.diocesepb.org/employment-center/employee-healthwellness/better-you-from-blue/annual-preventive-screenings-clinicallabs.htm>
- If you have any questions pertaining to reimbursement through this program, please contact Sandra Maulden at 561-775-9574 or [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or Carol Waring at 561-775-9572 or [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org)

1-800-324-9458, use promo code HABC001



**Thursday, June 4, 2026**  
**Cathedral of St. Ignatius**

## LIVE WEBINARS—APRIL

Join us in April for a series of informative webinars that will empower you to take control of your health and well-being. Learn from experts in the field, including a registered dietitian and a doctor, as they share valuable insights on topics that affect us all. From managing food allergies to prioritizing self-care, understanding how excess weight affects your health, and exploring the link between nutrition and mental health, our webinars offer a unique opportunity to gain knowledge and ask questions. Sign up now to secure your spot and take the first step towards a healthier, happier you!

April 1st at 1:00pm ET: Ask the Dietitian: When you have allergies...

Join Lauren as she discusses the 9 common food allergies, and reviews safe substitutions.

Point your smart phone camera to the QR Code below:



April 2nd, 9th and 16th at 2:00pm ET: Weight and Chronic Conditions

Join a doctor, a nurse and a pharmacist as they provide education on how excess weight, especially obesity, increases the risk of chronic diseases, and the healthy habits that encourage weight loss, along with treatment and medication options.

Point your smart phone camera to the QR Code below:



April 14th at 1:00pm ET: Caring for the Caregiver

If you are a caregiver, join us to learn how to find time to rest, recharge and regain balance in your life.

Point your smart phone camera to the QR Code below:



April 15th at 12:00pm ET: Heal your gut, save your brain – The connection between nutrition and mental health

Join our Ask the Expert Online Chat to discover how what you eat affects how you feel.

Point your smart phone camera to the QR Code below:

