

FEELING GOOD

February 2025 | Good news for a happier, healthier you.

Prioritizing Heart Health – American Heart Month

February is **American Heart Month**, a time to raise awareness about cardiovascular health. Heart disease remains the leading cause of death worldwide, but small lifestyle changes can make a significant difference in your heart health.

Understanding Heart Disease

Heart disease includes conditions such as high blood pressure, coronary artery disease, and heart failure. Many of these conditions develop over time due to poor diet, lack of exercise, and high-stress levels. The good news is that prevention and early intervention can significantly reduce risks. [Get Started! Fact Sheet](#)

Tips for a Heart-Healthy Lifestyle

- **Eat a Heart-Healthy Diet:** Incorporate plenty of fruits, vegetables, whole grains, and lean proteins. Reduce salt, sugar, and saturated fat intake. [Learn More](#)
- **Stay Active:** Engage in at least 150 minutes of moderate exercise per week. Activities like walking, swimming, and yoga help strengthen your heart.
- **Manage Stress:** Chronic stress can lead to high blood pressure and other heart-related conditions. Practice mindfulness, deep breathing, and relaxation techniques.
- **Monitor Your Numbers:** Keep track of your blood pressure, cholesterol levels, and body weight. Regular screenings help detect risks early.
- **Quit Smoking & Limit Alcohol:** Smoking and excessive alcohol consumption increase the risk of heart disease. Seek support if you need help making changes.
- **Prioritize Quality Sleep:** Poor sleep is linked to higher risks of heart disease. Aim for 7-9 hours of restful sleep each night.

Caring for your heart also supports emotional well-being. Exercise releases endorphins, which can help combat stress, anxiety, and depression.

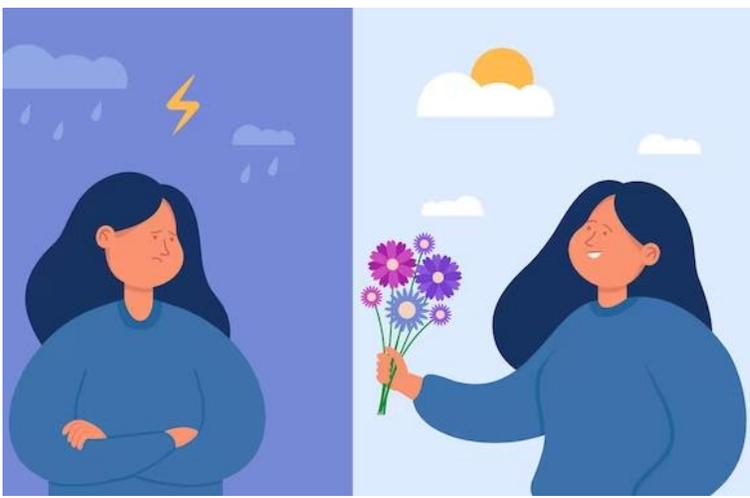
Make this February a month of self-care by prioritizing your heart health!



February Health Awareness:

Learn more about this month's featured health observances:

- [Black History Month](#)
- [Heart Health Month](#)
- [World Cancer Day](#)
- [Eating Disorders Awareness and Screening Week](#)
- [National Donor Day](#)
- [National Black HIV/AIDS Awareness Day](#)
- [National Cancer Prevention Month](#)
- [National Caregivers Day](#)
- [Teen Dating Violence Awareness Month](#)
- [National Eating Disorders Awareness Week](#)



Managing Seasonal Affective Disorder (SAD) in Winter Months

As the winter months continue, many people experience Seasonal Affective Disorder (SAD)—a type of depression that occurs due to reduced sunlight exposure.

Signs of SAD:

- ☁ Persistent low energy and fatigue
- ☁ Difficulty concentrating or finding motivation
- ☁ Increased cravings for carbohydrates and weight changes
- ☁ Feeling withdrawn or experiencing mood changes

How to Cope:

- ☀ Maximize sunlight exposure—take a daily walk or sit by a window.
- ☀ Use light therapy (a lightbox) to simulate natural sunlight.
- ☀ Maintain a routine that includes regular exercise and a healthy diet.
- ☀ Reach out for professional support if symptoms persist.

Understanding and addressing SAD can improve your overall well-being and help you navigate the remaining winter months with more ease. [Learn More>](#)

Honoring Black History Month – Celebrating Strength & Well-Being



February is Black History Month, a time to honor the achievements, resilience, and contributions of Black individuals throughout history. This month also serves as a reminder to focus on the well-being of Black communities, addressing both historical and present-day challenges related to health disparities and access to care.

Ways to Celebrate and Support Well-Being:

- Learn about influential Black leaders in health, wellness, and mental health advocacy. [Learn More>](#)
- Support Black-owned wellness businesses and health initiatives. [Learn More>](#)
- Have conversations about mental health within your community and promote access to culturally competent care. [Learn More>](#)
- Engage in self-care and community wellness activities that uplift and empower. [Learn More>](#)

Honoring Black History Month is an opportunity to reflect, learn, and take meaningful steps toward greater equity in health and well-being for all.

Practicing Self-Compassion for Better Mental Health

In our busy lives, we often prioritize others while neglecting our own well-being. Practicing **self-compassion** can lead to better mental health and resilience.

Ways to Cultivate Self-Compassion:

- Speak to yourself with kindness and understanding instead of self-criticism.
- Allow yourself to rest and recharge without guilt.
- Set realistic expectations and acknowledge your efforts.
- Seek support when needed—asking for help is a sign of strength.

By treating yourself with the same kindness you show others, you create a foundation for emotional resilience and overall well-being. [Get Started Today!](#)





Observed on February 4th, World Cancer Day is a reminder to support those affected by cancer and advocate for early detection and treatment. A cancer diagnosis can bring emotional challenges for both patients and caregivers.

Ways to Support Emotional Well-Being:

- ♥ Seek support from loved ones, a counselor, or a support group.
- ♥ Practice self-care by engaging in activities that bring you joy and relaxation.
- ♥ Stay informed and involved in treatment decisions to regain a sense of control.
- ♥ Encourage screenings and preventive care to promote early detection.

Emotional health is just as important as physical health. Whether you're personally affected by cancer or supporting a loved one, prioritizing well-being can make a meaningful impact. Visit worldcancerday.org

Learn How to Eat Healthy with MyPlate

Build healthy eating habits with the MyPlate app! Set daily food goals, track progress, and earn badges one step at a time.

[Learn More](#)



MOVE! Coach

An app for weight management, designed for **Veterans, service members, families, and anyone** aiming to lose weight.

[iOS Download](#)

[Android Download](#)



Raising Awareness for Eating Disorders – Eating Disorders Awareness Week

Eating disorders, such as anorexia, bulimia, and binge-eating disorder, are complex mental health conditions that can affect people of all ages, genders, and backgrounds. They are often linked to deeper emotional struggles, including anxiety, depression, and self-esteem challenges.

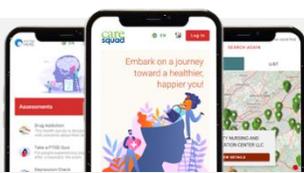
Signs & Symptoms to Look Out For:

- Drastic changes in eating habits or preoccupation with food and weight
- Excessive exercise, restrictive eating, or frequent dieting
- Withdrawal from social activities involving food
- Emotional distress related to body image or self-worth

How to Support Yourself & Others:

- ♥ Encourage open, nonjudgmental conversations about body image and mental health
- ♥ Seek professional help if you or a loved one is struggling
- ♥ Challenge societal beauty standards that contribute to disordered eating
- ♥ Promote self-love, acceptance, and balanced well-being

Raising awareness about eating disorders is essential to reducing stigma and helping those who may be suffering in silence. If you or someone you know needs support, reach out to a trusted professional or organization specializing in eating disorder recovery. [Hope Starts Here!>](#)



Explore more free-for-all information and resources at app.caresquad.com

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