

LIVE WELL WORK WELL



Health and wellness tips for your work and life—
presented by Holmes Murphy & Associates

3 Tips to Help Make the First Day of School Less Stressful

After a summer of sleeping in and doing things on their own time, the morning alarm and school bell can be a tough transition for students going back to school, as well as their families.

The first day of school tends to be particularly hectic for kids of all ages, adjusting to a new classroom or schedule and trying to remember all the books and supplies they need. To help combat first-day stress, consider the following suggestions:

- Pack backpacks the night before so no one is scrambling at the last minute looking for books and supplies. Also, have lunch packed or lunch money ready in advance.
- Pick out or have your child pick out his or her clothes the night before. Doing so will help keep everyone on time while getting ready and prevent last-minute rushing in the morning.
- Arrange a visit beforehand if your child will be going to a new school. Explore all the areas of the school and get a map to help direct your child on the first day.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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Do You Know the Signs of Opioid Addiction?

Opioid addiction is a growing epidemic in the United States, with opioid overdoses killing 91 Americans every day. In 2015 alone, more than 33,000 people died from an opioid overdose. Read on to learn more about opioids and to learn how to recognize the signs of opioid addiction.

What is an opioid?

According to the National Institute of Drug Abuse (NIDA), opioids are a class of drugs that act on the nervous system to relieve pain. Common opioids include the illegal drug heroin, synthetic opioids like fentanyl, and prescription painkillers like oxycodone (OxyContin), hydrocodone (Vicodin) and morphine. Continued use (and abuse) of opioids can lead to physical dependence on and addiction to these types of drugs.

What are the signs of opioid addiction?

Being familiar with the most common signs of opioid addiction can help you or someone you love get proper treatment before it is too late. Physical signs of opioid addiction include the following:

- Noticeable euphoria
- Drowsiness, confusion or intermittent nodding off
- Constricted pupils
- Slowed breathing

For more information on opioids, opioid addiction and opioid overdoses, visit the [Centers for Disease Control and Prevention's](#) or the [NIDA's](#) opioid webpage.



MICROWAVE DENVER SCRAMBLE SLIDER

- 1 Tbsp. red or green bell pepper (chopped)
- 1 Tbsp. onion (chopped)
- 1 egg
- 1 thin slice deli ham (chopped)
- 1 Tbsp. water
- 1 whole-wheat English muffin (split and toasted)

PREPARATIONS

1. Place peppers and onion in a small bowl. Microwave on high for 30 seconds. Stir.
2. Add egg, ham and water to the pepper and onion mixture. Beat mixture together until the egg is blended.
3. Microwave mixture on high for 30 seconds. Stir.
4. Microwave mixture again until egg is almost set, about 30 to 45 more seconds.
5. Carefully transfer cooked mixture to prepared English muffin. Serve warm.

Makes: 1 serving

Nutritional Information (per serving)

Total Calories	240
Total Fat	6 g
Protein	16 g
Carbohydrates	29 g
Dietary Fiber	4 g
Saturated Fat	2 g
Sodium	550 mg

Source: USDA



National Preparedness Month

Since 2004, the Federal Emergency Management Agency (FEMA) and the national [Ready Campaign](#) have promoted National Preparedness Month (NPM) every September. NPM encourages Americans to take steps to prepare for all types of emergencies and strives to increase the overall number of people, families and communities that engage in preparedness actions.

The most recent data from the Red Cross, though, reveals that despite 8 out of 10 Americans feeling unprepared for a catastrophic event, only 1 in 10 has taken the following appropriate preparedness steps:

- Create a family emergency plan.
- Stock an emergency supply and first-aid kit.
- Train in basic first aid.

Remember, you can't plan when a disaster will occur, but you can plan ahead to be prepared if and when a disaster does strike. This September, take time to learn more about NPM and take the suggested steps to become properly prepared. For more information, please visit the NPM [website](#).

BASIC DISASTER SUPPLIES KIT



Three-day supply of one gallon of water per person per day



Three-day supply of nonperishable food



NOAA Weather Radio



Flashlight



First-aid kit



Batteries



Dust mask



Wrench or pliers



Local maps



Cellphone

Source: www.ready.gov/kit