

Human Resources

June 2021
Issue 6

Employee Services

New Hires: 9
Terminations/Retirements: 8
Positions Posted: 14

Employee Benefits

Benefit Enrollments: 14
Benefit Terminations: 15
Benefit Changes: 6

2021 Wellness Screening Event

Callahan Multipurpose Building, June 2nd 2021 – 55 employees

Yulee Sports Gymnasium, June 3rd 2021 – 107 employees



Employee Wellness

WHAT CAUSES MIGRAINES?

No one knows what causes migraines. However, certain triggers can cause a migraine to start. Common triggers include:

- Stress, not eating and poor sleeping habits
- A change in the weather or your normal routine
- Strong odors
- Hormonal changes
- Too much caffeine or withdrawals
- Chocolate, aged cheese, nitrates, red wine and other fermented foods

OPTIONS FOR TREATMENT

Your doctor may recommend trying over-the-counter pain medicines, such as acetaminophen, aspirin or ibuprofen. In some cases, your doctor may recommend prescription medications for treatment.

Other types of treatment may also help, including:

LIFESTYLE CHANGES

- Reducing stress
 - Avoiding smoking, alcohol and caffeine
 - Eating/sleeping on a schedule
 - Exercising
- #### THERAPIES
- Acupuncture
 - Behavioral therapy

Talk to your doctor about the best way for you to treat or prevent a migraine.