



APEX BENEFITS PARTNERS
where clients come first

April 2025

Celebrate Alcohol Awareness Month by Reducing Intake

April is Alcohol Awareness Month. This annual campaign is intended to help educate the public about the dangers of alcoholism and overindulging.

If you're looking to cut down on your drinking, consider the following tips:

- Remove alcohol from your home, limiting drinking to specific occasions.
- Tell others you plan to drink less and ask them to help hold you accountable.
- Avoid activities, people and places you may associate with drinking.
- Set nightly or weekly limits.

Understanding Mental Health Benefits of Being Outdoors

Spring is in the air. As temperatures climb and the days grow longer, you may have ample opportunities to improve your mental health. Fittingly, April is Stress Awareness Month.

Whether you've been suffering from seasonal affective disorder, operating under stress or simply feeling cooped up, taking advantage of the outdoors can be enjoyable and healthy.

The Relationship Between Nature and Wellness

When you think of being outdoors, your mind may immediately jump to a vast forest or sprawling national park, but even a short walk through a crowded city can be beneficial.

Studies have shown that spending time outside can help you focus and problem-solve, potentially providing your mind with a much-needed kickstart. If possible, try to visit green spaces often. Research has shown that these areas can help decrease anxiety.

Being outside also often inherently involves physical activity. Even casual walks can benefit your overall health, which can directly and positively impact your mental well-being and may even improve your sleep patterns.

Contact us today for more mental health resources.

Celebrate Oral Cancer Awareness Month With These Prevention Tips

According to the Oral Cancer Foundation, approximately 58,500 people in the United States will be diagnosed with this affliction at some point this year. This amounts to approximately 132 new diagnoses every day.

April is recognized as Oral Cancer Awareness Month in recognition of those battling this disease. This annual initiative focuses on raising awareness about oral cancer, encouraging people to seek regular examinations and providing guidance for limiting risk.

Key Steps for Preventing Oral Cancer

Oral cancer can arise from many conditions, habits and lifestyles. Consider the following tips for minimizing your risk of developing it:

- **Avoid tobacco.** Smoking and otherwise using oral tobacco products can have dire implications for your cancer-related risk. If you currently use these products, try to quit as soon as possible. Additionally, limiting your time around second-hand smoke is advisable.
- **Limit drinking.** Excessive consumption of alcohol can also drastically increase your risk of developing oral cancer. Although alcohol does not contain carcinogens like tobacco, it can make your body more susceptible to them. Those who both smoke and drink may be particularly at risk.
- **Visit your dentist.** Certain dental conditions, such as periodontal disease, have been found to increase your chances of developing oral cancer. Commit to regular checkups, as they can help your dentist identify signs of cancer early.

Learn More

[Click here to learn more about Oral Cancer Awareness Month](#), or contact us today for additional health and wellness resources.

What You Need to Know About Prescription Drug Take Back Day

Opioids and other drugs can wreak havoc on your body, family and community. While many of these medications serve important purposes, they can easily be abused, leading to life-threatening situations and lifelong addictions.

With this in mind, the U.S. Drug Enforcement Administration (DEA) has set April 26, 2025, as its annual National Prescription Drug Take Back Day.

This campaign focuses on helping people understand and utilize safe, convenient and responsible methods when attempting to dispose of prescription drugs. It also aims to educate the public about the dangers of abusing these medications.

Failing to properly dispose of prescription medicine can enable drug misuse and plant the seed of addiction.

[Click here](#) to learn more about this initiative or to find a safe prescription drug collection site near you.

This newsletter is for informational purposes only and should not be construed as medical purposes. © 2025 Zywave, Inc. All rights reserved.