



Understanding The Link Between Career Pressure and Men's Health

June marks Men's Health Month — a great time to focus on factors that increase men's risk of heart disease, like job stressors.

Simple steps can raise awareness and help men in your workforce take control of their health.

- Promote preventive care and regular check-ups.
- Organize health screenings at work.
- Share educational resources.
- Encourage flexible schedules for health-related appointments.
- Support mental health days, which can help reduce stigma around anxiety and depression.

Showing your employees you care about them both in and outside the workplace can help build trust and loyalty.

[LEARN MORE](#)

Did you know...

49%

Men who said they experienced either job strain or effort-reward imbalance had a 49% increase in risk of heart disease compared to men who didn't report those stressors.

[*American Heart Association](#)



PET PERKS AT WORK


Enhance Employee Wellness With Best Friend Fridays™

Pets can reduce work-related stress, lower blood pressure and help people manage anxiety. Our furry companions can even help increase productivity, wherever you work.

Invite your company to celebrate Best Friend Fridays, when employees can bring their pet companions into the office for the day. Companies with remote employees — or those that don't allow pets — can host virtual events.

[FETCH SOME TIPS](#)

Did you know...

47%

47% of pet owners feel anxious about leaving pets at home when they go to work.*

31%

31% would consider changing jobs for a pet-friendly workplace.*

41%

41% would take a pay cut to bring their pet to work.*

[*American Heart Association](#)



Fresh Produce in the Office: A Berry Good Idea

Here's a fresh idea: since June marks National Fresh Fruit and Vegetable Month, why not celebrate by bringing fresh produce into your office? Berries, carrots, and cucumbers are packed with vitamins and antioxidants. Fruits and vegetables like this can help employees stay energized without the crash that comes from processed snacks.

The American Heart Association recommends 2 1/2 cups of vegetables and 2 cups of fruit each day. Here are a few ways to help your employees reach that goal:

- Set out fruit bowls and vegetable platters in the kitchen or breakroom for employees to snack on.
- Provide a list of farmers markets and local produce stands in your area.
- Host a "Smoothie Day" using fresh berries in the recipes.
- Make an in-office and virtual presentation to remind workers how to incorporate more fruits and veggies into their daily diets.

[HEALTHY IDEAS](#)

Share Your Story

Big transformations or small wins. Group efforts or individual experiences. We'd love to hear the ways Well-being Works Better solutions are positively impacting your organization.

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