

Wellness Pointers

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

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Occupational Wellness



image from http://labs.blogs.com/its_alive_in_the_lab/2010/07/3d-annotation-for-inventor-now-available.html

The crowning fortune of a man is to be born to some pursuit which finds him employment and happiness, whether it be to make baskets, or broadswords, or canals, or statues, or songs.

- Ralph Waldo Emerson



EMPLOYEE WELLNESS
Southern Adventist University

Job Stress and Health: What the Research Tells Us



image from <http://www.stressmanagementblog.com/>

Cardiovascular Disease

Many studies suggest that psychologically demanding jobs that allow employees little control over the work process increase the risk of cardiovascular disease.

Musculoskeletal Disorders

On the basis of research by NIOSH and many other organizations, it is widely believed that job stress increases the risk for development of back and upper- extremity musculoskeletal disorders.

Psychological Disorders

Several studies suggest that differences in rates of mental health problems (such as depression and burnout) for various occupations are due partly to differences in job stress levels. (Economic and lifestyle differences between occupations may also contribute to some of these problems.)

Workplace Injury

Although more study is needed, there is a growing concern that stressful working conditions interfere with safe work practices and set the stage for injuries at work.

Suicide, Cancer, Ulcers, and Impaired Immune Function

Some studies suggest a relationship between stressful working conditions and these health problems. However, more research is needed before firm conclusions can be drawn.

-Encyclopaedia of Occupational Safety and Health



Organizational Change

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Stress Management

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A Healthy Workplace

Warning Signs of Burn out at Work

- You no longer enjoy your work and its challenges.
- You are losing your sense of humor and occasionally snap at your co-workers and colleagues.
- Frequent headaches.
- You have trouble sleeping.
- You are irritable most of the time, including at home.
- You no longer have the patience to listen to colleagues and/or family members.
- On your days off, you don't know what to do to relax.
- You make some serious mistakes because you can no longer concentrate.
- Your self-esteem is at its lowest point.
- You gain weight.



3 Ways to Manage

1. Exercise!

If you were not doing any physical exercise, now is a good time to start. The best thing you can do is walk (or run at a steady pace) alone in pleasant surroundings, such as woods, lakes, hills, mountains, or simply flat terrain in the desert.

2. Get enough sleep.

The body restores itself when we sleep. Too many of us are sleep-deprived, but haven't you noticed that when you get the sufficient amount of sleep your body needs (preferably 8 hours) on a regular basis, your energies are restored? Keeping this up can do wonders for our embattled systems.

3. Eat well.

Maintaining a good (ok – reasonable) diet is essential to keeping your body and mind ready to address the demands of modern, everyday living. If you're especially stressed, there can be a higher toll on your body, adding to its wear and tear much faster. For your system to replenish what is lost, a balanced diet (with limits on fats, sugar, processed and junk food) helps tremendously

TIPS ON HOW TO GIVE PRAISE

The acronym TIPS will help you make praise more effective when you're trying to reinforce good behavior.

Make it:

- T: **True.** People can see through undeserved praise, or it may make them expect praise without having to work for it.
- I: **Immediate.** Give the praise as soon as the behavior occurs, if possible.
- P: **Positive.** This will make the behavior more likely to occur again.
- S: **Specific.** Point out exactly what they did right and how it was helpful. Talk about what you saw instead of making judgements. For example, "When you counted to 10 before you got mad, you avoided a fight," is better than "I liked the way you counted to 10." The first helps build self-esteem, while the second makes them depend upon your opinion.

Tame your to-do list

Every day, decide what you need and want to get done in regard to work, home, and family. For everything else, ask yourself:

"What's the worst thing that would happen if I didn't do this?"

If you can live with the answer, give yourself permission to drop it from your "to-do" list.

from Hope Health Letter Vol. 29, No. 4, April 2009, p. 6

Southern Adventist University Employee Wellness

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Upcoming Event: Nov. 20 Laural Brook Outing

Baked Apples



4-5 Apples (cut to your preference)

1 Tbsp Butter (optional)

1/2 cup Raisins

1/4 cup Craisins

Cinnamon

Ginger

Nutmeg

Water

Preheat oven to 400 degrees.

Place apples in baking dish

Add water till 1/4" deep

Sprinkle raisins and craisins over apples

Distribute butter

Use spices as you prefer

Bake for 20-30 minutes.

APPLE TRIVIA

Planting an apple seed from a particular apple will not produce a tree of that same variety. The seed is a cross of the tree the fruit was grown on and the variety that was the cross pollinator.

Apples ripen six to ten times faster at room temperature than if they were refrigerated. For optimal storage, apples should be kept at 35-40 degrees with relative humidity of 80-90%.

A bushel of apples weights approximately 42 pounds.

It takes energy from 50 leaves to produce one apple.

Fresh apples float because 25% of their volume is air.

photos from google image search

Apple Trivia adapted from <http://www.allaboutapples.com/facts.htm>

Office exercise: How to burn calories at work

By Mayo Clinic staff

You may spend your workdays at a desk, but you don't need to take it sitting down. Make office exercise — from fitness breaks to walking meetings — part of your routine.

If you're doing your best to set aside time for physical activity either before work or after work, good for you. But finding time to exercise can be a challenge for anyone who has a busy schedule. Why not work out while you're at work? Consider 10 creative ways to make office exercise part of your routine.

Keep fitness equipment in your work area

Store resistance bands — stretchy cords or tubes that offer weight-like resistance when you pull on them — or small hand weights in a desk drawer or cabinet. Do arm curls between meetings or tasks.

Take fitness breaks

Rather than hanging out in the lounge with coffee or a snack, take a brisk walk or do some gentle stretching. Pull your chin toward your chest until you feel a stretch along the back of your neck, or slowly bring your shoulders up toward your ears.

Conduct meetings on the go

When it's practical, schedule walking meetings or brainstorming sessions. Do laps inside your building or, if the weather cooperates, take your walking meetings outdoors.

Look for opportunities to stand

You'll burn more calories standing than sitting. Stand while talking on the phone. Better yet, try a standing desk — or improvise with a high table or counter. Eat lunch standing up. Trade instant messaging and phone calls for walks to other desks or offices.

Get social

Organize a lunchtime walking group. You might be surrounded by people who are ready to lace up their walking shoes — and hold each other accountable for regular exercise. Enjoy the camaraderie, and offer encouragement to one another when the going gets tough.

Try a treadmill desk

If you're ready to take office exercise to the next level, consider a more focused walk-and-work approach. If you can comfortably position your work surface above a treadmill — with a computer screen on a stand, a keyboard on a table or a specialized treadmill-ready vertical desk — you may be able to walk while you work. In fact, Mayo Clinic researchers estimate that overweight office workers who replace sitting computer time with walking computer time by two to three hours a day could lose 44 to 66 pounds (20 to 30 kilograms) in a year. The pace doesn't need to be brisk, nor do you need to break a sweat. The faster you walk, however, the more calories you'll burn.