

Smart Living

for a healthy workplace

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Healthy Stress Management

Autumn can be a busy time of year, often accompanied by changes and rising stress levels. Healthy levels of stress are what provide us with the motivation and energy to go about our daily lives; however, too much stress can impact our health negatively. There are many healthy ways to manage stress that help us to feel better and reduce the negative impact of stress on our health.

Lifestyle Tips for Healthy Stress Management

Take some steam off with physical activity

Physical activity is a great way to relieve stress! Do something you enjoy to get started and keep going.

Reduce tension with relaxation techniques

Try yoga, meditation, progressive muscle relaxation, visualization, deep breathing exercises, or massage.

Eat nutritious foods

Eating healthy foods will make you feel more energized, giving you an extra energy boost!

Sleep

Aim to get seven (7) to eight (8) hours of sleep per night to feel rested and increase your sense of resiliency.

Take your mind off stressful things

Read a book, watch a movie, listen to music, or take a vacation.

Talk to someone you trust

Find support among friends, relatives, professional counselors, or support groups.

Have fun

Take time regularly to have fun and enjoy life!

For more information, please call the Health Action Line at 1-800-660-5853, or visit Health Canada's website at: <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/stress-eng.php>

Evaluate your work-life balance

Take the [Health is Cool! Zone Evaluator Test](#) to assess your work-life balance. This test assesses how effectively you balance your work, family, personal, and financial obligations.

Work-life balance is not easy. In fact, the Health is Cool! survey reports that:

- 83% of Canadians have gone to work exhausted or sick on average six (6) times in the last year.
- 85% of Canadians say that the work environment is increasingly stressful.

To evaluate your work-balance, go to: <http://www.cmha.ca/bins/index.asp> Look for *Work-Life Balance: Make It Your Business, Are you in Balance?* section, and then complete the "Try Our Evaluator" questionnaire for your life balance assessment.

So, take the test! Evaluate your work-life balance! Make changes in your life at work and at home to ease your stress, and improve your health.

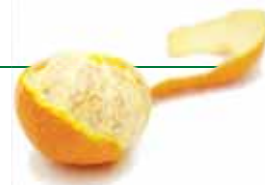
If you need further information or assistance, please call the Canadian Mental Health Association (CMHA) at 1-613-345-0950, or go to their website at: <http://www.cmha.ca>

Canadian Mental Health Association and Desjardins Financial Security. "Evaluate your balance." <http://www.cmha.ca/bins/index.asp> (16 March 2009).

**SUBSCRIBE
for FREE**

If you would like to receive the *Smart Living* workplace newsletter either in hard copy or by email, please contact Lynda Earl at 1-613-345- 5685 ext. 2215 or email: lynda.earl@healthunit.org





Take Your Activity Medicine!

Dr. Steven N. Blair, professor from the Department of Exercise Science and Epidemiology at the University of South Carolina, stated that "Physical inactivity is the #1 public health issue of the 21st century" at a recent "Exercise is Medicine" symposium held at Queen's University. It is clearly evident that obese men who are moderately to highly fit have less than half the risk of dying from chronic diseases than normal-weight men who are unfit.

"Physical inactivity is the #1 public health issue of the 21st century"

BMI (Body Mass Index) is not an ideal tool for predicting death risk – fitness is!

Along with healthy eating, the benefits of physical activity are endless – lower risk of heart disease, type 2 diabetes, some cancers, and delay in cognitive decline.

Whether or not a person loses weight on the scale, they still reap the benefits of following the prescribed dose of 30 minutes of walking five (5) times per week (150 minutes per week).

It is better to be active with less intra-abdominal (visceral) fat than to have a "normal" BMI. So take your activity medicine because the research overwhelmingly shows the importance of being moderately active as many diseases are preventable with a dose of just 150 minutes of moderate physical activity per week.

<http://bjsm.bmj.com/cgi/content/full/43/1/1>



Eating healthy during a Night Shift

How you eat during a night shift can affect the way you feel and your energy level. Protein-rich foods (meats, beans, nuts, etc.) can help keep you alert. Carbohydrates (breads, pasta, rice, etc.) can help provide energy, but too much of them can make you sleepy.

When planning meals for your night shift, include a protein choice such as meat, nuts, or a milk product, and a moderate amount of carbohydrates such as fruits and vegetables, or whole grain products. Eat smaller meals and snacks since large meals can also make you feel tired. Some examples of good meal and snack choices are:

- hummus, whole wheat pita, fruit, and milk.
- salmon salad sandwich, yogurt, and 100% juice.
- grilled chicken, part-skim cheese, whole wheat roll, and vegetables.
- bean burritos, cheese, salad, and fruit.



Try to stay hydrated with water, milk or 100% juice, and limit your caffeine intake to less than 400 mg per day – that's about three 8-oz. (237 ml) cups of brewed coffee.

For more information, please call the Health Action Line at 1-800-660-5853 or 613-345-5685, or visit our website at: www.healthunit.org/nutrition



P-P-Parenting? Triple P Parenting Program available to local parents

The Positive Parenting Program (Triple P) uses small changes that make a big difference to families. The program is based on 25 years of research and offers a system of proven solutions that help solve parenting struggles.

Triple P has what it takes to help, whether you're looking for:

- ✓ Tips on parenting in general.
- ✓ What to expect at your child's stage of development.
- ✓ Help with a specific problem such as tantrums, sleeping, or bullying.
- ✓ Help with more complex family issues such as anger or relationship conflict.

A network of child and family serving agencies, members of the Every Kid in Our Communities Coalition, have trained practitioners so that families can access the acclaimed Triple P program within Leeds and Grenville counties.

For more information, call the Health Action Line at 1-800-660-5853 or 613-345-5685.

What you should know about:

PERSONAL SERVICES



There are various aspects through which people identify themselves. Personal services are one way in which people express themselves and their fashion sense. Personal services include tattooing, body piercing (nose ring, nipple jewelry), ear piercing, manicure, aesthetics, and waxing. Because there are health risks associated with these procedures, it is important that you protect yourself. Many procedures in personal service settings have the potential to transmit blood borne diseases such as HIV, Hepatitis B, and C, if proper precautions are not taken.

When choosing a place for personal services, here are some questions to ask:

- Is the operator willing to discuss the procedure and associated risks and answer all your questions?
- Does the operator provide written aftercare instructions for invasive procedures?
- Is the establishment visibly clean, and does cleaning occur between clients?
- Does the personal services worker wash their hands often, and after each client?
- Does the operator use disposable instruments, or properly cleaned and disinfected instruments?

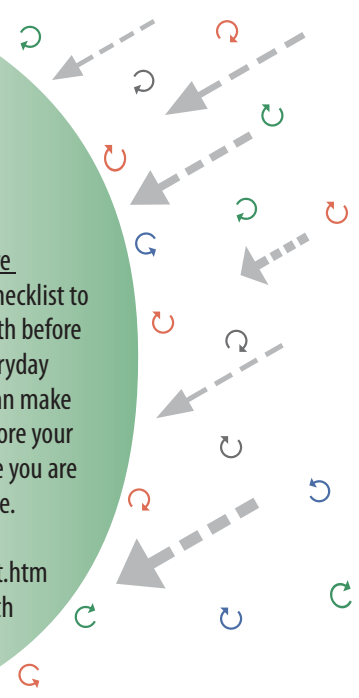
With all this in mind, it is important to understand that the choices you make today may affect your health for the rest of your life! For more information, please contact your local health unit, or visit the following web- sites:

- <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/tat-eng.php>
- <http://life.familyeducation.com/teen/parenting/48432.html>

Planning a pregnancy? What about hazards in your environment?

As future parents, knowing the potential hazards in your surroundings can help you make choices and changes before pregnancy. The Best Start Resource Centre has a detailed checklist to guide and advise you. The Environmental Checklist for Health before Pregnancy covers the air you breathe, the food you eat, everyday chemicals you use, and renovations you might make. You can make your own checklist of the things you may want to avoid before your pregnancy and during your pregnancy. This will help ensure you are the healthiest parents and have the healthiest baby possible.

Go to: <http://www.healthbeforepregnancy.ca/environment.htm>
Then, scroll down to find "Environmental Checklist for Health before Pregnancy".



Rabies Vaccination Clinics Fall 2009

Wednesday, Sept. 9, 2009 2:00 – 6:00 pm
Wednesday, Sept. 16, 2009 2:00 – 6:00 pm

LANARK COUNTY

- **ALMONTE**, Almonte Veterinary Services, 10 Industrial Dr.
- **CARLETON PLACE**, Carleton Place Veterinary Hospital, 120 Coleman St.
- **CARLETON PLACE**, Valley Veterinary Clinic, 339 Townline Rd. E.
- **LANARK**, North Lanark Veterinary Services, 1095 Sheridan Rapids Rd.
- **PAKENHAM**, Mississippi Veterinary Services, 2809 Highway 29 S.
- **PERTH**, Perth Veterinary Clinic, Sunset Blvd.
- **SMITHS FALLS**, Lanark Veterinary Clinic, 88D Cornelia Street West
- **SMITHS FALLS**, Smiths Falls Veterinary Services, 455 Highway 29

LEEDS AND GRENVILLE COUNTIES

- **ATHENS**, Athens Municipal Works Garage, 44 Elgin St. North
- **BROCKVILLE**, Gord Watts Municipal Centre, 251 North Augusta Road
- **ELIZABETHTOWN-KITLEY**, Brockville Area - Public Works Garage, 7509 New Dublin Rd.
- **GANANOQUE**, Public Works Department, 665 Charles Street North
- **KEMPTVILLE**, North Grenville Public Works Garage, Concession Rd.
- **MERRICKVILLE**, Merrickville Fire Hall
- **PRESCOTT**, Prescott Works Garage, Sophia St., N.

ONE DAY ONLY

SEPT. 9, 2009, 2:00 - 6:00 pm

- **CHANTRY**, Municipal Office, 1439 County Rd 8.
- **WESTPORT**, Westport Fire Hall, 33 Spring Street

SEPT. 16, 2009, 2:00 – 6:00 pm

- **NEW** - Public Works Garage, 5328 Algonquin Road, Augusta Township
- **ELGIN**, South Crosby Ward Garage, Davis Locks Rd.
- **PERTH**, Dr. R. D. Fish, 10 Harris Street

Dogs & Cats must be on a leash or in a carrier.
Fee: \$15.00 - Cash only (GST included) per animal.



What is Up with Influenza this year?



We are expecting an unusual influenza season. The Leeds, Grenville and Lanark District Health Unit will be providing seasonal influenza immunization in community clinics across Leeds, Grenville and Lanark in October and November. The seasonal influenza vaccine will also be available at your primary care giver's office earlier than usual.

This vaccine is safe for anyone six months of age and older.

This year there will be another influenza vaccine designed to protect the community from the Pandemic (H1N1) 2009 Influenza that has been circulating around the world. This vaccine is expected to be available later in the fall, following the seasonal influenza program. Details about the clinics for the Pandemic (H1N1) 2009 flu immunization will be posted on the Health Unit website as soon as we confirm delivery dates from the Ministry of Health and Long Term Care.

To stay healthy and prevent the spread of influenza, whether it's the seasonal flu that circulates each winter or pandemic influenza, follow these simple steps:

- ✓ Get a flu shot annually.
- ✓ Wash your hands frequently.
- ✓ Use respiratory etiquette by coughing into your sleeve or a tissue.
- ✓ Keep shared surfaces clean – door knobs, light switches, telephones, keyboards, etc.
- ✓ Stay at home when sick.¹

¹ Public Health Agency of Canada. "Flu prevention checklist." <http://www.phac-aspc.gc.ca/influenza/flupec-eng.php> (26 June 2009).

Current, accurate information about the fall 2009 seasonal flu clinics will be available locally in newspapers, on the radio, and on the Health Unit website at: www.healthunit.org

Pandemic (H1N1) 2009

For more information on the Pandemic (H1N1) 2009, check out our website at: www.healthunit.org For more information about "Pandemic Influenza and the Workplace", click on "Workplace Health" on the left side, and view our **Healthy Workplace Guide**. Scroll to "Web Resources" on pandemic planning, and click on "What you should know about Pandemic Influenza" for an interactive PowerPoint presentation.

2009 Fall Pap Clinics

No Doctor or Nurse Practitioner?
Call to book a FREE Pap test with
a female nurse practitioner:

September 30, 2009

CPHC Brockville Community
Family Health Team
Phone: 613-345-5077



October 5, 2009

North Lanark County
Community Health Centre
Phone: 613-259-2182



October 14, 2009

Merrickville District
Community Health Centre
Phone: 613-269-3400



All Clinics are
3pm to 7pm

All women who are,
or have ever been,
sexually active
should be screened
for cervical cancer.

Cancer of the cervix
can be prevented with
regular Pap tests.



For more information about the Pap test,
Human Papillomavirus (HPV), and cervical
cancer:

- Call the Leeds, Grenville & Lanark District Health Unit's Health ACTION line at 1-800-660-5853 or 613-345-5685 or visit: www.healthunit.org
- Call the Canadian Cancer Society at 1-888-939-3333 or visit: www.cancer.ca