

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.

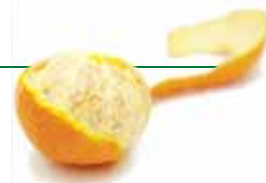
If you need further information or assistance, please call the Canadian Mental Health Association (CMHA) at 1-613-345-0950, or go to their website at: <http://www.cmha.ca>

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

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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.

