

# LIVE WELL WORK WELL



Health and wellness tips for your work and life, presented by:



Your solution for a healthier workforce.

## Stress Less

According to the U.S. Department of Health and Human Services not all stress is bad. We experience stress from job promotions, weddings, child birth etc. All good things. But chronic ongoing stress can lead to health problems.

Preventing or learning to manage our stress can help lower our risk of serious health conditions such as heart disease, depression, high blood pressure, and obesity.

You can manage your stress by first being able to recognize it and next having a plan to help you manage it.

### Signs of Stress

Angry, Irritability, Depression, Unable to focus, Headaches, Back pain, Problems sleeping, Upset stomach, Tense muscles, Weight gain or loss, Frequent illness/colds

### Instant Stress Reducers

#### **Energy Shake**

In a standing position: stretch your hands to the ceiling; drop your hands to your sides; shake each hand separately, shake each foot separately, rotate your head, take two deep breaths.

#### **Five-Minute Revitalizer**

Start your day by reading inspirational material the first thing in the morning (i.e. Bible, poetry)

#### **Slow Down**

Really look at something please and beautiful. Absorb the scene. Let it slow you down.

#### **Vacation Break**

Take a 60-second to 5-minute vacation. Picture yourself someplace that is relaxing to you.

#### **Deep Breath**

Breathe in deeply. Then breath out deeply. As you breath in think "re" and as you breath out think "lax". You can use other words such as peaceful and serene. Repeat a few times.

### Spring Allergy Alleviation

Springtime allergies are an annual nuisance for many people. Mold growth increases due to rain and many plants begin releasing pollen. Likewise, spring-cleaning activities can stir up dust mites. To reduce your allergies, be sure to take the following steps:

- Wash your bedding every week in hot water to help keep pollen under control.
- Wash your hair before going to bed, since pollen can accumulate in your hair.
- Wear an inexpensive painter's mask and gloves when cleaning, vacuuming or painting to limit dust and chemical inhalation and skin exposure.
- Vacuum twice a week.
- Limit the number of throw rugs in your home to reduce dust and mold.
- Make sure the rugs you have are washable.
- Change air conditioning and heating air filters often.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

## REFRESHING WATERMELON SALAD

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon (cubed)
- ½ cup red grapes (halved)
- ¼ cup walnuts (chopped)
- ¼ cup feta cheese

### PREPARATIONS

1. Using a large salad bowl, toss all the ingredients together. Enjoy!

Makes: 4 servings

#### Nutritional Information (per serving)

Total Calories	215
Total Fat	11 g
Protein	6 g
Carbohydrates	27 g
Dietary Fiber	4 g
Saturated Fat	3 g
Sodium	281 mg

Source: USDA

## Age Well in the Workplace

One in every 5 American workers is over 65, and by 2020, 1 in 4 American workers will be over 55, according to the U.S. Bureau of Labor Statistics.

As the average lifespan increases, people will likely be working beyond the typical retirement age. This means it is critical to stay healthy throughout your life.

If you are over the age of 50, consider being screened for the following life-threatening conditions:

- Colorectal cancer
- Diabetes
- High blood pressure
- High cholesterol
- Obesity

Likewise, if you are over the age of 60, consider being immunized annually for the flu, shingles and pneumonia. Prioritizing health now will allow you to live a longer, healthier life well into retirement.

## CRITICAL HEALTH CHECKS FOR WORKERS OVER 50



#### GET SCREENED FOR:

- Breast cancer
- Cervical cancer
- Colorectal cancer
- High cholesterol



#### GET IMMUNIZED FOR:

- Influenza
- Pneumonia



#### YOU'RE AT RISK IF YOU:

- Smoke
- Binge drink
- Overeat
- Have high blood pressure

