

Live Well, Work Well

April 2019

Health and Wellness Tips for Your Work and Life



**CENTRAL
CAROLINA**
COMMUNITY COLLEGE
HUMAN RESOURCES



6 Tips for Managing Stress at Work

Forty percent of all employees reported their job was very or extremely stressful, according to a study from the U.S. Centers for Disease Control and Prevention. Anxiety from heavy workloads, deadlines and interpersonal conflicts can put large amounts of pressure on any employee. And, if left unaddressed, workplace stress can lead to safety risks, lower performance and health problems.

Stress affects everyone differently, but there are some common strategies you can use to manage it when you're in the workplace:

1. Prioritize your work. Create a list of tasks that must be done and then break them down into smaller, more manageable assignments so you don't get overwhelmed.
2. Avoid multitasking. Often, it's best to focus on a single project for as long as possible so your attention isn't split between too many tasks.

3. Communicate with your managers and co-workers. Other employees may be able to help you complete tasks or offer helpful suggestions.
4. Don't be afraid to take breaks. Even if there's a big deadline on the horizon, a short break to talk to a co-worker or take a walk can prevent you from burning yourself out.
5. Keep ergonomics and comfort in mind. An uncomfortable chair or sitting position can add to your stress without you realizing it, so it's important to adjust your workstation so you aren't slouching or straining.
6. Avoid conflicts. Even if you disagree with someone, take some time to look at a problem from multiple viewpoints and avoid responding right away.

SAVE THE DATE: April 25th



Health & Fitness Science Students present

Get Fit Poker Walk

1:00 p.m. – 2:00 p.m. Lee County Campus Gym

Inside:

Healthy Recipe	Page 2
Air Pollution and Your Health	Page 2
3 Reasons Why Your Stomach Always Hurts	Page 2
Spring Clean Your Health	Page 3
Resilience Online Seminar	Page 4

Pasta Primavera Salad

12 ounces whole-grain pasta
1 package frozen mixed vegetables
1 package dry vegetable soup mix
1 cup low-fat salad dressing (unsalted)
½ cup reduced-fat cheese (shredded)
3 hard-boiled eggs (sliced)

PREPARATIONS

1. Cook pasta according to package directions. Rinse in cold water to stop cooking and prevent sticking. Drain.
2. Cook vegetables until just tender. Drain and cool.
3. Combine cold pasta, vegetables, envelope of soup mix and salad dressing.
4. Top with sliced eggs and cheese.
5. Refrigerate until time to serve.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	365
Total Fat	6 g
Protein	16 g
Carbohydrates	61 g
Dietary Fiber	5 g
Saturated Fat	2 g
Sodium	558 mg
Total Sugars	8 g

Source: USDA



Air Pollution Affects More than Your Overall Health

According to a study conducted by the International Food Policy Research Institute, breathing polluted air is attributed to “significantly reduced” verbal and math scores, and cognitive impairment that can lead to an increased risk of developing Alzheimer’s disease or other forms of dementia.

What can you do?

Although the United States experiences lower air pollution than other major countries, it’s important to be aware of how your daily activities can contribute to air pollution. Here are some things to consider:

- Research the household products that you use to determine if they’re harmful to the environment.
- Monitor home and working environments to make sure that there are adequate airflow and proper exhaust systems installed.
- Refrain from smoking, especially indoors, to make sure that this specific type of smoke doesn’t pollute the air you’re breathing.

Don’t Forget About Indoor Air Pollution

Americans spend 90% of their lives indoors, where the air is 2-5x more polluted than outdoor air.

The most common pollutants are:



Airborne particles



Indoor formaldehyde



Household gases



Ozone

3 Reasons Why Your Stomach Always Hurts

If you’re having chronic stomach problems, you should contact your doctor, but also evaluate if these three things may be to blame:

1. **Your diet is one-note**—adding variety to your diet will introduce more good bacteria to your stomach, helping get rid of the bad, discomfort-causing bacteria.
2. **You’re eating too many nuts or raw veggies**—these fibrous foods can cause serious discomfort since they’re harder to digest.
3. **You’re overly stressed**—when you’re feeling the pressure, your stomach is likely to be upset in one way or another.

SPRING CLEAN YOUR HEALTH

With the beautiful weather and renewed energy the season brings, many will tackle the yearly ritual of spring cleaning. But decluttering closets isn't the only thing that can create a feeling of satisfaction. Take a look at your lifestyle — are there areas that could use a little refreshing? Try these techniques to start anew:



GATHER A GROUP. The more, the merrier! Brisk walking is among the best exercises and can be a fun team sport, too. Make it a time to catch up with friends and loved ones. Have a friendly competition between groups to rack up the most steps or miles.



TAKE STOCK. Focusing on the positive seems to multiply good things in life. It's especially motivating to appreciate your abilities and gifts. For example, give thanks for being able to move your body or having access to fresh, nutritious foods. Try guided meditation (check out marc.ucla.edu/mindful-meditations). Research reveals an important link: The more you appreciate life, the more apt you are to care for yourself.



FIND ADVENTURE. Get outside and explore. Hike a nearby park or take a new jogging route. Attend a different fitness class or sample an exotic food. Unfamiliar experiences have the power to delight. And as Antarctic adventurer Ben Saunders suggests, you just may get hooked on fun and challenge, spurring you to seek more.

Make a list of 3 motivating activities you can add or update to rejuvenate your dedication to healthy choices:



TAKEAWAY





Understanding Resilience

Brought to you by:
Your EAP



April

Visit your home page starting
April 16th:

TOLL-FREE:
800-633-3353

WEBSITE:
www.mygroup.com > My Portal
Login > Work-Life Services

USERNAME:
cccc2014

PASSWORD:
guest

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just call or log on to get started.

ONLINE SEMINAR

When we are resilient, we are able to adjust quickly to new conditions, change our personal direction if required, and incorporate every life event more smoothly into our lives. Resilience involves being aware of our feelings and accepting them, which is one of many things.

This session will help participants understand what being resilient entails. They will delve deeper into the first step towards resilience, which is understanding and acknowledging one's feelings.

Your Employee Assistance Program is available to help you, 24/7.