



# WELLNESS & YOUR HEALTH

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## October Newsletter



### October Wellness Champion

**Richard Carvalho**

## UL50 YEARS

### 50 Ways to Stay Well

Each week we share a new wellness challenge that can help you improve your physical and mental well being. Along with a challenge, we will share local resources and links to help you enhance your wellness in 2017!

**Follow our [Facebook page](#) for daily wellness tips & ideas**

#### **37- Take Your Breaks**

As a full time employee, we typically have a mandated lunch break and 1-2 coffee breaks, but how many people take these breaks? Too often, workers get too involved in what they are doing and opt to skip breaks to work more- this is bad for your health! The brain and body needs breaks, you might find your ability to concentrate wane if you don't take the few minutes to step away from your work and refocus.



#### **Upcoming Events**

**10/3 - 12/04**

**Health Check for U**

8AM - 10:30AM

M2009, M2011

[Register here](#)

[More info here](#)

**10/24**

[#ReThinkTheDrink Campaign](#)

1 pm

UHall Atrium

**10/25**

**11th [Annual Life Balance Fair](#)**

10 am - 1:30 pm

1st Choice Centre for

The 18th annual Lost Soul Ultramarathon was held on September 8-9, 2017 in Lethbridge. The trail course runs through the river valley coulees on public and private land. In this event, 320 ultra-marathoners race against each other, the elements and the unrelenting hills in one of three distances: 100 miles, 100 km or 50 km. It is a gruelling course with record high temperatures this year reaching 34 degrees Celsius in extremely smoky conditions from the forest fires. The race attracts runners from all over the world. This year a University of Lethbridge employee Richard Carvalho reached a milestone which only a select group has achieved. He finished his 10th (local) 100 mile race, 16<sup>th</sup> overall ultra race. There are only 2 other runners who have achieved this milestone of completing 1000 miles. The completion rate for the 100 mile race is less than 50% every year and in particular this year the finish rate was 33% (19 out of 57). Richard had a strong finish time of 27 hours and 20 minutes which is well below the maximum allowable time of 33 hours. Congratulations to Richard on such an incredible accomplishment!

Richard's extensive running journey began when he came across someone wearing an Ultramarathon T-Shirt, and thought it was a myth. However, through his own research found this to be true and decided to pursue this personal undertaking. Richard values the Lethbridge community with businesses like Runner's Soul encouraging community engagement and running, and the terrain that we are surrounded with - the coulee trails and river-bottom landscape. As Richard describes his running career with a humbling smile, he says that anyone can complete these races. It is all a part of a personal undertaking, with no pursuit of recognition, to fulfill a personal endeavor. It becomes a focus of your mental ability and how you can overcome times of lows, sleep deprivation, and exhaustion. Although Richard has faced his own challenges regarding these lows, he has persevered with the support

So you've realized the importance of breaks and added them into your day—hooray! Now: How to spend your well-deserved break? Here are a few suggestions, each with proven benefits!

- **Take a walk** – walking increases blood flow to the brain, which can boost creative thought. Regular walks can enhance the connectivity of important brain circuits, combat age-related declines in brain function and improve memory and cognitive performance. [Download the University of Lethbridge Walking maps](#) for both indoor and outdoor route.
- Join the [Run, Walk, Talk](#) drop in walking/running group on Wed's at 12:10 - 12:50 in the Quad north of Markin Hall.
- **Eat** - Replenish your brain with a snack—try some [brain-and productivity- boosting foods](#) such as nut, avocados, blueberries, fish, dark chocolate, whole grains, and carrots.
- **Read** - Read a (non-work) book—especially fiction. Studies have shown that individuals who frequently read fiction are better able to understand other people, empathize with them and see the world from their perspective.
- **Get a coffee** - OK, you probably already thought of this break option. But are you timing your coffee breaks correctly? For people who wake up between 6 a.m. and 8 a.m., the optimal times for consuming caffeine fall somewhere around 9:30 a.m. to 11:30 a.m. and 1:30 p.m. to 5:30 p.m. Remember to pair your coffee with a glass of water!
- **Doodle** - Let your mind wander as you put pen to paper for some creative free time. Research shows that doodling can stimulate new ideas and help us stay focused.
- **Listen to music** - Focusing on music can significantly improve our motor and reasoning skills, and it has a variety of health benefits as well.
- **Exercise** - Exercise gives you more energy and help you gain focus. You can pack in a decent workout in under 10 minutes, and switching to a different kind of task gives your mind needed rest.
- **Talk to friends or coworkers** - Yup, even hanging out with coworkers for a bit is a productive break! Research shows that

Sport and Wellness -  
Track

**10/26**  
[Blood Pressure Check](#)  
8 - 11:00 am  
12 - 3:00 pm  
PE Atrium

**10/30**  
[Blood Pressure Check](#)  
8 - 11:00  
Markin Atrium

**10/31**  
[Blood Pressure Check](#)  
1 - 4:00 pm  
UCA Atrium

**10/31**  
**Lunch and Learn**  
**'Spooky Science' with**  
**Dept of Chemistry and**  
**Biochemistry**  
12 - 12:45 pm  
AH100 (note room  
change AH100 is correct)  
[Register Here](#)

**11/1**  
**Mini Massage**  
10 - 12:00 pm  
L1114  
[Register Here](#)

**11/1**  
**Flu-Lapalooza**  
2 - 6 pm  
Lethbridge Exhibition  
Park  
Main Pavillion

**11/8**  
**Fentanyl/Opioid and**  
**Naloxone Training**  
10:30 am - 12 pm - and  
12:05 - 1:30 on 11/8  
UHall room E690  
Register for Free training  
- [janice.driver@uleth.ca](mailto:janice.driver@uleth.ca)  
Students, staff and

and encouragement he receives. "It keeps me going," says Richard.

Richard describes the Ultramarathons as a fortunate and fun experience to challenge your body and mind. His enjoyment stems from the trails and how your foot is placed and how the trails beckon you. He finds himself experiencing a meditative release while occupying the mind and body. Richard has expressed that he will continue on with these races and his running career for as long as he can, as long as it's fun!

Congratulations on your remarkable accomplishment, Richard. Although, completing an Ultramarathon may not be for everyone, the philosophy to stay active for as long as you can and as long as it is fun – is something I think we all can strive towards!!



talking with colleagues can increase your productivity.

- **Meditate** - One of the most powerful ways to relax your brain in a short amount of time is a session of meditation. Meditation [lowers stress levels](#) and improves overall health as well as creativity.
- **Go outside and see some nature** - Spending time in nature is good for your immune system and has been shown to improve focus and relieve stress.

### **38- Curling**

We don't like to think about it, but winter is upon us and why not get out this winter and get moving? Curling is an excellent national sport that is low impact, for all ages, and can get you off the couch and moving and socializing on those cold winter evenings.

- Curling is an inclusive sport and can be played by anyone, at any age, and of any ability. Unlike many organized sports, you don't have to have a high level of physical activity to be able to play. It's even possible for someone in a wheelchair to participate in curling by using a delivery stick.
- Curling is inexpensive. A full-year membership at a big city club costs around \$400 while a smaller city club may cost around \$200 for a 20 to 24 week season. It also doesn't require much equipment. To begin curling, all you need is a pair of rubber-soled shoes and loose-fitting pants like yoga or track pants. Clubs typically supply brooms and sliders for new players. Once you're hooked on the game, you may wish to purchase curling shoes, which range in price from \$50 to \$350, and brooms, which can cost \$40 to \$250. The stones are always supplied by the club.
- Curling has physical health benefits. While you don't need to be in terrific shape to be a good curler, the sport can get you moving. Sweeping is an excellent cardiovascular activity, and throwing the stone can help to improve your balance and hand-eye coordination.
- Curling is a social sport. Like any team sport, curling involves a great deal of camaraderie. There are four members on a curling team

faculty welcome!

**11/21**  
**Lunch and Learn**  
**'Effects of Sitting' with**  
**Dr. Jennifer Copeland**  
 12 - 1 pm  
 AH 137  
[Register Here](#)

**11/29**  
**Mini Massage**  
 1 - 3:00 pm  
 AH 100  
[Register Here](#)

**12/6**  
**Lunch and Learn**  
**CPA Canada 'Financial**  
**Literacy' with Rose**  
**Hong Le**  
 12 - 1 pm  
 AH 100  
[Register Here](#)

**Mindful Employer Sessions**  
 Wellness will be in touch with your department to set up 1 hour workshops in one of the following areas: **Accommodation, Resolving Conflict, Workplace Collaborations, Responding to Mental Health Issues.**  
 Click [Here](#) for more info or contact [wellness](#)



did you know?



**Staff, Faculty, Students**

WORKERS' COMPENSATION is a type of insurance which covers any accident that arises out of, or occurs in the course of employment.

All Workers' Compensation claims must be reported to the WCB, by Employee Wellness **within 72 hours of the accident** (WCB Section 28(2)). If you require a "Workers" report for submission to WCB, please see the following link: [Reporting an Injury to WCB](#)

If this happens please also complete a [Campus Accident Incident Report](#)

Reporting early helps us meet our deadlines, but also helps YOU get the medical treatment you need!



**Get Your Blood Pressure Checked**

-

**Start your Fall Semester Well!**

The Lethbridge College Nursing Students will be on campus:

and you'll play against another foursome  
One of the key benefits of curling, especially for newcomers, is the diversity found in curling clubs.

Curling has been found to help women in rural settings fight seasonal depression. People in rural settings face poor road conditions, limited recreational resources, more isolation and therefore, higher rates of seasonal depression than average Canadians. Curling is a way to get them out, to socialize, and to be active. So hurry! Hurry hard! Sign up for a beginner workshop or find a rec league now!

**39- Build a Better Relationship with Coworkers**

You can't choose your co-workers but you can control what kind of relationship you want to have with them. Psychologist and author Ron Friedman points out in his book, "The Best Place to Work," that workplace friendships are one of the strongest predictors of productivity and success, according to research.

Think about it, if you spend eight hours per day, five days per week and take three weeks off per year for vacation, you spend approximately 1,960 hours per year with your coworkers. Having a solid relationship with your coworkers definitely makes your entire work experience more enjoyable.

Here are some great tips on building better relationships from [The Everygirl](#).

- **Work Hard** - Start by making sure that your own job performance is up to par. Get your work done on time and respond promptly to co-workers.
- **Be Helpful** - Being helpful and conscientious instantly makes you more likable. So, offer to assist when your coworker is positively buried under work.
- **Avoid Office Gossip** - Falling into the office gossip trap is way too easy. In fact, at first glance, it might seem like a great way to actually solidify relationships in the workplace. After all, that person must really like you in order to take the time to approach you and gripe about your boss or another employee. But you don't need me to tell you that office gossip always comes back to bite

**App Corner**

**JEFIT:**

Looking to gain knowledge about weightlifting and cardio workouts? You should look to JEFIT! This app is for those just starting their workouts and want to get ideas of what to do. This is for people trying to find some new lifts to bolster their current routine. This app is user-friendly, allowing you to set goals, record workouts, and find exercises to target specific areas. The exercises have a short video on how to properly perform the exercise, and some tips on proper form! If you are looking for ideas of how to start a new workout routine or you want to "beef up" your existing routine, take a look at [JEFIT](#), a FREE fitness app!



**NEW on campus:**

**Run, Walk, Talk Program**

*Who is this*

- **October 26th at 8:00 am - 11:00 am AND 12:00 pm to 3:00 pm** in the **PE Atrium** above the Sports & Recreation Staircase
- **October 30th at 8:00 am - 11:00 am** in the **Markin Atrium**
- **October 31st at 1:00 pm - 4:00 pm** in the **UCA Atrium**

These students are looking to gain experience taking blood pressure. Take time out of your day and get your blood pressure assessed!



### Book in for your Mini Massage

The Lethbridge College Massage Therapy Students will be giving free 15-minute "mini massages" on campus.

The dates and locations are:

- **November 1 at 10 am - 12:00 pm** in **L1114**
- **November 29 at 1:00 pm - 3:00 pm** in **AH 100**

[Register Here](#) to book your appointment!



### 'RECLAIMING YOUR SOLE' SHOE

you. So, do your best to stay completely disengaged. After all, if the only things the office blabbermouth can think of to talk about is your boss' bad haircut or your coworkers' pending divorce, that's probably not a relationship you want to have flourish anyway.

- **Participate in Office Outings** - Company events are an amazing chance to get to know your coworkers outside of the four walls of your office. So get out there and participate in the outings your organization puts together! You'll get to connect with your coworkers on a different level—and you'll probably be surprised at how much fun you end up having. Hit a Wellness Lunch & Learn, go to the Art Gallery's social events, or sign up a team in the next Be(e) Amazing Race! Having something to connect over—other than your shared hatred for expense reports—can build a stronger relationship.
- **Find Common Ground** - Most of your interactions likely revolve around work-related issues. While you don't want to waste tons of work time gabbing about irrelevant subjects (it's a surefire way to annoy your boss), finding different interests and passions that you share with your coworkers is still a great idea. Having something to connect over—other than your shared hatred for expense reports—can help to build a stronger relationship.
- **Perform Random Acts of Kindness** - Pick up an extra coffee for your desk mate on your way into the office or leave a snack in the break room. These are all small, easy to manage actions—but they'll have a huge impact. Plus, it doesn't take a genius to know that everybody loves the person who's armed with free coffee and donuts.

### 40 - Breathing

'Ha' in Hawaiian means breath or breath of life. In yoga circles, "prana" is breath or vital energy in the body. To athlete's, proper breathing is vital to a good performance. So why do most people breathe primarily chest oriented and shallow? Typically, when angry or stressed, a person breathes faster and more shallow. When in pain or sick, we tend to take longer and deeper breaths to get relief. Short breaths cause oxygen deficiency in

### *program for?*

This program is for students, staff, and faculty interested in shared motion.

### *What is it about?*

It was created out of personal experience and backed by research.

Run, Walk, Talk is a **drop-in group** exploring the benefits of physical activity, community, and connectedness to emotional health and well-being.

### *What will a session look like?*

Beginning on **September 27**, participants will gather in the greenspace behind Markin Hall on **Wednesdays at 12:05 pm**. Each week will highlight a different topic related to physical activity and emotional health and wellness, while we run and walk together. New members are welcomed to join anytime!

*Please be prepared to complete a waiver prior to your first session.*



## Health

## DRIVE

This local shoe drive will collect used runners for all ages and sizes, particularly school aged children and teenagers.

### **DONATE TODAY!**

Shoes can be dropped off at: **Runner's Soul located at 2646 S Parkside Dr. or at the U of L Sports & Recreation Customer Service Desk located on the 1st floor of the 1st Choice Savings Centre.**



## **Flu-lapalooza 2017**

Alberta Health Services presents: Flu-Lapalooza on Wednesday November 1st, 2017 from 2:00 pm - 6:00 pm at the Lethbridge Exhibition Park - Main Pavilion (3401 Parkside Drive S., Lethbridge, Alberta).

### **Influenza immunizations made fun!**

- Teddy bears for the first 50 kids!
- Games hosted by the Lethbridge Public Library
- 'Wacky Shots' photo booth
- Face painting
- Interactive information booths from local agencies

the tissues and organs of our body and just isn't good!

Just walking around taking deeper breaths isn't the answer (though it'll help), there are different breathing techniques.

- **The Soft-Belly Technique** - Keeping your stomach relaxed (no pushing it out or in), inhale through the nose and exhaling through the mouth, while keeping your stomach relaxed. This technique is believed to stimulate the part of your parasympathetic nervous system that runs through your abdomen, chest, and back to your brain.
- **Alternate Nostril Breathing** - Sit comfortably with your eyes closed and use the thumb of your right hand to block your right nostril. Inhale deeply through your left nostril for six seconds. Next, cover your left nostril with the fourth finger of your right hand, release your right nostril, and exhale slowly for six seconds. Switch nostrils and repeat for about two minutes. This technique is believed to lower pulse rate and diastolic blood pressure.
- **The Bee Breath** - Sitting in a comfortable position, take a deep breath through your nose, then let out a high-pitched humming sound as you exhale through your nose. You should feel a vibration in your nose, as well as in your chest and head. This is believed to be a good breathing technique for anxiety.
- **The Pursed-Lip Breath** - Breath through your nostrils for four seconds and exhale for eight through lips puckered as if you were drinking from a straw.

## **41 - Recycling**

You've heard the many benefits recycling has on the environment and even the economy.

- **Reduces waste sent to landfills**
- **Reduces greenhouse gas emissions**
- **Conserves natural resources**
- **Create jobs**
- **Helps sustain the environment for future generations**

But recycling can also contribute to your own personal sense of well-being. Recycling can remind you how your actions affect the world at large. Many people think personal efforts have no effect, but

## **Check for U!**

### **How Old is Your Heart?**

What if you could have an assessment of your overall health here on campus? Or know your risk for having a stroke or heart attack in the next 10 years?

You can! U of L Wellness, and the Faculty of Health Sciences Nursing Students have teamed up to provide free confidential Cardiovascular screening to all staff and faculty of the University of Lethbridge, called "Health Check for U."

### **What happens at Health Check for U?**

The 15-minute screening (takes place in Markin Hall) includes:

- Measuring your height, weight, & waist circumference
- Taking your blood pressure
- A finger poke to obtain a blood sample for cholesterol and blood sugar levels

### **After screening:**

- A free light snack is provided!
- You'll come back for a 20-minute session where we will review your results with you and work with you to develop a



## Easy, Healthy Bag Lunches for Work

Find it difficult to find the time to sit down and have a meal, especially a healthy one? Find yourself going through the drive-thru rather than spend a little time to bring a lunch from home?

### The Alarming Truth:

Statistics from the U.S say that 10% of our disposable income are spent on fast food, and over 40% of Americans eat their lunch at their desks.

Bringing a lunch from home does not have to be bland or time consuming - check out the resources below for quick, easy, and affordable lunch ideas!

With little planning, you can be in a routine that satisfies your taste, while satisfying your wallet.

### Tale a look through:

[bbcgoodfood.com](http://bbcgoodfood.com)

From the BBC news channel, these lunch box recipes are quick and easy for you to prepare the night before, or even in the morning before work.

[eatingwell.com](http://eatingwell.com)

*EatingWell's* website has several healthy recipe

every little bit counts.

Recycling can also bring communities together. Simple programs that make a community stronger can be built upon the many benefits of recycling. Many people have found that their collective efforts in proper waste disposal have made their towns cleaner and happier. Others have found friends and supporters in their mission to change the world. In fact, it is one of the best ways to teach children about responsibility and taking an initiative. Check out our **Zero Waste Wellness Lunch and Learn** - booked for Feb 7 - watch for more details!

[Visit the website to learn more!](#)



Calgary Corner

Please check back in November for Calgary corner update!



## 11th Annual Life Balance Fair

**October 25th 10 am - 1:30 pm:**  
**on the indoor track of the 1st Choice Centre for Sport and Wellness.**

The Wellness Committee uses this event to increase students' and employees' awareness of the importance of workplace and school health and balance. Come out and celebrate 50 Years of Health

health lifestyle plan.

*Previous participants welcome to come and compare past results.*

**Book an appointment today! Limited sessions available. Register at**

**First Screening of the semester will be October 3, 2017**

**Or Contact:**  
**Suzanne McIntosh,**  
**Manager, Wellness & Recognition,**  
**for more information:**  
**[wellness@uleth.ca](mailto:wellness@uleth.ca);**  
**(403)-332-5217**



- Changes to the Alberta Blue Cross Member Website

As of July 10, there will changes to the sign-in process for the Alberta Blue Cross member web site. Bookmark the new sign in address [here](#).

Everyone who registers for the Blue Cross member site between July 10 and November 2,

ideas that are not only cost efficient, but can also be made in a pinch.

[forkly.com](http://forkly.com)

This article provides a few healthy yet simple dishes that can be made with limited ingredients. *Forkly* also has several other articles about food that can give you a new take on what and how you're eating.



## Retirement Planner Upgrades

The Retirement Planner will be updated to improve the service to plan members with changes expected to be introduced by the beginning of October. This will consist of an improved overall appearance, added communication tools, and member self-registration to allow your own reset of your password.

Things that will stay the same: preparing retirement estimates that use your actual data and you will continue to have access to your annual member statement.

Visit [here](#) for more news related to your pension plan!

and Wellness!

We hope to see you all there!



## Monthly Mental Wellness Tip

### Stress Management Techniques that work!



Summer is sadly well-over and routines are rolling - Are you handling your workload and managing any overwhelming feelings of stress?

If this is something that is a constant battle for you or just need a reminder of bulletproof techniques to get you through difficult times, this is for you!

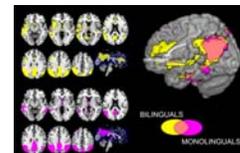
Many experiences in life will give you eustress, an emotional and physical phenomenon that will occur when good things happen. However, stress has another side to it that is known as distress, a dark-cloud weighted feeling that does not seem to go away.

For these distress moments, here are 7 ways to manage and flourish in times of need:

#### 1. Acknowledge that stress has benefits

Social scientists have discovered that stress or cortisol is what can get you out of bed and facing

2017 has a chance to win some great **prizes**. For more information, visit the [Blue Cross Member Website](#).



### Bilingual Brains Provide More Protection Against Alzheimer's & Dementia

If you speak two language, you have given your brain a huge boost against Alzheimer's Disease. This is according to a recent study published in the proceedings of National Academy of Sciences (PNAs).

This study recruited 85 people from Northern Italy who had all been diagnosed with early onset of Alzheimer's. 40 of the participants spoke only Italian, while 45 participants spoke Italian and German.

The bilingual speakers use more brain regions, according to the PET brain imaging scans. These scans revealed that bilingual speakers were using significantly more brain regions compared to Italian-only speakers, while engaged



### Public Service Pension Plan – Upcoming Payment Dates

- October 30
- November 29
- December 22

Visit [here](#) for more details!



**Updated Employee Pension and Benefits Great West Life Benefits Booklets are up on the website!**

Click [here](#) to view yours.

the day each morning. Without natural stress, it would be difficult for you to get out of bed and accomplish tasks in your day.

Eustress is your best friend - It is a feeling that you get when you finish a huge project, get a fantastic review, transition to a new job or enter a new relationship. To harness and capitalize on this eustress is what takes your existing action to the next level of focus and efficiency.

#### **2. Avoid "Stress Dumpers"**

You will come across people that spread negative energy anywhere they go, called "Stress Dumpers." These individuals bring others down to their negative level - without any productive or positive things to say.

You must be protective of yourself from any unnecessary distress by recognizing your interactions with these people. Keeping an appropriate distance, circumstantially, from stressed people will prevent their ability to "stress dump" on you.

#### **3. Observe and Learn From the Best**

Aside from "Stress Dumpers" there are those that manage to keep their cool in challenging situations. You can further manage your own stress by learning from these types of people.

**Scenario:** The next time you are in a group or conversation where one or more people are starting to increase their negative energy, observe those that are unusually collected. These people may be avoiding eye contact of the stressed person, breathing normally, or even talking with a normal tone of voice. Any of these (or other factors) can contribute to keeping calm in stressful situations.

#### **4. Practice Socially Acceptable Deep Breathing**

This may sound a little silly, but your body and mind can be tricked into relaxing just by using deep breathing. Try it out: breathe in slowly for a count of 7 and breathe out for a count of 11. Take your time and enjoy the process, and repeat until you notice that your heartbeat has slowed down. Continue if desired, but use this tip as necessary when other options do not seem to fit.

#### **5. Give Stress-Oriented Thoughts the Red Light**

in study tasks.

The imaging results from the PET scan, supported the concept of "cognitive reserve" which is described as a positive effect of cognitive abilities such as higher education levels and bilingualism. These can provide an enhanced ability to resist neurodegenerative conditions like dementia.

The second important note about this study is that the bilingual speakers were on average 5 years older than their Italian-only counterparts, yet both groups were in the early stages of Alzheimer's. Meaning that the bilingual speakers had a 5 year buffer of cognitive health before declining with this disease.

Other factors that applied when looking at lifetime risk and protection against Alzheimer's disease, include, diet choices, exercise patterns.

Source: [here](#)



### **Sleep Apnea and Memory Loss**

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The human mind is such a powerful entity in the body. Our brains can create whole trains of negative thoughts just by entertaining one unsavory idea. We often think of the scenario: *"If X happens, then Y is sure to happen and consequently ruin my day."*

The good news is that these thoughts do not need to hold an influence over your emotions. All you have to do is remind yourself that most negative things never happen. Instead consider planning your best day with positive reinforcements. There is no benefit to give power to those negative "what-ifs" as long as you replace them with something that is uplifting and constructive.

### **6. Know Your Stress Triggers and Hot Buttons**

Whether you are introverted or extroverted, Type A or Type B, you have stress triggers. We often struggle with distress because we only experience the emotional or mental breakdown after something else has happened.

There are two-ways you can battle through your personal hot-button moments.

**Tip #1:** the next time you feel stressed, have a paper and pen handy and take notes on what is making you feel stressed. This would give you the chance to reflect upon what might have led to the experience.

**Tip #2:** Intentionally structure and prepare for your day against distress. This may mean, having a water bottle handy, arriving early to a meeting, talking in person rather than over email, getting some extra sleep the night before, or any other strategy that would counteract stress. Preparing to live a life against distress will increase your fortress against the possibility of getting stressed.

### **7. Place Limits On What You Are Able To Do**

You may feel like staying late at the office or working all the way through the weekend just to be productive will benefit you, however, being a work-a-holic has it's negative effects. Doing too much in a short-period of time can cause you feelings of stress and getting burnt-out.

Commit yourself to eating nutritious whole foods, drinking plenty of water throughout the day and sleeping for seven to eight hours per night. If these become compromised, your health and social sanity may suffer. Without burning the candle at both ends,

Sleep is a vital biological function for humans, as we spend about 30% of our lives, asleep. "Good" sleep is needed for important memory consolidation, which is processing newly learned information. It is also vital to clear metabolic debris from the brain each day, which includes amyloid beta protein, which is a marker for Alzheimer's Disease.

Sleep Apnea and other sleep disordered breathing problems can lead to early cognitive impairment, especially for older adults over the age of 50.

To have disordered breathing can cause one or more pauses in breathing or shallow breaths while you sleep, which can last a few seconds or a few minutes and occurring 30 times or more in an hour. Then generally resuming breathing with snoring or a choking sound.

A direct result of sleep apnea is something called, hypoxia, which is a lack of oxygen supply to surrounding tissues, including the heart and brain. Sleep apnea related hypoxia is an accelerated risk of cognitive impairment by more than a decade, which is according to the ongoing research published in the journal

you will be able to enjoy your work more when you are accomplishing your tasks.

**Remember:** Stress, like eating and sleeping, is bound to happen as a normal part of life. However, stress does not have to be your enemy, as long as you know how to interact with and manage it. Please consider healthy decisions with diet and sleep, observe the people that you can learn from, and avoid your stress triggers. These strategies will help you to lead a perfect stress management life.

Source: Click [here](#)

Neurology.

### **Tips to Stop Sleep**

#### **Apnea:**

1. **Take the extra weight off.** If you struggle with being overweight or obese, having sleep apnea is a major risk factor, along with hypertension, high cholesterol, and diabetes - all of which is bad news for brain and heart health.
2. **Investigate Orofacial Myofunctional Therapy (OMT).** OMT is a structured method which trains the muscles in your neck and throat for better breathing at night when sleeping (as well as throughout the day).
3. **Consider CPAP if Tips 1 & 2 do not solve your sleep apnea.** While CPAP can be an effective approach, there are serious drawbacks to the device, such as low compliance rates among users, along with risks for nosebleeds, stomach discomfort, and

claustrophobia.

Source: [here](#)

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