

**August Comfort Zone** - Health and Wellness newsletter - This month's issue includes "Heads up, Smart Phone down; Digestive Health tips; Lyme disease; Protect your back" and more! Check out the Wellness Zone section. <http://www.uleth.ca/hr/wellness/newsletters>



# August Wellness & Recognition Newsletter



## Why You Should Stop Eating at Your Desk

Walk down a campus hallway between 12- 12:30 and you'll notice a trend, folks with their eyes focused on their

## Staying Well at U of L

Karis Dykstra  
of International Student Services

## Upcoming Events



### Westside Farmer's Market

The Westside Farmer's Market is held every Thursday from 3-6pm on campus in Lot R.

### Mental Health 1<sup>st</sup> Aid Training

September 16, 23, 30 & October 7  
9 a.m. to 1 p.m.

[More Info](#)

computers or paperwork while eating their lunches. And while you may think you're too busy to take a lunch break or you think eating at your desk is a better use of your time, keep these effects of eating while working in mind...

**1. You eat more.** "Distracted eating" is when you eat while preoccupied with TV, Internet, or a spreadsheet, and your body and brain don't properly process the amount of food you consume. As a result, the hormone leptin is often late to signaling the brain that it's time to stop eating, meaning you take in more calories than you need to to feel satisfied.

**2. You make poorer food choices.** People who sit at their desk for lunch are more apt to consume fattening foods all day long. That means less-healthy choices at lunch such as frozen dinners and nutrition poor sandwiches.

**3. You sit for longer.** Your body needs to move. In fact, research supports the fact that sitting for too long is extremely unhealthy. If you find an offsite venue to eat—be it a nearby restaurant or brown-bagging it at a local park—you'll do even more for your health by adding extra steps.

**4. Your brainstorming becomes blah.** Stuck on a problem at work? Getting up for a walk during the day—say, on your way to lunch—can



Karis likes to Stay Well at the U of L by walking around the pond.

This January she wanted to make an attainable resolution so she made the commitment to a healthy lunch and walk around the pond 3X/week.

**"I was a student here before I became staff, and never took advantage of the walking paths around campus."**

Karis loves that she can get out, get some exercise and enjoy nature briefly right here on campus.

**"It has done wonders for my productivity and mental well-being too."**

**Share how YOU stay well at U of L! Submit your activity [HERE](#).**



## **The Lunchtime Walk/Run Club is Back!**

Back in time to help you beat the heat! The Wellness Committee together with Sports & Rec will be offering university employees use of the indoor track from 11:00 a.m.- 1:30 p.m. during the month of August.

Employees can sign up at the Sports & Rec customer service desk and pay only \$5 a month for access.

Email [wellness@uleth.ca](mailto:wellness@uleth.ca) if you have any questions.



## **August Mental Wellness Tip**

### **Self-care strategies**

Self-care is crucial to your mental and physical well being at all times. So often we prioritize other things and schedule ourselves last which can have lasting negative effects on our physical and mental well being.

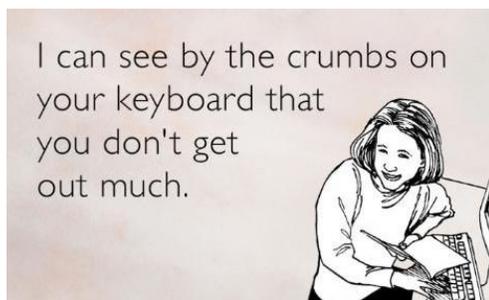
**Learning healthy ways to manage stress**

actually help you return to the office feeling refreshed.

#### 5. You miss out on socializing.

Eating away from your desk makes it more likely that you'll socialize, something that is good for your happiness, your health, and your company's bottom line. Studies show that office workers who socialize tend to be around 10 percent more productive than those who don't.

#### 6. Your desk, computer, and keyboard can get dirty with crumbs and germs.



If you take even 30 minutes to go eat in the break room or outside you will find a number of health benefits including;

**Better Productivity.** You are not a machine. In order to be more productive in any given day, you need to move away from your desk a few times per day including lunchtime.

**Increased Creativity.** When you “free yourself up” your brain is suddenly free to consider new, fresh ideas that can



## Alberta Quits is a Free Resource to Help You or a Loved One Quit Smoking

Whether you're considering quitting smoking, or have made the decision to quit smoking, there is free help through Alberta Health services and the [Alberta Quits](#) program.

With proven results, years of experience and thousands of “graduates”, [AlbertaQuits](#) can help you make your life smoke-free.

[Alberta Quits](#) offers a number of resources so you can choose the best way to find support through this journey.

#### Online

Finding out what works for you to relieve stress in a healthy way is an important part of staying well. We're all different, and what works for one person may not work for another.

Here are some suggestions:

- Engaging in physical activity
- Finding ways to use humour
- Learning how to meditate, using deep breathing, practicing yoga, praying
- Spending time in nature
- Getting acupuncture treatments
- Doing hobbies or other pleasurable activities
- Joining a club
- Writing in a journal

#### Taking care of your body

- Trying to make healthy food choices
- Seeking natural light every day
- Giving yourself enough time for sleep
- Staying hydrated by drinking plenty of water
- Finding regular physical activities that you enjoy
- Seeking help to end addictions

**Avoiding or quitting temporary fixes that can create other problems, such as:**

potentially solve the problems that were plaguing you while you were so vigorously pondering the issue. Letting your mind wander a bit over lunch can lead to new ideas and new inspiration

**You will become a more mindful eater.** Eating at your desk means that you are multi-tasking. Your attention isn't on your work, and it is certainly not on the food that I suspect you are practically inhaling. In order to be a healthy eater, you need to pay attention to what you are eating. You will enjoy your food more. You will ingest less of it. And, as a result, you should see the health benefits as well.

**You can get more fresh air.** One reason to leave your desk at lunchtime is to get outside and get some fresh air. You need to clear your head, and you need fresh air for better health.

**You can use lunch to network.** Networking is nothing more than getting with friends, colleagues, and new acquaintances, lunchtime is a perfect networking opportunity.

**Have the time to catch up with old friends.** We are sometimes so busy with work and family obligations that we lose track of our friends. We need friendships for a happier, healthier life.

As an AlbertaQuits member you will receive a personalized dashboard, supportive timely notifications, interactive activities, a guided quit plan and community support.

### Phone

Open 8am - 8pm seven days a week a Cessation Counsellor will help you develop a quit plan, deal with cravings, and provide ongoing support to keep you motivated.

### Text

The text program delivers evidence-based, supportive messages based on your quit date. You can use keywords at any time for additional support.

### Group Support

Come together to share your experiences, struggles and milestones with one another. Hear from other people just like you and share in each others strengths.

Alberta Quits has a great track record.

- 7,006 Members  
<https://www.albertaquits.ca/>

- Excessive consumption of coffee
- Alcoholic drinks
- Tobacco
- Overuse of prescription medication or using medications that are not prescribed for you
- Overuse of over-the-counter medications
- Street drugs

### Making time for yourself

- Taking regular vacations and other breaks from work
- Reading a good book
- Listening to your favourite music
- Going for a walk

Visit the [Wellness Page](#) to find more mental health resources.



## What to do if you encounter a rattlesnake

The University of Lethbridge's beautiful coulee setting makes it a serene campus, but it also means sharing the land with wildlife. This summer a patio was temporarily closed due to a rattlesnake den and a

Use your lunchtime to catch up with your friends. You won't be sorry.

When all is said and done, the research on getting away from your desk at lunchtime is very clear.

Research aside, however, common sense dictates that you need to take a break during the middle of the day if you want to do your best work.

## Give yourself a lunch break away from your desk. You deserve it.

did you know?

**You can request an extra 15 minutes on your lunch break to go work out?**

Fitting in a workout into the day can be hard and to make it simpler, the University allows employees who workout on their lunch hours to have an additional 15 minutes on their lunch break to change and get back to work. See [Employee Fitness Policy](#) for more info!

Visit Sports & Rec and inquire about lunch time classes, a gym membership,

- 76,784,761 Cigarettes not smoked
- \$38,392,381 saved
- 533,227 Days of life saved

If you're interested in learning more visit their website

[www.albertaquits.ca](http://www.albertaquits.ca) today!



## It's Not Too Late-Take that Summer Vacation!

*No one is indispensable. It's vacation time*

By: Marijke Vroomen Durning, July 5, 2016

According to a Statistics Canada survey, although full-time workers in Canada are legally entitled to a minimum of 10 working days vacation per year, 36% of full-time employees surveyed took fewer than their 10 days. And 19.3% of full-time workers didn't take any vacation days at all. And although it's not mentioned in the article, it's assumed many of the workers who do take vacation take some of their work with them, checking emails, working on small projects, and so on. We all know some people who

few snakes have been removed from campus.

### Avoid an encounter

**Remain alert.** Be aware of your surroundings when hiking in the coulees and stay on established trails.

**Listen up.** Listen for the rasp of a rattle, it's the snake's way of getting your attention to warn you of its presence.

### What to do if you see a rattlesnake

Back away slowly. Remain calm. Give the snake space.

Rattlesnakes are not aggressive and given a choice will retreat rather than strike. Prairie rattlesnake venom is not particularly lethal and no one has died from a prairie rattlesnake bite in Alberta.

### What to do if you are bitten

Remain calm and get to the hospital as soon as possible.

Do not try to suck or cut the venom out – it is very quickly absorbed into the bloodstream.

Walk don't run, as it will get your blood pumping faster.

or joining the lunchtime walk club for only \$5/month!

## Coming soon!

Watch for wellness updates from our Northern Campuses!

just can't let go, no matter where they are or what they're doing.

**Vacations are vital for our well-being and no one is doing anyone any favours by not taking their vacation.**

Even if we don't feel it, our body and mind take a beating from the stress and effort it takes to do our jobs well. Vacations help us relax and de-stress, they help us improve family relationships as we share new experiences.

Put in your vacation request today! Your mind and body will thank you for it.

Early treatment of rattlesnake bites will normally result in a complete recovery.

### **Who to contact on campus**

Notify Campus Security at 403-329-2345. They will have a specialist relocate the snake to a natural habitat.

It is illegal to kill rattlesnakes, possess rattlesnakes or their parts or damage occupied den areas. There are significant charges and fines for killing a rattlesnake in Alberta.

If you're interested you can follow [Rattlesnakes of Lethbridge on Facebook](#).

# EFAP Plan Smart Services

***Career Counselling, Childcare and Parenting, Financial Counselling***

The University of Lethbridge Employee and Family Assistance Program is a confidential FREE resource provided to help faculty, staff and family members (who are enrolled in the benefits plans) enhance their personal and workplace functioning. In addition to counselling, Homewood Health provides telephonic, individualized coaching as needed (advice, resources, support). Support materials, resources, or packages may be sent through standard mail or email.

Plan Smart Services include:

- Career Counselling
  - Childcare and Parenting
  - Financial Counselling
  - Legal Advisory
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- Pre-Retirement Planning
- Key Person Advice Line

## Career Counselling



Working with a career counsellor can help you identify and articulate your skills, aptitudes, values, personality traits, and interest as they relate to a career choice, and undertake career planning that fits your goals.

If you are dealing with career-related problems or conflicts, starting a new job, struggling to manage your time effectively, or want to advance your career utilizing this resource could be a big help.

Plan Smart empowers you with the information and support you need to help you make your career more rewarding and successful. When you call the Client Services Centre you can expect:

1. A few specific questions to make sure you receive customized service.
2. For a counsellor to call you and walk you through the types of support you could benefit from—online assessment tools, internet resources, printed materials, and more.
3. One-on-one coaching as needed.

**If you ever feel overwhelmed or stressed out by the career-related challenges you face, you can easily arrange counselling (face-to-face, over the phone, or through the internet).**

## Childcare and Parenting



As a parent you have one of the most important and complex tasks a person can have- raising a child. Do you occasionally feel overwhelmed/. Do you question whether you are doing the right thing?

If you are looking for parent coaching and support, seeking childcare resources, working with blending families, or need help raising a child with special needs, utilizing this resource could be a big help.

Plan Smart empowers you with the information and support you need to be the best parent you can be. When you call the Client Services Centre



you can expect:

1. A few specific questions to make sure you receive customized service.
2. For a childcare specialist to call you and walk you through the types of support you could benefit from—written materials, internet resources, printed materials, and more.
3. Homewood will be in touch with you as much as you need when you're using the materials and help you build the confidence to solve almost any parenting challenge.

**If you ever feel uncertain about your parenting skills or whether you're doing what's best for your child, you can easily arrange counselling (face-to-face, over the phone, or through the internet).**

### **Financial Counselling**



Achieving financial peace of mind is possible. By taking the right steps you can maintain a positive cash flow, get out of financial trouble, and be financially prepared should difficulties or crisis arise. Working with a financial expert can help you gain control of your money.

If you want to be in control of your money, are in over your head with debt, aren't sure what your FICO score is or are coping with a life transition, utilizing this resource could be a big help.

Plan Smart empowers you with information and support you need to help you achieve financial peace of mind. When you call the Client Services Centre you can expect:

1. A few specific questions to make sure you receive customized service.
2. For a financial expert to call you to discuss your financial situation.
3. Ongoing coaching to help you build the confidence to solve almost any financial challenge.

**If you ever feel overwhelmed by your financial responsibilities, you can easily arrange counselling (face-to-face, over the phone, or through the internet).**

**CALL HOMEWOOD HEALTH TO GET STARTED**

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**Toll Free English** 1 (800) 663 1142

**Toll Free French** 1 (866) 398 9505

**TTY (Hearing Assistance)** 1 (888) 384 1152

**International (Call Collect)** 1 (604) 689 1717

There is no cost to you for accessing Homewood Health; however there may be a cost to you for accessing the community services. If fees are assessed, the claim is eligible under the Health Spending Account. Need more info? Click [EFAP](#).

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