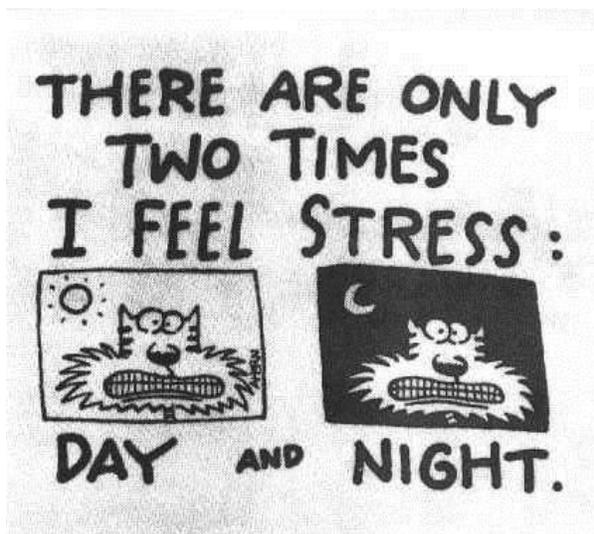


**September Comfort Zone** - Health and Wellness newsletter - this month's articles include - How to check for Pests in your home; Overloaded electrical outlets?; Tips to help parents control stress; Keep spiders out; Avoid back injury while lifting; and more! Check these out at <http://www.uleth.ca/hr/wellness/newsletters>



Welcome back to the start of a new year!



## How to Make Stress Your Friend

In a talk given at the at [TED](#) Global 2013 that had a million online views on the [TED](#) website within a few months, Kelly McGonigal, Health Psychologist, re-evaluated her ideas about stress in the light of new research on how the



### Workplace Strategies for Mental Health

The Great West life Centre for Mental Health in the Workplace has added brand new pages on the Workplace Strategies for Mental Health website. Check out these great free resources:

1. [Burnout response](#) - signs and symptoms of burnout to watch for and proactive steps for prevention



### Upcoming Events

9/22

**Lunch and Learn with Spencer Court, Associate Director, Campus Planning and Architecture** -

Join us for an **architectural tour** of campus.

Meet at the Climbing Wall, Main Floor, Centre for Sport and Wellness at noon

Join us for light lunch following the tour!

[Register](#)

beliefs held about stress, such as thinking of stress as bad, can affect health. Citing a study suggesting that those who believe stress is bad for them suffer an adverse effect on their life expectancy she now emphasizes that choosing to view one's stress response as helpful creates the "biology of courage", while connecting with others under stress can create resilience.

According to McGonigal: "The old understanding of stress as an unhelpful relic of our animal instincts is being replaced by the understanding that stress actually makes us socially smart -- it's what allows us to be fully human. Check out her TED talk [here](#)



## Some quick office ergonomic tips

Now that we are back on campus and gearing up for a busy semester, take a few minutes to ensure you stay limber and pain free while working long hours at your desk.

**Chair:** Adjust height so feet are firmly supported.

Thighs should be parallel to the floor, but so should forearms so you may require a footrest. Adjust lumbar support (back of the chair) up or down so it is supporting the curve in your low back.

**Monitor:** Adjust up or down so you are focusing with

- [2. Dementia response](#) - how to address this issue in the workplace
- [3. Supporting employees who are caregivers](#) - one in four Canadians is providing care to family or close friends. Strategies to support these employees.

[More resources](#) to support mental health at work and home.

**9/21**

**Quitcore -Tobacco Reduction program** in Lethbridge  
5:30 - 6:30 PM - Leth Public Library Crossings Branch W  
*contact AHS at 1-866-710-7848 to register or more info*

**9/23** Room D635 and

**9/30** Room L1112

**Mini-massage** - book your 15 minute massage with Lethbridge College massage therapy students!

**1:00 - 3:00 PM** - in 15 minute time slots.

[Register](#) or drop in!

**10/07**

**Lunch and Learn -**

**2nd Campus**

**Sculpture Tour**

*Noon in UCA Atrium*

*(by Fine Arts*

*Stairwell) [Register](#)*

**10/08**

**Health Check for U**

screening starts

**8:00 AM - 10:00 AM**

*Thursdays [Register](#)*

Markin Hall - M2009,

M2011

the top line of text at eye level. Enlarge font on Internet Explorer or Firefox with quick keystrokes (Ctrl +); to decrease (Ctrl -).

**Mouse:** Consider using non-dominant hand to operate mouse. Keyboard and mouse should be positioned just below elbow level. Keep elbows close to your body.

**Move, move, move!** No posture (sitting or standing) is ideal indefinitely; movement is needed. Drink lots of water, stand up and do a quick stretch, go talk to a colleague.

### Office Ergonomics: Computer Settings (PC)

- [Mouse on left and/or change pointer speed](#)
- [Increase display size](#)
- [Increase Outlook font size](#)

[WCB Alberta Office Ergonomics Self Checklist page 27](#)



**Mental Health Tip of the Month!** Build confidence: Identify your abilities and weaknesses, accept them, build on them, and do the best with what you have.

**THERE IS NOTHING IN THE WORLD SO IRRESISTIBLY CONTAGIOUS AS LAUGHTER AND GOOD HUMOR.**

CHARLES DICKENS

## Laughter: Good for the Mind, Body & Soul

1. Laughing helps relax tense muscles.
  2. Laughter reduces the production of stress hormones.
  3. Laughter and a positive attitude strengthen the immune system.
  4. Laughter allows a person to 'forget' about aches and pains and perceive pain as less intense.
  5. A good laugh is like an aerobic workout for the heart and lungs - increasing the body's ability to use oxygen.
  6. Laughter helps lower high blood pressure.
- As adults, spontaneous laughter is reduced significantly; time to find that inner child and have some great belly laughs!

Sources; Duke University, Loma Linda University, UCLA

