

February Comfort Zone - Health and Wellness newsletter - This month's issue discusses workplace etiquette, Back care, Debunking aging myths, Healthy eating tips and more! <http://www.uleth.ca/hr/wellness/newsletters>



February Wellness & Recognition Newsletter



How Andrew Hakin Stays Well at U of L

In October we conducted interviews with some of the University's senior leaders to see how they stay well at U of L.



Watch for the Spring into Wellness Challenge coming this March!

Staying Well at U of L Featured Employee

Laurel Corbiere- President's Office



Upcoming Events

2/10

**Lunch and Learn-
"Celiac/Gluten
Sensitivity"**

Speaker: Em Pijl Zieber
12:00 pm- 1:00 pm

[Register](#)

[Click Here for Details](#)

2/10

Mini Massage

L1112

10:00 am- 12:00 pm

[Register](#) or Drop In

**Andrew Hakin, Provost & Vice-President
(Academic)**

To read Andrews's full interview, [go to the Wellness website.](#)

What does Wellness mean to you?

Wellness means trying to keep a balance between my work, my mental health, and my physical health.

What physical activities do you do to stay well?

I'm a runner so I get out 3-4 times a week for 30-45 minute sessions. If I can get more than 25 km in a week I'm happy.

I also block out my lunch hours from my schedule so that I can get to the gym and run on the track or out in the community.

Do you have some tips for managing workplace stress?

"It's not a good move to carry other people's rocks in your back pocket." We tend to take on other people's problems but you can't take it all on. Limit the rocks you allow to weigh you down.

Discipline is another piece. It's easy to skip a workout in order to work but you need to realize that there will always be more work! You can skip several workout sessions but there will always be more to do, you'll never finish it all. Given that your work will never go away, accept it and go do something for you. **Don't**



Photo from a 2015 trip to Yellowstone National Park

Laurel enjoys the outdoors and going to new places. She is also an avid golfer who has been golfing for more than 15 years!

Thank you Laurel for sharing how **YOU stay well at the U of L!!**



February is Heart Month!

The February Heart Month canvass is a national, community-based fundraising campaign. Volunteers canvass for donations through the month of February, to support life-saving research and raise awareness of heart disease and stroke within their communities.

[Click Here for Details](#)

2/16 & 2/17

Mental Health First Aid for people who interact with youth

On campus training for people who interact with youth.

[Click Here for Details](#)

2/24

Lunch and Learn- "Gliding and working with disabled gliders"

Speaker: Geoff Minors
12:00 pm- 1:00 pm

[Click Here for Details](#)

2/29

**Knit n/ Knatter/
Crochet n' Chatter**
12- 1 p.m.
Main Gallery- W600

[Click here for details](#)



Join the Wellness Lunch Walk/Run Club!

Sponsored by the Wellness Committee and Sport & Rec, this program

allow yourself to feel overwhelmed by your workload.



Nutrition Tips for Shift Workers

Shift work means working outside the usual 7 am to 6 pm time period. Working shifts can upset your body's "internal clock." Your "internal clock" tells your body to be awake during the day and to sleep at night.

When you work shifts, you may find it hard to know when and what to eat. It may also be hard to find enough time to exercise regularly. Common problems include:

- a change in your appetite;
- trouble falling asleep or getting a good night's sleep;
- weight loss or weight gain;
- constipation, diarrhea, gas;
- indigestion, heartburn or stomach ulcers; and
- high blood pressure.

The good news is that by eating well and keeping active you can avoid some of

80%
OF PREMATURE
HEART DISEASE
AND STROKE IS
PREVENTABLE

70,000
CANADIANS
DIE EVERY YEAR FROM
HEART DISEASE AND STROKE
— THAT'S ONE LIFE TAKEN EVERY
7 MINUTES

1.6 MILLION
CANADIANS
ARE LIVING WITH
THE EFFECTS OF
HEART DISEASE AND STROKE

Today, heart disease and stroke take one life every 7 minutes and 90% of Canadians have at least one risk factor.

Visit the [Heart & Stroke Foundation of Canada's website](#) for more information.

Ten tips for heart-smart eating

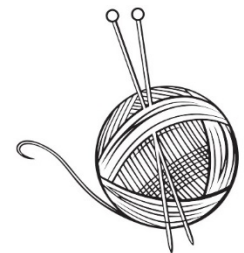
([Source](#)) Choosing better-for-you foods and using heart-smart cooking techniques can help you control risk factors for heart disease, such as high cholesterol and elevated blood pressure. Here are 10 ways to be good to your heart.

1. **Cook heart-smart.** Choose cooking methods that use less salt and calorie-laden fat. Steam, bake, broil or grill instead of frying. Reduce salt by avoiding bouillon or salty broth (use water instead); add lots of herbs and spices to enhance flavour.
2. **Choose whole grains.** The fibre in whole grains like oats, quinoa, whole wheat and barley can help lower blood pressure.
3. **Nix trans fat.** Linked to clogged arteries and high cholesterol, trans fat

allows University employees to use the indoor track at lunchtime for only \$5 a month!

The indoor track will be open from 11 a.m. - 2 p.m. to accommodate various lunch schedules. Sign up at the Sports & Rec desk and pay \$5/month and get in a lunch time walk or run in the climate controlled indoor track.

Every time you sign in to use the track, your name will be entered into a draw for monthly prizes! Visit the [Wellness Website for more info!](#)



Knit n' Knatter/ Crochet n' Chatter is back!

Monday, February 29

&

Monday, April 11

12 – 1 pm

*Main Gallery - Centre for
the Arts - W600*

Open to all! Experienced crafty folk can bring their own projects or new comers can come and try

these problems. Follow these nutrition tips to stay healthy, alert and feel your best at work and when you are at home.

1. **Eat your “main meal” before going to work.** Have a small meal and healthy snacks during your shift. Be careful not to overeat on the job.
2. **Pack your own healthy snacks.**
3. **Avoid fatty, fried or spicy foods.** Foods such as hamburgers, fried chicken and spicy chili may lead to heartburn and indigestion. Eating too much fat can also increase your risk of heart disease and type 2 diabetes.
4. **Avoid sugary foods and drinks.** You may feel a quick boost of energy after having a chocolate bar or sugary soft drink. This feeling doesn't last long and you may experience low energy levels later on.
5. **Take your time eating.** You deserve your break, so enjoy every single bite of your meals and snack!
6. **Stay well hydrated.** Drink plenty of water to prevent dehydration. It may help you to stay alert and not feel so tired during your shift. Low fat milk, tea, unsweetened herbal tea, and lower sodium 100% vegetable juices are other nutritious beverages that you can drink. Watch the amount of 100%

is a no-no for happy hearts.

4. **Control your portions.** The amount we eat has increased over the past two decades.
5. **Cut back on sodium.** More than 70% of Canadian adults exceed their upper limit of 2,300 mg of sodium per day, which raises the risk of high blood pressure.
6. **Max out vegetables and fruit.**
7. **Eat more beans.**
8. **Cook from scratch.** When you control what goes into your food, you can cook with less salt, sugar and fat, and add more vegetables and whole grains.
9. **Drink skim milk:** Since getting two or three daily servings of low fat dairy products can help reduce blood pressure levels, it's important to have milk and yogurt in your diet.
10. **Enjoy fish more often:** The healthy omega-3 polyunsaturated fat found in fish may help decrease blood pressure and triglyceride levels, which helps lower heart disease risk.

making a granny square with assistance from gallery staff and volunteers.

The program is an informal event to view the exhibitions, swap knitting tips, and enjoy the public space of the gallery.

Check out the new exhibition of Drawings from the University collection, “Works for the Drawing Bar” curated by Kaitlynn Smart, graduate of the Museum Studies Program at the U of L.



“Don't underestimate the value of Doing

How old is your heart?? Find out at [Health Check for U](#)

fruit juice you drink because the calories can add up quickly.

7. **Watch the caffeine.** Drinking coffee, tea and other caffeinated beverages can help you stay alert. But caffeine can stay in your system for up to eight hours. This can affect your sleep. Switch to decaffeinated drinks, unsweetened herbal tea or water about four hours before bedtime.
8. **Avoid alcohol.** Avoid drinking alcohol after work and when you get home. A drink may make you feel more relaxed, but alcohol can disturb your sleep.
9. **Have a light snack before bedtime.** It's hard to fall asleep when you're too hungry or too full. If you're still hungry after work eat a small healthy snack before bedtime.
10. **Stay at a healthy body weight.** Healthy eating and active living play a big role in helping you reach and maintain a healthy weight. When you have a healthy body weight, you'll lower your chances of getting heart disease, diabetes and some types of cancer.

Snack Healthy at Work



Nothing, of just going along, listening to all the things you can't hear, and not bothering."

- Winnie the Pooh

Small healthy snacks can help keep you energized when you're hungry between meals. Pack snacks in your lunch bag so you don't have to rely on vending machines or coffee shop treats. Try these snacks:

- Hard-boiled egg and a few whole grain crackers
- Plain or vanilla Greek yogurt with berries
- Apple slices with almond butter
- Veggie sticks with black bean dip
- Protein-packed bars

Snacks to keep at work

Keep some non-perishable foods at work for those times when packing snacks just doesn't happen:

- Light tuna
-

- Fruit cups
- Trail mix
- Granola, nut or seed bars
- Cereals
- Crackers and bread sticks

MENTAL HEALTH TIP OF THE MONTH

Identify and deal with Moods: We all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.

