

**June Comfort Zone** - Health and Wellness newsletter - This month's issue discusses summer safety, high pressure hazards, being a positive influence on new hires and more! Check out the Wellness Zone section. <http://www.uleth.ca/hr/wellness/newsletters>



# June Wellness & Recognition Newsletter

Road to Rio 2016



## BEE AMAZING RACE

We are four weeks into the six week challenge and the race is close!

At the time this newsletter was sent our leaders are:

### Top 3 Teams

- Horns Rec Roadrunners
- Fearless Fireflies
- R.O. to Rio

### Top 3 Individuals

- Michelle Hogue

## Staying Well at U of L Anamaria Turuk



Anamaria has been participating in recreational softball for 13 years. Currently she plays mixed slow-pitch in both a "A" Division



### Upcoming Events

- 6/8  
**Lunch & Learn-  
Investments  
Planning for the  
Future**  
12:00 PM- 1:00 PM  
AH 100  
[Event details](#)

- Julie Crowe
- Lacie Terpstra

In June we have two more weeks of weekly wellness challenges as we race through the country of Brazil to make it to the sunny shores of Rio de Janeiro.

#### **Week 5 (May 30-June 5)- [Get Wet](#)**

Working out in the pool is an amazing low-impact workout that gives you great strength and cardio training. This week we channeled racers to channel their inner César Cielo Filho (Brazil's most successful Olympic swimmer) and hit the pool 3x this week for a swim workout.

#### **Week 6 (June 6- 12)- [Bike to Work](#)**

Cycling has become a huge part of the Olympics and includes mountain bike, road racing, track racing, and BMX. This week we want you to get on two wheels and bike (or walk) to work at least 3 of the 5 days.

#### **BONUS CHALLENGES**

**Get Bendy-** Spend 30 minutes stretching for three days or take three yoga classes this week.

**Rest Up-** We encourage participants to take a break at least five times and to try going to bed 30 minutes earlier than usual.

team and a "B" division team. League usually starts on the last week of April and often times runs till mid-August and is followed by Fall Ball, a more fun league. Often the team you play for will also play tournaments during the weekend, and some of them are camping tournaments which is also a blast!

She was first attracted to the activity because it was a great way to meet new people and compete in a sport where you can always be improving. Slo-Pitch is also great for exercise since you do a lot of base running which is similar to the interval running - really fast and then stop - then repeat.

She first started slo-pitch in Jr.High and played throughout High school. It was a sport that she could play in her small town that was relatively inexpensive. She didn't have much professional help along the way but learned as she played and had coaches while on the Jr and High school teams.

To play softball you need a glove and cleats or turf shoes. Optional items include bats, batting gloves, ball pants (if you wanna slide) and often times a ball bag to carry your equipment.

Anamaria says it's important to always stretch - before and after. A misconception about slo-pitch is that you just sit a majority of the time - you do sit but you have a lot of running when you are up to bat and a lot of quick movements (plays often happen fast) when you are in the field. (Even more running if you are in the outfield). If you want to improve you will need to practice your swing as it changes throughout

**6/22**  
**Lunch & Learn-Sculpture Walk**  
12:00 PM- 1:00 PM  
[Event details](#)

**6/30**  
**Bee Amazing Wrap-Up and Prize Awards - 'Carnival!'**  
11:30 AM- 1:30 PM  
- lunch at noon  
AH100 -email [wellness@uleth.ca](mailto:wellness@uleth.ca)  
to RSVP  
[Event details](#)  
Watch for more details!

**7/13**  
**Lunch & Learn-Retiring Well**  
12:00 PM- 1:00 PM  
AH 100  
[Event details](#)



**Mental Wellness Resources**

University staff & faculty have



## **STAND UP FOR YOUR HEALTH**

### **10 things you can do to start moving more at work**

(and they don't require a sit to stand electric work surface or other device!)

1. Stand up when the phone rings
2. Stand up to retrieve printed documents
3. Avoid printers on desktop[ and place outside easily seated reach or share with a few co-workers outside your cubicle
4. Stand at a tall file cabinet to perform reading/writing tasks
5. Stand and sit quickly 4x/hour for 10-15 seconds every 15 minutes
6. Stand up to drink water or beverage at your desk
7. Hold shorter standing meetings
8. Walk to the cubicle of a coworker to talk
9. Conduct "walk and talk" meetings if just 2-3 people
10. Engage in active stretching prior to meetings and periodically through your work day

For a downloadable copy of these ten tips please [CLICK HERE](#).

the season.

Anamaria suggests to have fun and don't get frustrated if you can't make the play or the hit and just enjoy the company of friends and the beautiful weather!

If you are interested in joining a rec softball team visit <http://lethmixedslowpitch.com/> and get your name on the spares list or just ask around with your friends. Also keep in mind that you may want to play competitive but might only find a rec team and that is ok! She originally started with My Goonie team in "D" division and we stayed there for 2 years and this year they have made the "B" division.

Softball keeps Anamaria very active and busy and she has made very close friends that are like family.

**"I have also gained confidence in myself and have managed to hit a handful of home runs!"**

*\*The photo is of my Super Slugger team I coached at an Enchant Tournament, the only requirement was to be dressed as your favorite superhero and to have fun!*

**Share how YOU stay well at U of L! Submit your activity [HERE](#). You don't have to be participating in the Bee Amazing Race to share your wellness journey!**

recently been affected by tragic events and this can cause mental stress and strain. Staying mentally well is vital for a healthy and happy life and we strongly encourage all employees to visit our Mental Wellness Resource Links tab on our [website](#).

For Managers, a great resource is Homewood Health's ["Supporting Grieving Managers."](#) This handout gives you recommendations for supporting your employees through a hard time.

Here's great new perspective on stress - watch this 15 minute video to start to change your thinking [Kelly McGonigal - Why stress is not our enemy](#).

## Self Defense Part 2

Other great



## Coulee Clean Up

A big thank you to the volunteers who came out and helped at the Coulee Clean Up around the Water & Environmental Science Building on May 18! In just under two hours, our little group collected 11 bags of garbage as well as Styrofoam, plastic PVC piping, and a large piece of plywood.

If you couldn't make it but want to help clean up a coulee, contact the [Helen Schuler Nature Centre](#).



Brandie Lea shared her knowledge with U of L staff once more at a second self defense session for May's Lunch & Learn.



## Self Defense Tips

### Prevention

- Be alert & aware of your surroundings
- Walk with confidence at a brisk pace and with head up and shoulders back
- Pay attention to your instincts
- Avoid distractions (ie. headphones or phone)

### Escape

- When being attacked take a moment to ask yourself "what am I going to do?" to avoid panic. Control your fear.
- Attackers don't want to be noticed, recognized or caught so ask questions (ex. What do you plan to get out of this? What would your mother think?)
- Shout loud
- If you can't run commit to being savage

resources available include;

- Someone close to you has passed away
- Adapting to a difficult event

And remember that the [Employee Family Assistance Program](#) (EFAP) is always available. This confidential service will connect you with expert advice, counselling, and treatment to put you on the path to achieving and sustaining wellness.  
1-800-663-1142

  
**Canadian Blood Services**  
*it's in you to give*  
**World Blood Donor Day**  
**June 14**

The World Health Organization (WHO) promotes World Blood Donor Day to serve as a thank you to voluntary,



- Don't be nice, they AREN'T!

### Key Target Areas

- Eye- scratch and use all fingers
- Ear- only takes 7lbs of pressure to rip it off
- Chin/jaw- can knock someone out due to "brain shake"
- Nose- Easy to break and causes eye watering
- Face- Scratch to cause disfiguring
- Throat- Same pressure as crushing a pop can to crush a trachea
- Elbow joint- 5-8lbs of pressure to break it
- Groin
- Knee- easily dislocated especially when bearing weight

unpaid blood donors for their life-saving gifts of blood and to raise awareness of the need for regular blood donations to ensure the quality, safety and availability of blood and blood products for patients in need.

Transfusion of blood and blood products helps save millions of lives every year.

Contact the Lethbridge branch of Canadian Blood Services to book your donation appointment!