

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

June 2018



It's Summer!

Be sure to beat the heat as days get warmer.

Your body is constantly in a struggle to disperse the heat it produces. Most of the time, you're hardly aware of it – unless your body is exposed to more heat than it can handle. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death. There are [several heat-related illnesses](#). Those most at risk include:

- [Infants and young children](#)
- Elderly people
- Pets
- Individuals with heart or circulatory problems or other long-term illness
- People who work outdoors
- Athletes and people who like to exercise – especially beginners
- Individuals taking medications that alter sweat production
- Alcoholics and drug abusers

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off, according to the CDC.

- Drink more liquid than you think you need and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

Adapted from: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/heat>

Heat-Related Illness:

Heatstroke

Heatstroke occurs when the ability to sweat fails and body temperature rises to a dangerous level quickly. It's often fatal or results in organ damage. Someone experiencing heatstroke will have very hot skin and an altered mental state. Seizures can result. Ridding the body of excess heat is crucial.

- Move person into the shade in a half-sitting position
- Call for emergency help immediately
- Humidity below 75% - spray the person with water and fan them vigorously
- Humidity above 75% - apply ice to neck, armpits or groin
- Do not give aspirin or acetaminophen
- Do not give the victim anything to drink

Heat Exhaustion

When the body loses an excessive amount of salt and water, heat exhaustion sets in. People who work outdoors and athletes are very susceptible. Symptoms are similar to the flu, and include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. They may also include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature. Heat exhaustion can turn into heatstroke, so treat the victim quickly.

- Move them into shade or air-conditioning
- Give water or other cool beverages
- Apply wet towels or put them in a cool shower

Heat cramps

Heat cramps are muscle spasms usually affecting the legs or abdominals, often after physical activity. Excessive sweating reduces salt levels in the body, resulting in heat cramps. Persons with pain or spasms in the abdomen, arms or legs should not return to work for a few hours.

- Sit or lie down in the shade
- Drink cool water or a sports drink
- Stretch affected muscles
- Seek medical attention for heart problems or if the cramps don't get better in an hour

RECIPE OF THE MONTH

Summer Veggie Salad

Source: www.allrecipes.com



It's Fresh Fruit and Veggie Month! What better way to use those summer veggies than a quick, fresh salad?

Prep: 20 minutes

Cook: 5 minutes

Ready in: 1 hour 5 minutes

Makes: 8 servings

Ingredients:

5 ears corn, husked
1 (15 oz.) can black beans, rinsed & drained
2 avocados, diced
1 bunch fresh cilantro, roughly chopped
1 pint cherry tomatoes, halved
1/4 large red onion, thinly sliced
1 jalapeno pepper, seeded and chopped
1/4 cup olive oil
2 limes, zested and juiced

Directions:

1. Place corn into a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 5 minutes. Drain and cool corn. Cut kernels from cob.
2. Mix corn kernels, black beans, avocados, cilantro, tomatoes, onion, and jalapeno pepper together in a bowl.
3. Whisk olive oil, lime zest, and lime juice together in a bowl; pour over corn mixture and toss to coat. Refrigerate until chilled, about 1 hour.

Pack in the Produce this Summer



Breakfast

- Slice open a melon, cantaloupe or grapefruit.
- Add bananas, raisins, dates or berries to your cereal.
- Add chopped up vegetables to your eggs or potatoes. Try onions, celery, green or red bell peppers, or spinach.

Lunch

- Enjoy a hearty fruit and vegetable salad.
- Add veggies to your sandwich – try cucumber, sprouts, tomato, lettuce or avocado.
- Eat a bowl of vegetable soup.
- Have a piece of fruit or raw veggie sticks instead of chips or fries.

Snacks

- Keep raw veggie sticks handy, such as red bell peppers, cucumbers, green beans, celery or carrots.
- Carry dried fruit, like raisins, dates or apricots, in your bag for snacks on the go.
- Grab some fresh fruit - apple, banana, orange
- On hot days, munch on frozen fruits or vegetables, such as grapes, berries, peas or bananas.

Dinner

- Have a side salad.
- Add a side of steamed or microwaved vegetables – frozen make it easy!
- When you use the oven to cook your meal, put in a whole potato, sweet potato or yam at the same time.
- Add chopped vegetables like onions, carrots, garlic and celery when cooking soup, stew, beans, rice, spaghetti sauce and other sauces.
- Add some frozen peas for the last three minutes of cooking when cooking rice.

Adapted from: <https://healthyforgood.heart.org/add-color/articles/how-to-eat-more-fruits-and-vegetables>



Happiness Hacks!

Happiness is a lifelong pursuit of meaning, purpose, and fulfillment. While it could take years of persistence to deeply transform your life, there are scientifically-tested strategies that have been shown to provide an immediate happiness boost. Such activities provide a modest but lingering increase in happiness, but when practiced consistently over time, they become happiness habits, energizing you to live your dreams and passions. Here are 5 strategies that you can practice right now:

Do Some Jumping Jacks

Aerobic exercise boosts one's positive mood. Physical exercise can lift you up when you need it the most. A recent study from Halmstad University in Sweden analyzed 15 different studies and found that physical exercise can be an effective treatment of mild and moderate depression. Body and mind are inseparable. A couple of minutes of jumping jacks may go a very long way.

Call a Friend or Family Member

Positive social connections are a cornerstone of happiness and health. A conversation with a friend can have a lasting positive effect, increasing your energy and cultivating motivation. In fact, simply belonging to a social group or having a minimal personal connection with another person creates lasting and significant drive. If there are people around you right now whom you like and appreciate, walk up to one and talk with them—or pick up the phone and say hi.

Write Down 3 Things You're Grateful for

Many people maintain a journal in which they write down the things for which they are grateful. The simple exercise of acknowledging your good fortune by identifying “three good things,” has been shown to provide both an immediate and lasting effect on happiness. In a study published in 2012, positive psychologists Stephen Schueller and Acacia Parks tested this strategy in an online setting and found that the benefits lasted as long as six months. A small uptick for six months in return for just five minutes of writing is a good deal.

Imagine the Best-Case Outcome for Your Near Future

Research consistently shows that imagining your “best possible self” makes you significantly more optimistic, delivering a range of positive emotions. In line with common belief, thinking positively (yet realistically) about the future is a self-fulfilling prophecy. Take a few minutes to imagine and write down the best-case scenario for the coming months or years. You may be surprised to discover how bright this possible future may be.

Set an Intention for the Day

One of the most established and validated models of psychological wellness was published by Carol Ryff of the University of Wisconsin nearly 20 years ago. It includes six elements that constitute happiness, of which one's autonomy is the most prominent. Setting a daily intention to guide your day puts you in the driver's seat, where you can make conscious decisions, rather than react to incoming demands. You may not be able to get your way all the time, but simply being aware of what you intend to accomplish will provide you with a sense of purpose and an opportunity to be consistent in the way you interact with the world.

Adapted from: <https://my.happify.com/hd/make-yourself-happier-in-5-minutes/>

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