

City Of Mission's



Live Well, Work Well

September 2018

Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Stress Management.

How To Put More 'ooh and ah' Into Your Day

Stress is your body's natural defense mechanism. This can be good in emergencies, such as getting out of the way of a speeding car. But stress can cause physical symptoms, and even cause or worsen health problems, if not managed correctly when responding to life's daily challenges and changes. And no one likes to feel anxious, afraid, worried and uptight from out-of-control stress.

What changes may cause stress? Any type of change can make you feel stressed, even good change. It's not just the change or event itself, but also how you react to it that affects your stress level. For example, one person may not feel stressed by retiring from work while another may feel stressed.

Common stress triggers include being laid off from your job, a child leaving or returning home, death of a spouse, divorce or marriage, illness or injury, a job promotion, financial problems, moving, or having a baby.

Stress for Success

The first step in dealing with stress is learning to recognize it. Early warning signs of stress include tension in your shoulders and neck, or clenching your hands into fists.

Next, choose a way to deal with your stress. One way is to avoid the situation that leads to your stress. This may not be possible, but you can change how you react to stress. Here are some tips that can help:

- Don't worry about things you can't control.
- Prepare for events that you know may be stressful, like a job interview.
- Try to view change positively rather than as a threat.
- Work to resolve conflicts with other people.
- Seek help from family, friends or professionals if needed.
- Set realistic goals at home and at work.
- Exercise regularly.
- Eat well-balanced meals and get enough sleep.
- Meditate by practicing relaxation training, stretching or deep breathing.
- Escape from daily stresses with group sports, social events and hobbies.

If you're experiencing stress symptoms, talk to your family doctor to rule out any other health problems that may be causing them. Your doctor can also give you more good advice on keeping your stress under control.

Source: American Academy of Family Physicians

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Next Month's Issue:

Breast Cancer Awareness

Managing the Pressures of Stress

Stress is a normal part of life, and it affects everyone in one way or another. Low to moderate levels of stress can actually be good for you when managed properly. But extreme levels of stress can take a physical and mental toll on your health and contribute to severe problems such as heart attack, stroke and depression.

Although you can't completely eliminate tension from your life, you can reduce your emotional and physical stress levels by making small changes.

Try the following tips to help manage your stress:

Understand how you experience stress

Everyone experiences stress differently. How do you know when you are under extreme stress? You may think or behave differently from times when you do not feel stressed.

Identify your stressors

What events or situations trigger stressful feelings? Are they related to your children, family, health, finances, work, relationships or something else?

Learn your own stress signals

You may have a hard time concentrating and making decisions, feel angry, irritable or out of control. Some people experience headaches, muscle tension or a lack of energy when stress is high.

Source: American Psychological Association

Keeping Good Company at your Company

How to build winning relationships with co-workers

Everyone could probably agree that a job is only as good as the relationships you have with your co-workers. When you consider all the time you spend together, strong relationships are an important foundation for a positive work experience. Still, it is a fact of life that at some point you'll most likely have to deal with someone who is rude, a bully or who sabotages your work. We all have bad days too, which means our co-workers will also have to deal with us.

Day in, day out stress from poor work relationships doesn't have to negatively impact your job. Try these suggestions to build a friendly climate of mutual respect:

- Be positive and warm around others
- Learn to communicate effectively
- Be a team player
- Avoid gossip
- Try to resolve conflicts
- Don't brag or take too much credit
- Respect co-workers' private issues
- Avoid harassment
- Be courteous

The old saying "kill 'em with kindness" couldn't be truer when it comes to your working relationships. Challenge yourself to present your best attitude around your co-workers and you very well may get the same in return.

Source: Mayo Foundation for Medical Education and Research





Sharpen your chill skills

Stress is a fact of life. It may seem hard to chill out when worry strikes, but dwelling on problems can make them seem bigger. Try replacing negative thoughts with positive ones to help keep stress at bay.



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Puzzle



Find-A-Feeling

WORD SEARCH PUZZLE



S	E	C	H	S	S	D	S	D	L	A	O	W	I	C
F	T	S	O	T	D	D	U	W	H	N	E	S	T	O
E	I	I	E	N	T	H	O	P	E	F	U	I	A	D
U	O	E	D	T	F	R	U	S	T	R	A	T	E	D
L	I	L	O	C	R	I	C	I	T	A	T	S	C	E
T	O	S	S	I	E	O	D	L	O	A	U	U	D	S
H	L	N	E	X	C	I	T	E	D	F	I	O	O	I
A	I	D	E	K	C	O	H	S	N	A	R	L	K	R
P	F	E	N	L	R	S	U	O	I	T	U	A	C	P
P	T	R	R	H	Y	D	C	F	P	D	F	E	U	R
Y	S	O	A	R	S	U	O	V	R	E	N	J	H	U
E	T	B	G	I	H	O	P	E	F	U	L	R	O	S
N	C	N	E	R	D	R	T	R	O	A	F	E	D	A
W	A	P	D	R	E	P	I	P	T	E	T	E	S	A
L	S	U	I	O	T	T	L	T	R	H	O	Y	G	S

SURPRISED
NERVOUS
AFRAID
CAUTIOUS
CONFUSED
ECSTATIC
EXCITED

ENRAGED
HAPPY
ANGRY
FRUSTRATED
BORED
JEALOUS
WORRIED

PROUD
HOPEFUL
CONFIDENT
LONELY
SHOCKED
HOPELESS
SAD

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Let's Get Moving!

Move Of the Month:

21-DAY Lose Pounds & Inches

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	DAY 1 Fat Blasting HIT Workout >	DAY 2 HIT Your Arms Workout >	DAY 3 9 Moves to Blast Low Handles >	DAY 4 Fat Burning Muscle Building Workout >	DAY 5 HIT Your Chest >	DAY 6 7 Minute Body Weight Blast Workout >	DAY 7 Rest Day >
	7 Moves to Blast Thigh Fat >				HIT Your Back >		
WEEK 2	DAY 8 10 Minute Body Weight Circuit for Butt & Thighs >	DAY 9 HIT Your Arms Workout >	DAY 10 Abs HIT Workout >	DAY 11 Fat Burning Muscle Building Workout >	DAY 12 HIT Your Chest >	DAY 13 Inferno 4-Minute Fat Burn >	DAY 14 Rest Day >
		Summer Tricep Toning Workout >	Beginner's 4-Minute Fat Blaster >		HIT Your Back >		
WEEK 3	DAY 15 6 Exercises for Leaner Legs >	DAY 16 HIT Your Arms Workout >	DAY 17 Abs HIT Workout >	DAY 18 Fat Burning Muscle Building Workout >	DAY 19 HIT Your Chest >	DAY 20 HIT Total Body Toning >	DAY 21 Rest Day >
		Summer Tricep Toning Workout >	Beginner's 4-Minute Fat Blaster >		HIT Your Back >		



Take Five and Take Charge of Your Stress

Stress is what you feel when you react to pressure. Many things can contribute to stress including work, family or friends, health issues, a death, divorce or moving. Stress is a normal reaction and is caused by your body's instinct to protect itself from emotional or physical pressure, or in extreme situations, from danger.

Stress becomes unhealthy when we react to these events in a negative way or try to control them too much. Feeling depressed, laughing or crying for no reason, blaming others for bad things that happen to you, headaches and trouble sleeping are all signs of stress. When this happens there are some things you can do to make positive changes. These five steps can help:

Step 1:

Make a list of the things that are causing your stress. Accept that you can't control everything on your list.

Step 2:

Take control of what you can. For example, if you have too many personal commitments, eliminate ones that may be taking too much of your time.

Step 3:

Give yourself a break. Remember that you can't make everyone in your life happy all the time. And it's okay to make mistakes now and then.

Step 4:

Don't commit yourself to things you can't do or don't want to do. If you're already too busy don't take on more responsibilities than you have to, whether at work or at home.

Step 5:

Find someone to talk to. Talking to supportive family members and friends can help because it gives you a chance to express your feelings. If you feel you can't talk with a friend or someone in your family, seek outside help.

While you can't avoid stressful events in life, how you deal with them can make all the difference. Take five now and take stress management to a healthier level.

Source: American Academy of Family Physicians



Stress-busting Strategies

Recognize how you deal with stress

Determine if you are using unhealthy behaviors such as smoking, drinking alcohol or over/under eating to cope. Are these routine behaviors, or are they specific to certain events or situations? Do you make unhealthy choices as a result of feeling rushed or overwhelmed?

Find healthy ways to manage stress

Consider healthy, stress-reducing activities like meditation, physical activity or talking things out with friends or family. Keep in mind that unhealthy behaviors develop over time and can be difficult to change. Try not to take on too much at once. Focus on changing only one behavior at a time.



Take care of yourself

Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Ensure you have a healthy mind and body through activities like yoga, walking or playing sports. Take regular vacations and breaks from work. No matter how hectic life gets, make time for yourself.

Reach out for support

Accepting help from supportive friends and family may improve your ability to manage stress. If you continue to feel overwhelmed by stress, you may want to talk to a psychologist or counselor who can help you better identify and change unhealthy behaviors.

Source: American Psychological Association

Healthy Recipe

Fresh and Light Veggie Pad Thai

This versatile one-pot packs plenty of vegetables, plant protein, whole grains and flavorful herbs. Pad Thai may look daunting, but you can use any vegetables you have on hand and it takes just 15 minutes to cook. Restaurant versions use fried rice and heavy sauce. This healthy homemade recipe tastes better and isn't overly oily. Try this for your family's next Meatless Monday dinner or prep lunches for the whole week.

Makes 4 Serving

Per Serving: 420 calories, 10g total fat (3 g saturated fat), 66 g carbohydrate, 18g protein, 9g dietary fiber and 620 mg sodium.



Ingredients:

Pad Thai:

- 8 ounces dried wide, flat rice noodles (preferably brown rice noodles)
- 1 Tbsp olive, sesame, or canola oil (divided)
- 8 oz extra firm tofu, drained and cut into ½ inch cubes
- 2 large eggs
- 1/2 yellow onion, chopped
- 3 cloves garlic, minced
- 1 head of broccoli, cut into small florets
- 1 zucchini, spiralized (or sliced into thin, long strips)
- 1 cup snap peas
- 2 carrots, grated
- 1 cup mung bean sprouts
- 1/4 cup fresh basil, chopped
- 1/4 cup fresh cilantro, chopped
- Crushed red pepper, to taste
- **Sauce:**
- 1 Tbsp fish sauce
- 2 Tbsp rice vinegar
- 1 Tbsp reduced sodium soy sauce or tamari (gluten-free)
- 1 Tbsp honey (or sub another sweetener)
- 1/4 cup lime juice (juice of 1-2 limes)

Directions:

1. Prepare the sauce by whisking together all the sauce ingredients in a small bowl and set aside.
2. Next, prepare the noodles according to package instructions. For most rice noodles: bring a pot of water to a boil, remove from heat let the noodles soak in the hot water until just al dente (about 10 minutes). Drain and set noodles aside.
3. Heat 1/2 of the oil over medium-high heat.
4. Saute tofu about 3 minutes, or until just getting golden brown. Rotate the pieces to get a golden color on all sides. Move it to the edge of the pan.
5. Crack eggs into the pan, saute with spatula to break yolk and scramble until just cooked through (about 1 min). Set the egg and tofu aside on a plate for a later step.
6. Add the remaining oil to the pan and add the onion and garlic. Saute 1-2 minutes, or until just translucent. Optional: add a pinch of red chili flakes for extra heat.
7. Saute the rest of your vegetables until they are just fork-tender and still bright in color, about 3 minutes.
8. Add the noodles, sauce, and tofu/egg mixture to the pan. Gently mix everything together so the flavors combine and the noodles can soak up the sauce. Add most of the herbs and bean sprouts (reserve a handful for garnish).
9. Serve with a topping of fresh herbs, the remaining bean sprouts, lime wedges, and a sprinkle of peanuts.

Upcoming Events:

Breast Cancer Awareness Seminar:
Wednesday, October 3, 2018
11:30AM - 1:00PM
Social Center - Mayberry

Annual Health Fair
Wednesday, October 10, 2018
7:30AM - 10:00AM
Mission Event Center - Shary Rd.

Last Month's Events

Airrosti Injury Assessment