

Healthy TAMUT

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SPECIAL POINTS OF INTEREST:

- The hazards of the summer sun and how to protect yourself.
- Information about CHRISTUS St. Michael's Fitness Center.
- If you feel appreciated and how that affects your stress levels.

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Appreciation and 4
Stress

Work-Life Balance

Work-life balance is the ability to maintain good boundaries between your work life and life outside of work. When work and life are not in balance, both areas suffer, and the result is stress. Consider the following four items when it comes to making decisions:

- ◆ Make decisions about your priorities—What is most important to you? Carefully consider every factor about your life: work, family, future goals, financial considerations, etc. Of these factors, what means the most to you? The essential things in life cannot be balanced until they have been identified.
- ◆ Make decisions about your time—Once you know what you value most, time must be adjusted to create balance. Create a "time budget" and

allocate time to your priorities at home and at work. Protect your personal time and utilize work time to its greatest effectiveness.

- ◆ Make decisions about your support system—With the many demands of life, it is virtually impossible to meet all your responsibilities on your own. Who can you turn to for support and assistance? Give yourself permission to ask for help!
- ◆ Make decisions about self-care—Make improvements in the areas of healthy eating, physical activity and getting plenty of rest. Taking care of yourself provides the energy and reflection that



Work-Life balance is key, or both areas of your life can suffer.

Stress Stoppers

Stress is everywhere and everyone handles it differently. The following tips may help you begin coping with your stress right away.

- ◆ Know your limits and be realistic about how much you can do.
- ◆ Set priorities and focus on what is most important.
- ◆ Take one thing at a time.
- ◆ Don't expect perfection.
- ◆ Ask for help if you need it.
- ◆ Have quiet time daily. Relax, even if it is only 5-10 minutes.
- ◆ Take a mental vacation. Close your eyes and imagine a place where

you feel relaxed and comfortable.

- ◆ Exercise and stretch.
- ◆ Develop a hobby and do something you enjoy.
- ◆ Eat well and get plenty of rest.
- ◆ Have a support system. Don't try to cope alone. Let friends and family provide encouragement, motivation, support and guidance.
- ◆ Give yourself a pep-talk. Positive self-talk is a powerful tool.
- ◆ Healthy self-esteem is an important key to managing stress.
- ◆ Examine your stressors.
- ◆ Remove the clutter from your life,

you need to balance work with life.

Here are some tips to help you strike that balance:

- ◆ Clarify and prioritize your values. Decide what is important to you. Write down family goals and activities and assign a date to each goal to ensure it happens.
- ◆ Discuss family expectations and responsibilities realistically.
- ◆ Commit to regular quality time with your family.
- ◆ Organize and prioritize your work. When you're at work, how much of the time is actually spent working?
- ◆ Ask for help or, if possible, delegate.
- ◆ Focus on one thing. Leave work at work. At home, make your family the focus.

Source: BlueCross BlueShield Well OnTarget Managing Stress Course

like clean up your desk if it looks overwhelming. Clean out the closet that exhausts you every time you open the door.

- ◆ When feeling stressed, sit comfortably and close your eyes. Breathe in slowly through your nose and out through your mouth.
- ◆ Feeling overwhelmed? Make a list of tasks that need to be done. You will feel more accomplished as you check items off the list.

Source: BlueCross BlueShield Well OnTarget Managing Stress Course

Stay Safe in the Summer Sun

Remember that time you got so badly sunburned at the beach and your skin blistered? You may have thought the sunburn went away but the sunburn's effects can stay with you for many years.

Here is some information about the sun and sunburn you may want to think about before you step out in the summer sun: Consider wearing these three things for sun protection: long pants, long-sleeved shirts, and broad-brimmed hats for sun protection because sunscreen alone may not be enough to shield you from the sun's harmful ultraviolet radiation (UV).

You really only need about 20

minutes of sun a day to get vitamin D. Also you can get vitamin D from safe sources like milk, cheese and yogurt.

Look for a sunscreen with a sun protection factor (SPF) of at least 15. Also, check the label to make sure the product offers broad-spectrum safety from the sun's UVA rays. Don't forget to watch for extra sun glare from sand, snow and water.

Let's face it, being out in the sun feels good. Just remember that, while short-term exposure can be healthy for your body, long-term exposure can have extremely bad consequences.

Slathering on sunscreen before

you go outdoors is always a good idea. Remember to reapply sunscreen every two to three hours when outdoors for an extended time or get in the shade. Don't risk skin cancer, the most common form of cancer. There are almost 3.5 MILLION cases of skin cancers are reported each year. UV-blocking sunglasses are important for protecting the delicate skin around the eyes, as well as the eyes themselves. Research has shown that long hours in the sun without protecting your eyes increase your chances of developing certain eye diseases.

Source: BlueCross BlueShield Wellness Works Newsletter



Summer time is here and so is the hot sunny summer days!

If you intend to spend time out in the sun, applying sunscreen is important.

St. Michael Health and Fitness Center



Be Sure to Apply the Sunscreen Properly

Tips for applying sunscreen:

Always follow the label directions.

Most recommend applying sunscreen generously.

When putting it on, pay close attention to your face, ears, neck, arms, and any other areas not covered by clothing.

If you're going to wear insect repellent or makeup, put the sunscreen on first.

Ideally, about one ounce of sunscreen (about a palmful) should

be used to cover the arms, legs, neck, and face of the average adult.

Sunscreen needs to be reapplied at least every two hours to maintain protection. Sunscreens can wash off when you sweat or swim and then wipe off with a towel, so they might need to be reapplied more often.

And don't forget your lips; lip balm with sunscreen is also available.

Some sunscreen products can

irritate your skin. Many products claim to be hypoallergenic or dermatologist tested, but the only way to know for sure if a product will irritate your skin is to try it. One common recommendation is to apply a small amount to the soft skin on the inside of your elbow every day for three days. If your skin does not turn red or become itchy, the product is probably OK for you.

Source: Cancer.org

Around Texarkana: St. Michael's Fitness Center

Not only do our members have access to the only clinically-based fitness center in the Texarkana area, we offer a variety of group exercise classes and regular coaching sessions. Membership to CHRISTUS St. Michael Health & Fitness center also includes:

- Complete cardiovascular conditioning area
- Indoor track
- Heated pool
- Complete free-weight area and

- 22-piece machine weight circuit
- Free childcare
- Pre-exercise assessment and goal setting
- 24/7 Access
- Two Locations to better serve you

Our facility offers complete shower areas and lockers to all members. Not only does CHRISTUS St. Michael Health & Fitness center offer a wonderful indoor facility, our members are also able to take advantage of

the beautiful Sister Damian Murphy trail and extra outdoor space available for boot camps and other group exercise classes.

If you use your BlueCross BlueShield/Well OnTarget Fitness Program website, you can pay \$25 (plus tax) to use this facility!

<https://www.bcbsilforyourhealth.com/FCA/FitnessCenterSearch.aspx>

Back Pain



Eight out of 10 people experience back pain.

Back pain is a common medical complaint. Most of us (about eight out of 10 people) will experience some type of back pain during our lives. Back pain can be a dull, constant ache or a sharp, sudden pain in any part of your back. Some pain is caused by poor habits, such as improper lifting. Accidents, sports injuries or medical conditions, such as spinal disease, osteoporosis, and arthritis, have also been linked to back pain.

Acute back pain happens quickly and can last a few days or a few weeks. The pain usually gets better within a few

days without any treatment. But you can use over-the-counter drugs such as acetaminophen, ibuprofen, or aspirin to help ease the pain. Rest as needed, but keep in mind that moving regularly will help ease stiffness and pain.

Chronic back pain usually lasts three months or longer. Most doctors will try other treatments before recommending surgery, which isn't needed in most cases. Some non-surgical treatments for chronic back pain include:

- Heating pads or cold packs for short periods of time.
- Gentle physical activity after a short period of bed rest.
- Proper exercise to help make your back stronger.
- Drugs such as pain relievers or muscle relaxers.
- Braces to limit moving the spine, or

correct posture.

- Chiropractic care.
- Acupuncture.

The best way to help prevent pain is to stay fit. Here are some tips:

- Stretch before exercising
- Maintain a healthy weight and do simple exercises to strengthen the abdominal muscles
- Learn to lift objects correctly
- Don't lift objects too heavy for you
- Keep work surfaces at a comfortable height
- Good posture can help reduce back stress and prevent back pain
- Sit in a chair with good back support
- Sleep on your side with a pillow between your knees
- Quit smoking

Watermelon-Blueberry Ice Pops

Ingredients:

- ◆ 3 Chopped Seedless Watermelons
- ◆ 2 Tablespoons of Lime Juice
- ◆ 1-2 Tablespoons of sugar
- ◆ 1 Cup Fresh Blueberries

You Will Need:

- ◆ A food processor or blender
- ◆ Ten 3-ounce freezer-pop molds
- ◆ Popsicle sticks

Yields: 10 servings

Nutritional Information (per serving):

Calories 29

Total Fat 0g

CHO 8g

Directions

1. Blend watermelon, lime juice and sugar in a blender or food processor until smooth.
2. Place blueberries in individual freezer-pop molds, then pour watermelon mix over.
3. Insert sticks and freeze for six hours (or until firm).
4. Remove from freezer and run warm water over the molds to make the pops easier to remove

During the summer months, a trip to the ice cream truck can be tempting. However, the high amount of sugar, calories and carbohydrates in these treats doesn't make them a good choice for an everyday treat. When those hot afternoons call for cold snacks, ice pops are the perfect go-to! For a tasty frozen treat, try this healthy, easy-to-make ice pop recipe.





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Healthy You. Better You.

Texas A&M-Texarkana cares about its employees health and well-being. We are here to provide you knowledge and information to help you live a healthy life.

If there is a topic you would like more information on or would like to see in the next newsletter, please contact the Human Resources office.

Workers Who Don't Feel Appreciated Suffer from Extra Stress and Discontent with their Jobs

If you don't feel appreciated at your job, chances are you are feeling stressed out. Not only that, but recent research indicates that you will likely carry that stress over from your work to your personal life.

A new study released by the project management software producer InLoox found that feeling valued as an employee was paramount in worker satisfaction--and that supervisors and self-employed individuals tended to be happier in their jobs.

Overwhelmingly, the study participants--particularly entry and mid-level employees--who referred to a sense of being undervalued at their jobs tended to be the ones who experienced the highest levels of stress. In fact, 80 percent of those who believe their work is not appreciated reported that their job has a negative impact on their private life, compared to only half of those who do feel appreciated at their job.

Being undervalued at work can manifest in many ways, ranging from a lack of verbal approval or praise to being ignored or the frequent target of criticism. "The lack of appreciation at the workplace is a multi-faceted topic, so we tried to look at it from different angles in the survey," says InLoox cofounder Dr. Andreas Tremel. "Just like personal stress levels, feeling appreciated is first and foremost a very subjective, personal feeling. It can mean different things to different individuals." Feeling overworked can be a part of the problem, too. For instance, only a little over half (51 percent) of employees surveyed by InLoox believed

they have enough time to complete all of their important work-related tasks during the week. In fact, 36 percent of respondents said they need between an hour and a half to two hours per day just to manage their emails. This sense of being overburdened is further underscored by the enormous amount of multitasking many of the workers are expected to perform--with 21 percent of survey participants reportedly juggling five projects at once and 14 percent working on ten concurrent projects. Only 5 percent of the participants work on only one project at a time. Overall, one out of five employees said they feel exhausted before the workday even begins, with 19 percent anticipating eventual burnout.

"It is up to the employers and supervisors to provide employees with tools and methods to cope with their workload in an efficient way," says Tremel. "The goal should not be to work more, but to work more efficiently."

On the other end of the spectrum, supervisors and people who work for themselves fared much better when it came to job satisfaction. Why are supervisors



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and self-employed people less stressed and more content than their other working counterparts? Tremel believes it has at least something to do with having more freedom and flexibility in their professional roles and not having to rely on someone else for direction or appreciation. Another reason may be that supervisors tend to have more years work experience than their underlines. "With long years of professional experience, people gain more security when dealing with problems and they become aware of their own skills and have a greater ability to use them," says Tremel, who notes 70 percent of supervisors feel they have achieved strong professional goals, while only 45 percent of non-supervisors reported the same. "Long years of professional and life experience seem to make people more confident and calm." And, of course, the higher income that often comes along with a managerial position is another likely contributor to increased contentedness at work--with 85 percent of supervisors reporting satisfaction with their income, as compared to only 60 percent of other employees.

Employees also seem to be harder on themselves than supervisors are--with 66 percent stating they have higher expectations of themselves, whereas only 50 percent of supervisors said the same. In general, it would seem the best way to address this, as well as to curb stress and burnout among workers, is for their superiors to offer appreciation and positive reinforcement.

Source: MainStreet.com