



Tips, Tricks & Recipes

"Working shifts takes a lot of adjustment for the whole family. The main thing that everyone has to realize is that just because you are physically at home does not mean you are available. (i.e. sleep must also be scheduled). It's a little easier if your spouse or other family members have worked some night shifts themselves. "
Donna D.

"Many people use a planner for work activities. Have you considered using one for home also? Literally writing out when you spend time with your family, following that plan and making sure your family will also follow, you should see the time spent with your family increase."
Megan T.

Upcoming Courses

Employee Course 1-day
November 28, 2005
Keyano College - Fort
McMurray, AB

Train the Trainer Course 2-day
Feb 1 & 2, 2006
Calgary, AB

Upcoming Events

Starting January 2006 Shifting to Wellness, throughout Canada, will be offering the brand new Shifting to Wellness curriculum! Make sure to contact your local Trainers or get in touch with us here at Head Office to take part!

Contact Us!

Shifting to Wellness
Box 10, Keyano College
8115 Franklin Ave
Fort McMurray, AB, T9H 2H7
1-800-251-1408 ext 4945
1-780-791-4945
www.shiftingtowellness.ca
shiftingtowellness@keyano.ca

Relationships and Community

Make Time for Friends, Family – and Yourself!

One of the keys to making shift work a success is ensuring friends and family appreciate how important it is you get some sleep. At home, make sure the family keeps the noise down and doesn't disturb you unless it's an emergency. Also:

- try and eat breakfast with them and meet the children from school before you go to work
- little things like ringing the kids from work to bid them goodnight reminds them you care
- keep a family calendar/notice board to keep you in touch with each other's movements
- make a real effort to mark special days like birthdays and anniversaries and ask for days off/shift changes well in advance so you can be together
- if you can't be around, ask the family to record special events with a camcorder
- use email and answering machines to keep in touch with friends.

Evening classes are no longer the only way to broaden the mind - so there's no excuse! Try day-time classes, correspondence and web-based courses. And you'll feel a lot better all-round if you're physically fit. Take advantage of the cut-price membership most gyms offer during the day.

Last but not least, don't forget how lucky you are to be able to avoid the queues when you shop and go to the bank. If you still don't feel inclined to spend your free time this way, use online grocery shopping and 24-hour banking.

Adapted from BUPA - "Healthy Living and Shiftwork" (<http://www.bupa.co.uk/>)

What About Me?

It's obvious that shiftwork doesn't just affect the social lives of those who are married or have children. Individuals who are not in a relationship face challenges that need to be overcome as well.

The primary challenge is avoiding social isolation. Shiftwork can mean that you are at work during times that social activities are regularly scheduled, and home when others are at work! Without deliberate action on the part of the shiftworker, this can lead to 'all work and no play'. Think about ways to get yourself out into the community and interacting with others. Just because you're home during the work day doesn't mean you can't be out having a great time and meeting new people! First of all, think about all the other employees at your place of work who are also at home. With a little time and effort a sports team could be started. Or a weekly poker game. Or maybe just an afternoon matinee.

The other option is getting involved in organizations that are open during your time off (be it morning, afternoon or evening), and volunteering for them! Hospitals always need volunteers for everything from paper work to entertaining patients, and are open 24 hours a day, 7 days a week! Many other organizations are also able to accommodate the varied hours of volunteers, all you need to do is offer!

Sometimes as a shiftworker it takes a bit more creativity or effort to get out in the community and keep your social life intact, but the fact is, it can be done!

