

shifting to wellnews



Spring 2009

DID YOU KNOW??...

Stress is a major factor in injuries, absenteeism, and illness among workers, costing an estimated \$2600.00 per year per employee!!

Source: Canadian Occupational Safety

1 **Rehearse** for stressful events by visualizing the how you will react to the situation or what you will say.



2 **Exercise** regularly to release tension, relax your mind and maintain overall well-being.

3 **Rest & Sleep.** A good night's sleep will help shift-workers be refreshed, alert and will help relieve tensions of the shift.

HOW TO MANAGE STRESS

4 Make **healthy** food choices to give you the energy and strength to cope with your busy schedule.



5 **Prioritize** your tasks and tackle the most important and/or difficult tasks when you are feeling rested and alert.



6 **Identify** the stressors in your life, and make a plan to either eliminate or reduce the negative impact caused by these stressors.

7 **Ask for help** from your personal **support system** of family, friends or co-workers. You may find that you can help them as much as they can help you!



8 **Relax** your body through gentle stretching and **deep breathing** exercises.

9 **Wind down** your day (or night) by engaging in calming activities 2-3 hours before bedtime. (i.e., reading, painting, yoga, walks on beach/nature trail)



10 **Smile!!!** Maintaining a positive attitude will help you deal with stress in a positive way.



Stress Check Point

-----Featured Recipe-----

Tomato & Lentil Soup

This soup freezes very well. You can thaw overnight in the fridge before reheating or place in a pot over low heat to thaw and reheat in one step.

Ingredients

- 1 tsp (5 mL) olive oil
- 1 cup (250 mL) diced onion
- 1 cup (250 mL) diced celery
- 1 clove garlic
- 1 can (540 mL) No added salt diced tomatoes
- 1 cup (250 mL) sodium-reduced chicken broth
- 1 cup (250 mL) water
- ½ cup (125 mL) dry red lentils
- ½ tsp (2 mL) cumin
- ¼ tsp (1 mL) dried dill
- ¼ tsp (1 mL) ground coriander (optional)
- ½ tsp (2 mL) black pepper
- ¼ cup (50 mL) whole unsalted cashews, toasted

Directions

1. In a large pot heat the oil over medium heat. Add the onions and celery and cook for about 5 minutes, without browning. Add the garlic and cook for 2 minutes.
2. Add the rest of the ingredients, except the cashews. Cook for 20 to 25 minutes over medium heat. Purée or leave chunky.
3. Top each bowl with 1/4 of the cashews and serve.

Nutritional information per serving (1 ¼ cups / 300 mL)

- | | |
|----------------------|-----------------------------|
| ▪ Calories: 192 | ▪ Dietary cholesterol: 0 mg |
| ▪ Protein: 10 g | ▪ Carbohydrate: 28 g |
| ▪ Total fat: 6 g | ▪ Dietary fibre: 6 g |
| ▪ Saturated fat: 1 g | ▪ Sodium: 136 mg |
| ▪ Potassium: 806 mg | |

Developed by Nadine Day, RD. ©The Heart and Stroke Foundation

Psychological Signs of Stress: Feelings of being overwhelmed, irritability and the inability to control thoughts are some of the typical psychological signs of stress.

Physical Signs of Stress: Sometimes we are not actually aware that we are under stress; however our bodies are reacting to the stressor. Some physical symptoms of stress include:

- Tense neck or back
- Heartburn
- Upset stomach
- Hunched shoulders
- Headaches
- Dizziness

Stress Management: Stress is an external force which results in a physical or emotional reaction. Everyone deals with stress in their own unique way. For some, the way in which they cope with stress can actually cause more damage than good. Ask yourself if you do any of the following when under stress:

- Reach for a cigarette
- Reach for something to eat
- Lash out at the people around you
- Abuse drugs or alcohol

If you answered “yes” to any of the above, you may want to consider some more positive stress management strategies.

Source: Heart and Stroke Foundation, www.heartandstroke.ca

shifting to wellnews



Shifting to Wellness – Information, Updates, Reminders

Shifting to Wellness in Healthcare Program

Shifting to Wellness in Healthcare was developed in partnership with Vancouver Coastal Health and Providence Healthcare to address the unique needs of shiftworkers in the healthcare industry. The program consists of shortened modules for “on the fly...on the ward” deliveries and is centered around a month-by-month roll-out that includes a video, powerpoint presentation and information booklet to help healthcare professionals maintain healthy lifestyles.

Introducing the Shifting to Wellness in Healthcare Trainer Certification Course!!

Enrol today and become certified to deliver the Shifting to Wellness in Healthcare Program!

This is a rewarding opportunity for anyone interested in helping healthcare workers lead healthy lifestyles and strive in their workplace!

Register for the spring 2009 session and receive a \$300.00 discount!

Location: Keyano College

Date/Time: Tuesday, **May 5th** (8:30am-4:00pm) – Wednesday **May 6th** (8:30am – 3:00pm)

Registration Fee*: \$495.00 + GST (regular price \$795.00 + GST)

**Registration fee includes:*

Training resources valued at \$250.00 / participant

On the Horizon

STW Master Trainer Certification Program:

In fall of 2009, Shifting to Wellness will introduce a Master Trainer Certification course. In doing so, the program intends to strengthen its workforce by providing a consistent level of expertise and support to Shifting to Wellness Trainers. The course will involve monthly tele-classes as well as a practicum phase

whereby participants will have an opportunity to deliver a Shifting to Wellness Trainer Certification Course. All successful candidates will be eligible to participate in the Shifting to Wellness commission program! Please contact Shifting to Wellness for complete details.

Quarterly Quote

“Adopting the right attitude can convert a negative stress into a positive one.”

~ Dr. Hans Selye

