



Facts and Statistics

- 24.8% of African Americans are shiftworkers.
- 21.1% of Hispanics are shiftworkers.
- 21.8% of other ethnic minorities are shiftworkers (this includes American Indian, Aleut, Inuit, Asians, Pacific Islanders) (May 1997 Current Population Survey)
- African American workers may have greater difficulties related to high blood pressure and hormonal functions when working shifts.
- African American shiftworkers also experience more organ damage. (Fumiyasu et al, 1998)

Upcoming Courses

Employee Open Courses -

Keyano College

(Fort McMurray, AB)

One Day Course

(8:30am - 4:30pm)

Monday February 6, 2006

Tuesday March 14, 2006

Monday April 10, 2006

Weekly Courses

Thurs Feb 2 - Mar 9 (7:30 - 9:30pm)

Fri April 21 - May 26 (8 - 10am)

Upcoming Events

Train the Trainer Courses

February 1-2, 2006 - Calgary, AB

April 3-5, 2006 - Vancouver, BC

May 4-6, 2006 - Toronto, ON

Contact Head Office for more information or to register today!!

Contact Us!

Shifting to Wellness

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Spirituality, Culture and Gender in Shiftwork

Spirituality and Health

What is spirituality?

Spirituality is the way you find meaning, hope, comfort and inner peace in your life. This does not necessarily mean through religion, although many do find it in this way. Others use music, art or nature to have a 'spiritual' life.

How is spirituality related to health?

Research shows that the body, mind and spirit are connected. The health of any one seems to affect the health of the others. Research also shows that positive beliefs, comfort and strength gained from religion, meditation and prayer can improve well-being and healing.

How is spirituality related to shiftwork?

Shiftwork can disrupt the traditional methods individuals use to care for their spiritual lives. This can be due to working on holy days or days with services, or mean less time is spent with others who share the same beliefs, or that high fatigue levels make giving time to your spiritual health nearly impossible.

How can I improve my spiritual health?

First of all, remember that everyone is different, so what works for you may not work for others. Do what is comfortable for you. Spend quiet time thinking about the things in your life that give you a sense of inner peace, comfort, strength, love and connection. Make time in your schedule to activities that help you spiritually such as: yoga, reading inspirational books, singing or going for a nature walk. If you're part of a religious community, see if some activities/services can be scheduled during your time off.

(Adapted from the American Academy of Family Physicians, 2001)

Women in Shiftwork

Much research has been conducted on the impact of shiftwork on women. Evidence shows increased risk of breast cancer, likelihood of miscarriages and low birth weights, among other things. But what do women have to say about working shifts?

Shiftwork is definitely not for everyone...it is hard on your body and you never seem to get enough rest. However...the rewards of a job which is always different and presents new challenges cannot be overestimated. - Barbara

After 3 years of shiftwork, I don't think I would want to go back to working straight day shifts from 8 to 5. I enjoy having weekdays off to get things done such as going to the post office, banking and the like. Sure, I may miss out on some social gatherings, but I would even if I worked straight day shifts. - Shari

The drawback to rotating shifts is that most of the rest of the world is orientated on a Monday through Friday work week. There are inevitably things that I would like to do but can't because I am scheduled to work. - Donna

I was working all 3 shifts while pregnant...The evenings, in particular, were great because I could sleep really late in the morning. Midnights were especially difficult, mostly because of the sleep factor....Also, I gave up coffee while I was pregnant, so I didn't have that extra boost I had been used to. - Jeane

