

Healthy Living Newsletter

Take Control of Your Health, Your Benefits, and Your Future Wellness / August 2011

How to Alter Your Eating Habits



To eat a healthy diet, you may need to make some changes. Remember that you can change your eating habits a little bit at a time. Small changes are easier to make and can lead to better health.

- **Ask for help.** Your doctor can offer advice on how to make healthy changes.
- **Keep track.** Note how much, where, when, and why you eat. A simple notebook can serve as your food “diary” to help identify patterns and triggers.
- **Avoid fad diets.** The results are often unsustainable.
- **Slow down.** Eat slowly, allowing your brain to relay the message to your body that you are full.
- **Choose healthy snacks.** Have raw fruits and veggies on hand.
- **Eat in one place.** At home, eat only in one place, in one room.
- **Just say “no”.** Practice saying “no thanks” to second helpings and offers of calorie-laden foods.

- **Drink water.** Drinking plenty of water throughout the day helps you feel fuller quickly and for a longer period.
- **Save “treats” for special times.** By definition, a treat is something rare and special and can be enjoyed in moderation. They can have a place in a healthy diet.
- **Pack a healthy lunch.**

Source: UPS Road Map to Health & www.health.com

Dehydration Causes

Dehydration occurs because there is too much water lost, not enough taken in, or most often, a combination of the two.

- **Diarrhea:** Diarrhea is the most common reason for a person to lose excess amounts of water. A significant amount of water can be lost with each bowel movement.
- **Vomiting:** Vomiting can also be a cause of fluid loss and it is difficult for a person to replace water by drinking if they are unable to tolerate liquids.
- **Burns:** Burn victims become dehydrated because the damaged skin can not prevent fluid from seeping out of the body.

- **Sweat:** The body can lose significant amounts of water when it tries to cool itself by sweating. Whether the body is hot because of the environment, intense exercising in a hot environment, or because a fever is present due to infection, the body loses a significant amount of water in the form of sweat to cool itself. Depending on weather conditions, a brisk walk may generate up to 16 ounces of sweat (a pound of water) to allow body cooling.

- **Diabetes:** In people with diabetes, elevated sugar levels cause sugar to spill into the urine and water then follows, which may cause significant dehydration. For this reason, frequent urination and excessive thirst are among the early symptoms of diabetes.

- **Inability to drink fluids:** The inability to drink adequately is also a potential cause of dehydration. Whether it is the lack of availability of water or the lack of strength to drink adequate amounts, this inability, coupled with routine or extraordinary water losses, can compound the degree of dehydration.

Source: www.medicinenet.com

Health & Wellness Events

See your local Occ Health Manager and Wellness Champions for more information about Health & Wellness activities this month in your facility.

Stress



Stress is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, and heightened alertness.

The events that provoke stress are called **stressors** and they cover a whole range

of situations. The human body responds to stressors by activating the nervous system and specific hormones. The hypothalamus signals the adrenal glands to produce more of the hormones adrenaline and cortisol and releases them into the bloodstream. The hormones speed up heart rate, breathing rate, blood pressure, and metabolism. Blood vessels open wider to let more blood flow to large muscle groups,

putting our muscles on alert. Pupils dilate to improve vision. The liver releases some of its stored glucose to increase the body's energy.

These natural reactions are known as the stress response. Working properly, the body's stress response enhances a person's ability to perform well under pressure.

Source: *UPS Road Map to Health & kidshealth.org*

Coping With Stress



Consider the following strategies for coping with stress.

- **Take the time to talk with a friend, mate or child.** A daily dose of friendship is great medicine. Call or write your friends and family to share your feelings, hopes and joys.
- **Daily physical activity.** Regular physical activity relieves mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure. Try walking, swimming, biking or dancing every day.
- **Accept the things you can not change.** Do not say, "I am too old." You can still learn new things, work toward a goal, and help others. Remember to laugh. Laughter makes you feel good. Do not be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when

you are alone.

- **Avoid excessive alcohol, caffeine and tobacco,** all of which boost the stress response.
- **Slow down.** Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done.
- **Get enough sleep.** Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity may also improve the quality of sleep.
- **Get organized.** Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time.
- **Practice giving back.** Volunteer your time or return a favor to a friend. Helping others helps you.
- **Try not to worry.** The world would not end if your grass is not mowed, or your kitchen is not cleaned. You may need to do these things, but today might not be the right time.

Source: *UPS Road Map to Health & www.americanheart.org*

Mental Illness

Here are the five major categories of mental illness:

Anxiety disorders - There are three main types: *phobias*, *panic disorders* and *obsessive-compulsive disorder (OCD)*.

Mood disorders - Mood disorders include: *depression* and *bipolar disorder (or manic depression)*.

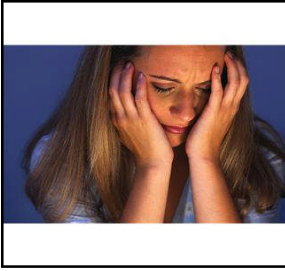
Schizophrenia - *Schizophrenia* is a serious disorder that affects how a person thinks, feels and acts. It is believed to be caused by chemical imbalances in the brain that produce symptoms that include hallucinations, delusions, withdrawal, incoherent speech and impaired reasoning.

Dementias - This category includes such illnesses as *Alzheimer's disease*, which leads to a loss of mental function, including memory loss and a decline in intellectual and physical skills.

Eating disorders - *Anorexia nervosa* and *bulimia* are serious, potentially life-threatening illnesses. Anorexia is self-starvation, while bulimia involves cycles of bingeing and purging.

Source: *UPS Road Map to Health*

Depression



Do you know the signs of depression?

- >Persistent sad, anxious or “empty” mood
- >Difficulty falling asleep, staying asleep or sleeping more than usual
- >Reduced appetite and weight loss, or increased appetite and weight gain
- >Restlessness or irritability
- >Difficulty concentrating at work or at school, remembering things, or making decisions
- >Feeling guilty, hopeless or worthless
- >Thoughts of suicide or death

If you experience five or more of these symptoms for two weeks or longer, you may have depression. See a doctor or health care professional for help right away.

Source: UPS Road Map to Health

Home First Aid Kit



Here are some recommended contents of a first aid kit for home, office, or car.

- Acetaminophen, ibuprofen and aspirin** for headaches, pain, fever or simple sprains. In case of suspected heart attack or stroke, you may be advised to give a tablet to the patient.
- Anti-itch cream** for bug bites and other skin irritations
- Antihistamine** for mild allergic reactions to insect bites or to relieve common-cold symptoms
- Ipecac syrup** to induce vomiting. This should be used only on the advice of a poison control specialist, doctor, or emergency personnel
- Roll of absorbent cotton** for padding with a splint, or to stop bleeding
- Instant-acting chemical cold packs** for high fevers, sprains and bruises
- Elastic wraps** with a Velcro closure for wrist, ankle, elbow or knee injuries
- Triangular bandages** to use as wraps and slings
- Antibiotic ointment** for minor burns, cuts, scrapes, blisters and small wounds
- Lubricant** such as petroleum jelly, for chapped lips, rashes, irritated skin or preventing a dressing from sticking to a wound
- Safety pins** to pin splints, bandages and slings
- Isotonic eye wash** to rinse small particles from eyes
- Cord or rope and packing or duct tape** for splinting, pressure dressing and sealing plastic bags
- Phone numbers** for poison control, your doctor, and after-hours urgent care
- Special medical items** for family members with severe allergies, diabetes, asthma or other medical problems
- Assorted sizes of adhesive bandages**
- White adhesive tape**
- Disposable forehead thermometers**
- Scissors**
- Tweezers**
- Blanket (space blanket)**
- CPR mask or shield**
- Non-latex gloves**
- Flashlight with extra batteries**
- First aid manual**

Source: UPS Road Map to Health & www.redcross.com

P.R.I.C.E.



If you have a suspected sprain or strain, remember the P.R.I.C.E. method.

Protect the injured limb from further injury by not using the joint. You can do this using anything from splints to crutches.

Rest the injured limb, but do not avoid all activity.

Ice the area, using a cold pack, a slush bath or a compression sleeve to limit swelling.

Compress the area with an elastic wrap or bandage.

Elevate the injured limb whenever possible to prevent swelling.

Source: UPS Road Map to Health

Keep Germs at Bay



Here are some examples of social distancing that you can adapt at work to try to avoid getting sick.

- **Avoid handshakes.** Handshaking enables virus transmission through skin-to-skin contact. Substitute something else—smile, wave or bump elbows.

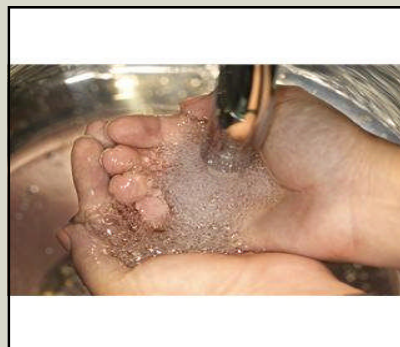
- **Avoid the lunchroom rush.** Whether you eat lunch in the employee cafeteria or at a restaurant, avoid the rush and the hour immediately following. Eat earlier or later, or eat with just a few people in a conference room or large office.
- **Substitute telemeetings for face-to-face meetings.** Reducing the number or duration of face-to-face meetings reduces the opportunity for virus transmission. Shift as much of the agenda as possible to email to teleconference.
- **Use large conference rooms.** If you must meet face-to-face, use the largest available conference room. Large rooms have better ventilation and there is more room to spread out.
- **Avoid using public pens.** Public pens are found at the retail counter, at the building or hotel guest registration, or at the bank, for example. Carry your own.
- **Avoid the commuter rush periods.** If possible, shift your working hours or try to use public transportation at other than peak times.

When You Have a Cold

- Many diseases are spread through sneezes and coughs. When you sneeze or cough, the germs can travel three feet or more. Cover your nose and mouth to prevent the spread of infections to others.
- Use a tissue! Keep tissues handy at home, at work, and in your pocket. Be sure to throw away used tissues and then clean your hands.
- If you do not have a tissue, cover your mouth and nose with the bend of your elbow or hands. If you use your hands, wash them right away.

Source: UPS Road Map to Health

Wash Hands Well



- Use soap and warm water.
- Rub your hands really well for at least 15 seconds.
- If your hands do not look dirty, clean with an alcohol-based hand sanitizer.

Rub the sanitizer all over your hands, especially under your nails and between your fingers, until your hands are dry.

- Clean your hands before touching or eating food.
- Clean them after you use the bathroom, take out the trash, change a diaper, visit someone who is ill, or play with a pet.

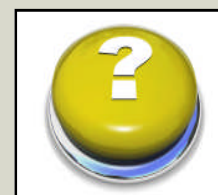
Avoid becoming infected by germs others carry on their hands.

- Make sure health care providers wear clean gloves when they perform tasks such as taking throat cultures, pulling teeth, taking blood, and touching wounds or body fluids.

Source: UPS Road Map to Health

Questions?

If you have any questions or topics that you would like to see covered in this newsletter, e-mail your suggestions to:



Chris Hunkler (nbd2cah@ups.com)

Sneak Peek

Topics for the September issue of the newsletter include:

Cholesterol and cholesterol medications
Questions to ask your doctor

