

LIFE PATH

Employer Services by Independence Health

HEALTHY WORKFORCE NEWS

June 2021



Mental Health

Languishing

Though we are on what we hope to be the tail end of the pandemic, many individuals find themselves struggling with the effects of all we have been going through during the pandemic.

Many have been feeling unable to focus, unmotivated, detached, and just generally “blah.” Sociologists have named this increasingly common issue Languishing.

Languishing is defined as being “a sense of stagnation, burn out and emptiness”. Symptoms include feelings such as a sense of restlessness or feeling unsettled or an overall lack of interest in life or the things that typically bring you joy.

There are ways to cope with languishing.

Finding new challenges, creating enjoyable experiences and meaningful work are all possible remedies to languishing. By setting and overcoming small challenges, you can celebrate the small win and feel accomplished.

Other Remedies for Languishing

- Schedule uninterrupted time to work on projects that bring you joy
- Take more breaks and get outside when possible
- Don't ignore your feelings or say you are fine when you are not
- Start a gratitude journal and find a time daily to write in it
- Exercise, eat healthy, and get plenty of sleep

Physical Health

Better Sleep for Better Health

Quality sleep is important for physical, emotional, and mental health. A survey conducted by the Better Sleep Council found approximately 1 out of 3 respondents reported impaired sleep due to stress. One third of Americans experience poor sleep at least one night per week, and 16% are diagnosed with stress-induced insomnia.



The consequences of inadequate sleep include reduced concentration, mood swings, irritability, stress, a weakened immune system and more serious health issues if left untreated.

The WCH Sleep Disorders Center is celebrating its 20th anniversary this year. Over the years, the Center has continuously advanced sleep testing technology used to diagnose sleep disorders and determine the optimal therapy to reduce individuals' health risks and assist in getting a good night's rest. For information on the services offered at the Sleep Disorder Center, visit woodcountyhospital.org.

Business Advisory Meeting

Join us Tuesday, June 17 at 8:00 AM to hear from Dale Bugay, Executive Director of Occupational Accountable Care LLC on Musculoskeletal Wellness Benefits: Reduce Recordable Injuries With OSHA Musculoskeletal First Aid. Dale will discuss how his program, in partnership with Life Path Employer Services, will work in concert to help improve the physical health and productivity of employee populations, reduce the number of OSHA recordables, while helping employers reduce their overall medical spend. He will also explain the importance of musculoskeletal health and wellness in the workplace.

Wellness Wednesdays

Join WCH Wellness Services the fourth Wednesday of every month at noon for a free lunch and learn .

Each month we'll share insights on creating a healthy workplace and supporting healthy workers.

Our next 30 minute lunch and learn will be **Wednesday, June 23 at noon**. Please note, we will take the months of July and August off and resume again in September.

Save the date!



Nutritional Health

Healthy Summer Treats

Popsicle season is here! Luckily, popsicles can be a healthier dessert choice, especially if you make them yourself. There are a variety of combinations to try.

And no, you don't have to be a child to enjoy popsicles. Consider trying the following recipe. It's full of vitamins,

minerals and protein. It can even be enjoyed for breakfast.

Peanut Butter Banana Yogurt Popsicles

Ingredients

- 2 medium bananas, peeled
- 1/4 cup peanut butter, all-natural
- 1/2 cup Greek yogurt, plain
- 1 teaspoon vanilla extract
- 2 tablespoon chocolate chips

Instructions

1. Blend the bananas, peanut butter, yogurt, and vanilla in a food processor or blender until smooth.
2. Put one teaspoon of mini chips into the bottom of each of your popsicle molds. Fill the rest with the banana peanut butter yogurt puree.
3. Insert sticks and freeze 3-5 hours.
4. Run molds under warm water for a few seconds before removing the popsicles.



Social Health

Build Healthy Relationships

Strong, healthy relationships are important throughout your life. Your social ties with family members, friends, neighbors, coworkers, and others impact your mental, emotional, and even physical well-being.

As a child you learn the social skills you need to form and maintain relationships with others. But at any age you can learn ways to improve your relationships.

What Is Healthy?

Every relationship exists on a spectrum from healthy to unhealthy to abusive. One sign of a healthy relationship is feeling good about yourself around your partner, family member, or friend. You feel safe talking about how you feel. You listen to

each other. You feel valued, and you trust each other.

To build healthy relationships:

- Share your feelings honestly.
- Ask for what you need from others.
- Listen to others without judgement or blame. Be caring and empathetic.
- Disagree with others respectfully. Conflicts should not turn into personal attacks.
- Avoid being overly critical, angry outbursts, and violent behavior.
- Expect others to treat you with respect and honesty in return.
- Compromise. Try to come to agreements that work for everyone.

- Set boundaries with others. Decide what you are and aren't willing to do. It's okay to say no.
- Learn the differences between healthy, unhealthy, and abusive ways of relating to others. Visit www.theheadline.org/healthy-relationships/relationship-spectrum.



Musculoskeletal Wellness Program

Life Path Employer Services by Independence Health has recently partnered with Dale Bugay, Executive Director of Occupational Accountable Care, LLC to develop a musculoskeletal wellness program for our employer population, as a preventative treatment service to reduce musculoskeletal injuries, OSHA recordables, and their related medical costs. Musculoskeletal disorders (MSD) have become the costliest and most rapidly growing healthcare concern for employers.

The key to cost-effective management of MSD injuries is early symptom evaluation and treatment. The Independence Health musculoskeletal wellness program can offer your employees alternatives that can reduce unnecessary doctor visits, avoid unnecessary diagnostic imaging and prevent delays in appropriate rehabilitation to ensure quick resolution of MSD symptoms. For more information about this program, contact Teri, Mike or Becky.



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