

HEALTHY WORKFORCE NEWS

September 2022



Mental Health

Practicing Mindfulness and the Benefits to Mental Health

In times when you are feeling overwhelmed or distracted try these 6 tips on being mindful and see if you notice a difference in your thought patterns.

1. Observe your breathing. Take a few deep breaths in and breath out slowly.
2. Go for a nature walk. Put on your shoes and head outside for some fresh air and sunshine.
3. Take mini breaks throughout the



day. Five or ten minute breaks to relax can give you energy to finish out the day.

4. Avoid doing too many things at once.
5. Create a journal to write down positive thoughts.
6. Download a Mindfulness App. Click the link for a list of popular apps

[Top 12 Apps For Meditation and Mindfulness \(+ Reviews\)](https://www.positivepsychology.com/top-12-apps-for-meditation-and-mindfulness/)
([positivepsychology.com](https://www.positivepsychology.com))

Physical Health

Protect Yourself and Others During Flu Season

Flu season is nearly upon us. While influenza and other viruses pose high health risks for individuals, an outbreak at the office can also affect business operations. All it takes is one employee and one sneeze to put others at risk and spread the virus.

Encouraging proper handwashing, keeping work spaces clean and sanitized, and making the flu vaccine available for employees helps reduce the risk of serious illness and complications from the flu. By putting these healthy habits into practice help protect our patients, families, friends and co-workers from respiratory illnesses such as the flu.



If you would like to know more about onsite flu clinics, please reach out to Teri Laurer, Director of Wellness Services, at 419-354-3131 for more information on how to get an onsite flu clinic set up before the flu hits.

EMPLOYER SERVICES

Employer Services, formerly ReadyWorks had successfully moved to a new location at Falcon Health Center (2nd Floor) on **June 20, 2022**. Employer Services is managed by Independence Health, the collaboration between Wood County Hospital and the Toledo Clinic. With this transition, its name was changed from ReadyWorks to **Employer Services** reflecting the expansion of additional occupational medicine services that are provided at this new location.

This new location allows for easy access to the lab, radiology, primary care, urgent care, pharmacy, rehab and chiropractic care services for patients, also provided within Falcon Health Center.

The change also brings extended availability for injury care and drug/alcohol testing services, with the hours extending to **Monday - Friday: 8 AM – 8 PM, Saturday & Sunday: 9 AM – 5 PM.**

For questions of services, please contact Becky Edge at
bedge@indhealth.org



Nutritional Health

Favorite Desserts for Fall

Pumpkin Pie Parfait

Ingredients:

- 1 - 3.4 oz instant vanilla pudding mix
- 2 cups cold milk
- 1 - 15 oz can pureed pumpkin
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon ground cloves

1 cup of vanilla sandwich cookies,, 8 oz
8 oz frozen whipped topping,, thawed
9 - 1/2 pint jars or 8 oz. glasses

Instructions:

In a large bowl, whisk together pudding mix and milk. Let set for 5 minutes. Stir in pumpkin, cinnamon and nutmeg. Crush the vanilla sandwich cookies in a blender or food processor to make crumbs.

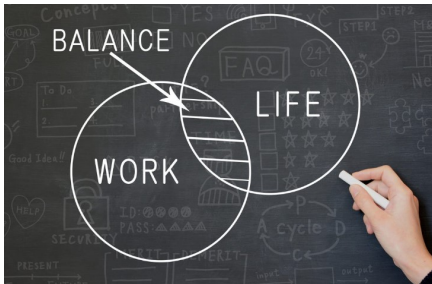


In small 1/2 pint jar or glasses layer cookie crumbs, pumpkin pudding and whipped topping. Repeat the layers twice and end with cookie crumbs.

Chill until you're ready to serve. Enjoy!



Social Health



Creating a Positive Work-Life Balance

Juggling your work and personal life is a never ending process. Here are a few tips that can help you to create a better work-life balance.

- **Manage your time.**
Give yourself enough time to get things done. Don't overschedule yourself.
- **Learn to say "no."**
Evaluate your priorities at work and at home and try to shorten your to-do list. Cut or delegate activities you don't enjoy or can't handle — or share your concerns and possible solutions with your employer or others. When you quit accepting tasks out of guilt or a false sense of obligation, you'll have more time for activities that are meaningful to you.
- **Detach from work.**
Working from home or frequently using technology to connect to work when you're at home can cause you to feel like you're always on the job. This can lead to chronic stress. Seek guidance from your manager about expectations for when

you can disconnect. If you work from home, dress for work and have a quiet dedicated workspace, if possible. When you're done working each day, detach and transition to home life by changing your outfit, taking a drive or walk, or doing an activity with your kids.

Consider your options.

Ask your employer about flex hours, a compressed workweek, job sharing or other scheduling flexibility. The more control you have over your hours, the less stressed you're likely to be.

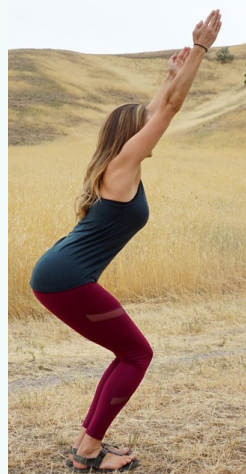
Source: [Work-life balance: Tips to reclaim control - Mayo Clinic](#)

Chair Stretch Yoga Pose

Taking a quick stretch break at lunch time can be a great way to reenergize and refocus for the afternoon.

How to Practice Chair Pose:

- Stand with your feet together so that your big toes and heels touch
- Reach your arms up overhead
- Bend your knees and lower your hips
- Align your knees over your ankles
- Elongate your spine
- Ground your heels into the floor
- Take 5 breaths



A Partnership of The Toledo Clinic
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