

**CSC**

Hanford Occupational Health Services

# Inside Out

## Surviving the Season

*by Dr. M. Susan Vann, PhD*

It's holiday time again! Time for family, friends, and good cheer! Unfortunately, we often get too much of a good thing. It's important to remember that we are generally better off if we take all things in moderation. Otherwise, the holidays can be filled with joy-killing stress.

But one of the great things about holiday stress is that it's predictable. We know it's coming every year. And we know when it's going to end. Therefore, we can find ways to decrease stress and increase the fun! To begin with, let's do some planning; it will help you feel more in control of the holiday chaos.

Make a realistic assessment of the amount of time you actually have, and then pick a few important activities and enjoy them, skipping the rest. Is cookie baking at the top or your list? Visiting friends or relatives? Playing with the children or grandchildren? Make sure whatever is important to you is included in your family holiday. Consider taking some shortcuts for some of the things you really can't or don't want to give up. Resist the pressure to add more into the schedule than it's

possible to accomplish. And don't forget to schedule in down time!

Be careful about doing anything in excess, whether it's eating, spending money, or spending too much time together. Stick to your regular diet and schedule as much as possible, reserving indulgences for the primary social events. At mealtimes, fill your plate modestly, and avoid conversations over the buffet table to reduce unconscious eating. Make a shopping list and check it twice before heading out to buy Christmas presents. There's nothing worse than waking up January 2 to big credit card bills. Develop a budget and stick to it!

Time with family and friends can be wonderful or disastrous. Remember that if Uncle Bob and brother Tim haven't gotten along all year, they are not likely to drop their grievances just because it's a holiday. Think back to previous years to pinpoint how much togetherness you and your family can take before feeling negative stress. Can you limit your time with family to avoid common conflicts? Perhaps it's better to



just avoid some family members altogether, if that's what it takes to avoid holiday conflict. Can you limit the number of parties you attend or the time you spend at them, so they feel special and joyous without leaving you drained?

Finally, remember to take time for yourself, to breathe, relax, and experience the healing peace of this special season. Take care of yourself so that you CAN take care of your family. Remember that "holiday" is a contraction of "holy day," and in this season, especially, we want to experience and share all of what that means to each of us with everyone we care about. Make this holiday about family, friends, fun, and the true meaning of the season!

**WISHING ALL OF YOU THE MOST BLESSED SEASON.**

## Host a Health Fair

Invite us to your building or work group to host a Health Fair that will include screenings for blood pressure, weight & body composition, and grip strength. A variety of health education materials will be available, as well as the opportunity to ask questions or schedule an individual health coaching appointment. For more information, please call 376-3939.

Invite us to be a guest at your next work group meeting.

**December Featured Presentation:**

**"HOLIDAY STRESS"**

By CSC Behavioral Health Providers

Phone: (509) 376-4418



### WATCH FOR UPCOMING EVENTS:

#### December

Workfit Leader Training (2nd)

Site Health Fairs (8th)

Weight Loss Convoy (ends 13th)

#### January

Site-wide Exercise Challenge (starts 9th)

Site Health Fairs (12th)

Workfit Leader Training (13th)

Weight Loss Convoy (starts 17th)



Select a link or visit our website: [www.hanford.gov/amh](http://www.hanford.gov/amh)

# Worksite Wellness: 2012 Program Highlights

With 2012 on the horizon, it is time to start thinking about New Year's resolutions, goal setting and your health. This year we have many programs and services to offer, and we would love to have you as a participant. All of our programs are taught by qualified, certified professionals and are designed to help YOU achieve your health goals.

## Weight Loss Convoy:

This 48-week program is a unique weight management class designed for people with 80-100 pounds to lose and who are committed to making some major lifestyle changes over the next 12 months. This class meets each Tuesday beginning January 17<sup>th</sup> from 3:30-4:30pm at the CSC Clinic (1979 Snyder, Rm 136). We have had many Hanford workers complete the year-long weight loss journey with amazing results and the tools to keep their weight off long term. If you are interested in joining the 2012 program, contact us to set up your initial one-on-one appointment today. This class is about ACTION, so come ready to work!! Space is limited, and participants will be accepted on a first come, first serve basis. Please obtain your manager's approval to participate.

## Site-Wide Exercise Challenge:

Visit our online Health Challenge Tracker to join the 2012 Site-Wide Exercise Challenge. This 8-week challenge begins January 19<sup>th</sup> and will wrap up on March 1<sup>st</sup>. Participants will collect points for participating in [Daily Stretch](#) groups at work, walking at lunch, daily cardiovascular exercise, strength training, and drinking water. This is a great way to keep yourself motivated with your new fitness routine this winter. At the end of the challenge, all participants who collect a minimum number of points will be entered into a prize drawing for Kettle Bell workout equipment with DVD's. Visit [www.amhchallengetracker.com](http://www.amhchallengetracker.com) for more information.

## Tobacco Cessation Program:

If you are ready to quit your tobacco habit and would like some assistance, we offer a [10-week Tobacco Cessation Program](#) that begins Monday, March 12<sup>th</sup>. The classes will meet each Monday for 10 consecutive weeks and provide support, education and Nicotine replacement therapy (patches, gum, lozenges) to those who are actively participating. All participants are required to set up a one-on-one appointment prior to the beginning of class to establish a quit plan. Space is limited, and participants will be

accepted on a first come, first served basis. If you are interested in joining the 2012 program, us at 376-3939 to set up your initial one-on-one appointment today. Please obtain your manager's approval to participate.

## Back Health & Safety Workshop:

This two-hour workshop is designed for individuals, managers, and safety representatives to learn about common back injuries and back pain triggers, proper body mechanics, and preventive stretches and exercises using the [Hanford Work-Fit Modules](#). The next workshop will be held at HAMMER on January 26<sup>th</sup> from 2:00-4:00pm. Please contact Laura Carpino at 376-9040 for more information or to register for the class.

## One-on-One Health Coaching:

Individual health coaching is available to anyone who is seeking assistance in making healthy lifestyle changes. We address topics such as diabetes management, weight management, general nutrition, cholesterol or blood pressure management, and tobacco cessation. If you are interested in more information, or are ready to set up your appointment, contact us at 376-3939.

## HIGHWAY TO HEALTH: HANFORD HAS LOST 3730 POUNDS!

In 2010, we launched a Hanford Weight Loss Campaign called the [Highway to Health](#). With 85% of the Hanford Site falling into the category of overweight or obese, focusing on weight loss and nutrition is important for all of us. In the past 2 years, we have compiled a total of 3730 pounds lost as a Site!! Let's continue our success in 2012 and see if we can add another two ton loss to our total!!

Main Clinic X-Ray Room



## New Clinic Equipment: Digital X-Ray

Digital X-ray was recently implemented at our main clinic and is in the process of being implemented at our 200W clinic following some facility modifications. Using of digital radiography in the place of traditional photographic film will result in many benefits to our patients, staff, and stakeholders, including:

- Improved diagnostic capability, process efficiency, records retention and quality of care,
- The new equipment requires less space and will reduce long term costs,
- Improved timeliness of medical clearances and work restrictions,
- Improved patient comfort during the imaging process and ADA compliance associated with enhanced equipment mobility,
- Improved safety for patients & clinic staff by reducing radiation exposure to the patient, eliminating hazardous waste associated with x-ray processing and eliminating the off-gassing of stored x-ray films.