



eap update

2014 - Vol 1



Promoting a Healthy Workplace

Most people don't usually associate their workplace with good health. In fact, many would probably say their job is the source of many unhealthy habits including a lack of exercise and weight gain—

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Start with a Healthy Workspace

A poorly laid-out, disorganized and cluttered work environment can lead to a lot of unnecessary aggravation.



Mental frustration can become physically exhausting and can wreak havoc on productivity.

Create a more attractive, enticing and healthy workspace.

“Creating a “work-free” oasis

There should be at least one designated space in the workplace where employees can go to escape, sit in peace and take their mind off of work during their break(s). If you already have a designated lunch room, ask yourself if it is truly inviting: Is it bright and well-lit? Calm, quiet and comfortable?

If you don't have a whole room to spare, just creating a quiet corner with some chairs, books and magazines. These can do wonders to help re-group and stay refreshed.





Encouraging ergonomics

Repetitive movements such as typing, improperly using equipment and awkward work

Repetitive movements such as typing, improperly using equipment and awkward work positions are the top causes of workplace injuries, examine the workspaces to ensure they are ergonomically sound. Another strategy is to consider simple tips that may prevent injury, such as stretching and taking regular breaks to get up and move away from workstations for a few minutes. Taking short breaks can improve your overall work environment—physically and emotionally.



Create a Healthy Social Environment

Trade the watering hole for a workout.

Instead of going out for drinks with the team every week, why not try a group jog or joining a sports league together as a team? Not only is this great for everyone's overall fitness, it can also promote team-building and help you get to know your co-workers better in a more comfortable, less formal setting.

Make Healthy Lifestyle Choices

Stopping the temptation. Instead of bringing in donuts or high-fat muffins to a morning meeting and encouraging everyone to “eat up,” serve up a fruit tray or some whole grain bagels. Also, encourage co-workers to bring in healthy lunches by hosting a regularly-scheduled “healthy recipe” potluck. Have everyone bring in a meal and a copy of the recipe to share with the team. This promotes healthy eating at work and at home by giving everyone the chance to add new and healthy recipes to their repertoire.

Make wellbeing meetings a part of your monthly schedule

Include a health and wellness topic—either for presentation or discussion—as part of your meeting agenda. Choose a different topic every month such as maintaining a healthy weight, or stress management and brainstorm with co-workers about ways to encourage these within the organization. Or, if time and budget allow, enlist a professional's help to present on the topic—whether it's an exercise instructor who comes in to demonstrate stretching techniques or have EAP do a talk on work-life balance. Anything you can do to encourage health and wellbeing and make it fun will make it easier to adopt these healthy lifestyle choices.



Set Boundaries between Work and Play

You've had a rough day at work, and while you'd like to forget about the disagreement with your boss or a looming deadline, when you get home it plays over and over in your mind. Or perhaps trouble on the home front, whether family conflict or caregiving demands is making it hard for you to focus on the job. While the havoc of stress truly knows no bounds, there are strategies you can implement:

1. Visualization is a powerful tool!

Pick a place on your journey home and visualize outting the emotional "trash"; ie. your worries of the day, put them into the trash can. You can pick it up on the way to work the next day - if it pops into your mind - put it back in the bin

2. Go for a walk around your neighborhood or on the beach

Exercise and keeping active releases endorphines and reduces stress.

3. Listen to happy, uplifting music on your commute home **Sing along to it.**

Imagining being happy can actually manifest that feeling.

4. Use your support networks

ie. your spouse, friends, or trusted co-worker. Our problems often feel worse when we keep them bottled up.

5. Accept the situations you can and can't control,

problem solve as best as you can, then choose not to worry but instead to focus on the tasks ahead. Worry is like a rocking chair - it gives you something to do but gets you nowhere.



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especially as work hours increase and free time becomes more and more of a luxury. If this sounds like you, you're not alone.

Healthy employees are likely to be more productive, happy and full of energy. Creating a healthy work environment can start with simple but significant changes. Be inspired to get healthy and avoid common workplace health hinderers by following the tips below.



Speak to a counsellor

no issue is too small
for the EAP

EAP offers personal counselling as well as seminars to help with issues of stress, anger, managing time and change. EAP offers supervisory training to help improve management styles and to help management know how to effectively intervene in the lives of those they supervise. Give us a call at 949-9559 to discuss how we can work with you to reduce absenteeism.

team specific guidance
professional goal development
teaching crucial workshop stand
skills ability develop achieve help
coaching experience instructor ta
expertise clic

training

DISCOVERING YOUR
WORK » LIFE BALANCE
Established 1993



Find Us

Call **949.9559**

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EAP Training Seminars

New Topics Available

Communication - Treat People the Way They Want to be Treated

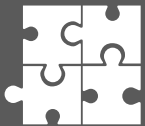
Healthy Self Care and Combatting Compassion Fatigue

Women in Leadership - Assertiveness Training

Anger Management for Women

Managers are People Too!

Tackling the Inner Critic



EAP in the Media

“Inner Peace” – Cayman 27

Daybreak Morning Show

January 22nd – Managing Expectations

Feb 5th – Turning Thought to Action

March 12th – Combatting Procrastination

April 9th – Tackling the Inner Critic



Lunch and Learn - Tackling the Inner Critic

“Everything we want is on the other side of fear”

– George Addair

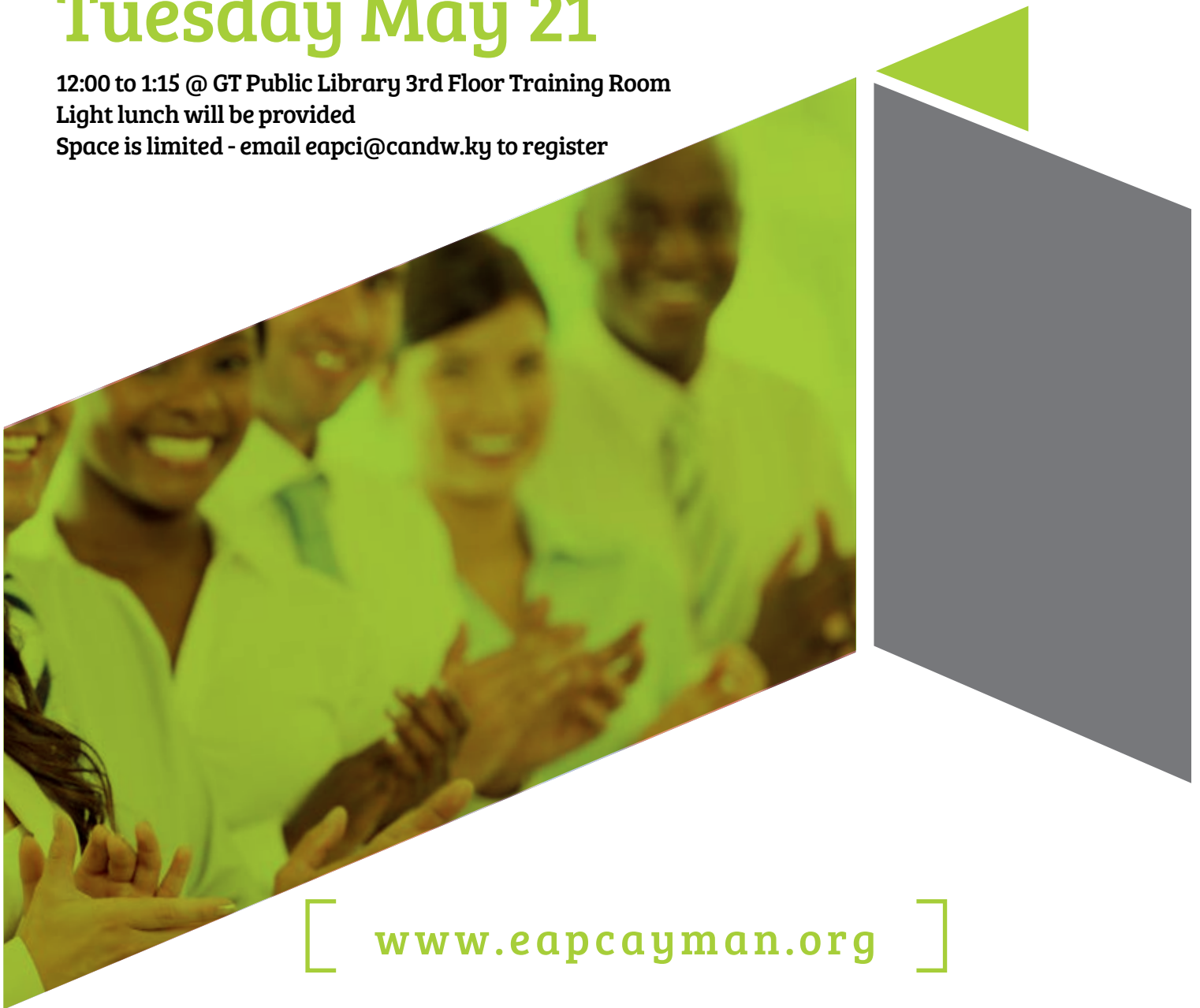
When the inner critic speaks we are never smart/pretty/young/loveable enough to achieve any true measure of success in our life or relationships. This workshop aims to teach concrete tools for shifting away from self-critical thinking and increasing positive self-talk.

Tuesday May 21

12:00 to 1:15 @ GT Public Library 3rd Floor Training Room

Light lunch will be provided

Space is limited - email eapci@candw.ky to register



[www.eapcayman.org]