



Inside This Issue

- 1 Play More, Live Longer
- 2 Message from Your EAP
- 3 Stress Tip
- 4 Nurturing Your Creative Juices
- 5 Get a Memory Makeover
- 6 Education, Support & Upcoming events

Play More, Live Longer

If you are working and postponing fun until you can retire, consider fitting in some fun and leisure activities now. It might help you live longer and improve your mental health. A study of 107 sets of senior twins has shown that those who participated in leisure activities in early and middle adulthood had a reduced risk of Alzheimer's disease. In the study, risk was reduced regardless of education level or degree of physical exercise. Another earlier study by the Harvard School of Public Health showed that seniors who had an active social life lived longer. *What it means:* Social and leisure activities may be as important to long-term physical and mental health as physical exercise!

Source: Journal of Gerontology Series, Psychological Sciences and Social Sciences B: 58:P.249-255.

Seniors who have an active life live longer.

Message from Your EAP

Bon Secours Employee Assistance Program offers short-term counseling services to you and your immediate family members by trained professionals that specialize in a wide range of personal and job related issues. It's our main goal to keep your lives balanced so your personal stressors do not impact your job performance. Services are confidential and provided at no cost as a benefit of your employment. To utilize your EAP benefit, call our main office at 757.398.2374 Monday-Friday from 8 a.m. to 5 p.m. or visit us on the web: www.bshr.com/eap

Stress Tip

Preventing the Common Cold and Flu

1. Avoid close contact with those who are sick
2. Whenever possible stay home when you are sick
3. Cover your mouth and nose when coughing/sneezing
4. Clean your hands regularly
5. Avoid touching your eyes, nose or mouth
6. Practice good health habits like eating healthy, exercising and drinking plenty of fluids

Source: Center for Disease Control and Prevention
<http://www.cdc.gov/flu/protect/habits.htm>

Nurturing Your Creative Juices

You have probably discovered that your best ideas—your real rocket launchers—come while you are not at work. They pop into your head while driving, walking, taking a shower, or participating in non-work activities. How can you use this awareness to effectively inspire creativity? Plan for opportunities where you can be stimulated by a completely different environment. Include new sounds, sights, places, conversations, people, and open space to free up your thoughts. Factor in undistracted “alone” time. When ideas come, have a way to capture or record the inspiration. Newton was alone under a tree when the apple hit him on the head.

Get a Memory Makeover

You've entered middle age, and you think your memory is slipping—you misplace objects, walk into a room and forget why you are there, and forget names. Is it simply old age, or could lifestyle be to blame? The good news (or bad depending on your perspective) is that it is probably your lifestyle. UCLA researchers completed a study demonstrating that in 14 days, subjects could improve their memory with an improved diet, daily exercise, increased mental activity and stimulation, and stress reduction exercises.

Source: UCLA and Memory Fitness Institute

Education, Support & Upcoming Events

Feeling under the weather?

Look up symptoms, doctors and educational material at www.mybonsecours.com

Managing Job Stress (article)

<http://www.healthwise.net/bsr/Content/StdDocument.aspx?DOCHWID=ta5662spec>

Anxiety (article)

<http://www.healthwise.net/bsr/Content/StdDocument.aspx?DOCHWID=anxty>

Always Helpful!

Want to Quit Smoking?

www.smokefreevirginia.org is a free government funded website that provides education, resources and updated smoke cessation product offers.

Alcoholics Anonymous (AA)

Local support groups can be found on the Virginia AA website at

<http://www.aavirginia.org/hp/meetings/waw.asp?search=true>

Good Help to Those In Need*



BON SECOURS
EMPLOYEE ASSISTANCE PROGRAM

(800) 327-3257 • (757) 398-2374

This information is provided with the understanding that the author and publisher are not engaged in rendering legal or other professional services. The publishers disclaim any liability, loss or risk incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this information. This information is not a substitute for the advice of a competent legal or other professional person.

Important Notice: Information in the Frontline Employee is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further questions or help with specific problems or personal concerns, contact Bon Secours Employee Assistance Program.