



Feature of the Month

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LIGHTEN UP

If you're the boss, your mood probably helps set the atmosphere of the office. Add some laughter and you'll ease workplace stress.

Statistics tell us that more people have migraine headaches on Sunday night and that the rate of heart attacks and heart attack-like symptoms are very high in the early hours of Mondays. What does this tell us? Perhaps people are dreading going to their job on Monday? Maybe. But there are other reasons for this as well.

Two decades ago we saw changes in the workplace that we didn't anticipate. The trendy term used was downsizing. Less people were required to do the same amount of work. Executives lost their jobs daily. New types of employment finding agencies sprung up that specialized in higher-level management job placement. There was confusion in the workplace and people began to feel uncertain about their jobs. Articles appeared that indicated we will all have more than one job in our lifetime - and there would be no more job security -even for those who were university educated.

Stress in the workplace has increased. Occupational stress can be one of the most debilitating types. Overworked managers no longer have the time to acknowledge their employees in positive ways. Disrespect and rudeness are two of the biggest attitude problems in some businesses.

People feel isolated and unsupported in their work.

Workplace stress is definitely up. About 63% say that the job pressures interfere with their family or personal life and 60% say that the job is negatively affecting their physical and emotional well-being. More than 52% say that they think that people in their workplace need help in managing anger and stress, yet 55% say their company offers no training on how to manage anger or stress. Furthermore, 35% say they feel their co-workers are harder to get along with due to stress.

So, what can we do to help combat the stress in our own office? We can acknowledge one another and leave notes and messages that are positive in content. "Thank you for being you—you brighten my day," and "you were really helpful—thanks!"

Companies who make it fun to go to work get more out of their employees than those who don't. If we could also learn to treat each other with respect and appreciation at work, mix in a little fun, smile and thank each other, it will help ease the stress of our workdays. And after work, go to a comedy club and release those endorphins, serotonins and boost your immune system at the same time. Or rent a funny video, read a joke book. Listen to a comedy tape whenever you're in the car.

Carol Fawcett, Stress Management Consultant



**First Day of
Summer
June 21st**

CONNECTIONS

De-stress using Laughter



Learn how to use laughter and play to undo the negative effects of stress.

Laughter will help you to stay flexible in the face of change, de-

spite the increased challenges in the workplace.

You and your employees will notice an immediate difference in how you feel. Decrease sick time, improve team spirit and help your group feel more motivated.

“Benefits of introducing laughter as a stress reliever to your workplace”

- Reduces stress
- Creates an upbeat and happy work environment
- Stimulates creativity
- Stimulates the immune system, lowers blood pressure
- Increases rapport and employees are healthier
- Increases feelings of wellness and joy.

“Benefits of having stress-free employees”

- Productivity in the workplace increases
- Employees take less sick leave
- There is an increase in positive communication
- Creativity is unblocked and stimulated.

Laughter is aerobic—meaning it increases the oxygen intake in your body and also gives your diaphragm a good workout, which in turn is excellent for asthmatics or anyone with a lung disorder.

Stress hormones are lowered by laughing. Stress hormones can constrict blood vessels and suppress immune activity. Muscles relax during and after a good laughing session. Laughter can actually help to lower blood pressure and is also very good for people with diabetes.

We used to laugh 20 minutes out of every day in the 1950's. Now we laugh for 6 minutes out of every day. Something has changed between then and now. How do you measure up with laughter?



Famous quotes:

“Laughter is the jam on the toast of life. It adds flavor, keeps it from being too dry and makes it easier to swallow.”

Diane Johnson

“The art of medicine consist of amusing the patient while nature cures the disease.”

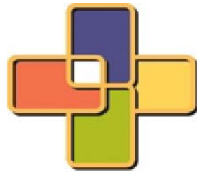
Voltaire

“Genuine laughing is the vent for the soul, the nostrils of the heart, and it is just as necessary for health and happiness as spring water is for a trout.”

Josh Billings

CONNECTIONS

The Members Page



North Bay and District Hospital
Hôpital de North Bay et du district



Another Successful Fruit & Juice Days!

On June 13 and 14, the EFAP Committee provided a variety of fruit for staff at the North Bay General Hospital, offering a refreshing break from the heat. Approximately eight trays were served at the Scollard Site and six at the McLaren Site. A thank you is extended to Patient Food Services for the fruit preparation.

Alaina Gislason

CONNECTIONS

Q & A

Question:

I've noticed that my teenage daughter (she's 14) has been very obsessed with her body image. Recently, she was reading one of her magazines and she commented that she was "too fat and ugly" to wear any of the bathing suits shown in the pictorials. She has also stated several times that she needs to go on a diet because she believes that she is "disgusting". What should I say to my daughter? I want her to have a healthy body image.

Answer:

As a parent, you naturally want your teenager to maintain a healthy weight and self-image, but where do you start? Here are some tips:

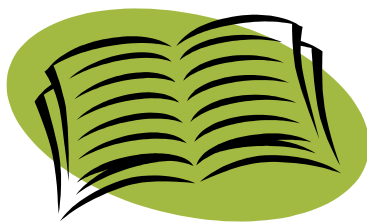
Open up: Encourage your teen to share her concerns about her body image, reassure her that you do not want to judge her; you just want to help her deal with any issues she may have.

Be sensitive: Teasing, nagging and harassing your teen can make problems even worse.

Encourage healthy activities: Ask your teen if she is interested in participating in any physical activities. If so, how can you help her get involved? What activities can you do together as a family?

Teach your teen to cope with peer pressure: Teenagers are facing extreme pressures from society to look a certain way. Help your teenager realize that these expectations are unrealistic and that we are all different. Remind your teen on a regular basis that she is unconditionally loved and accepted.

If your daughter is more comfortable talking to a third party about her body image please feel free to contact the EFAP/North office to book an appointment or if you suspect that your teenager may have a more serious problem please contact EFAP/North or another professional (your family doctor, nutritionist etc.) ASAP.



Book of the Month Getting to YES

Negotiating Agreement Without Giving In
Authors Roger Fisher & William Fry

A straightforward, universally applicable method for negotiating personal and professional disputes without getting taken-and without getting angry

Getting to YES offers a concise, step-by-step, proven strategy for coming to mutually acceptable agreements in every sort of conflict— whether it involves parents and children, neighbors, bosses and employees, customers or corporations, tenants or diplomats. Based on the work of the Harvard Negotiation Project, a group that deals continually with all levels of negotiation and conflict resolution from domestic to business to international, *Getting to YES* tells you how to:

- Separate the people from the problem;
- Focus on interests, not positions;
- Work together to create options that will satisfy both parties; and
- Negotiate successfully with people who are more powerful, refuse to play by the rules, or resort to "dirty tricks".