



workplace stress

what's on in health

May

2nd-8th

Heart Week

Heart Foundation

Phone: 08 9388 3343

www.heartfoundation.org.au

14th

Loud Shirt Day

Telethon Speech and Hearing

Phone: 08 9387 9803

www.loudshirtday.com.au

19th

World Hepatitis Day - "Am I number 12"

Hepatitis WA

Phone: 08 9227 9800

www.diabeteswa.com.au

23rd

HBF Run for a reason

HBF

Phone: 08 9244 5200

www.hbfrun.com.au

27th

Australia's Biggest Morning Tea

Cancer Council WA

Phone: 1300 65 65 85

www.biggestmorningtea.com.au

workplace stress

The World Health Organisation defines workplace stress as the response people can experience when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope.

Both employers and employees can be negatively affected by workplace stress. According to recent studies stress related presenteeism and absenteeism are costing the economy over \$14billion a year.

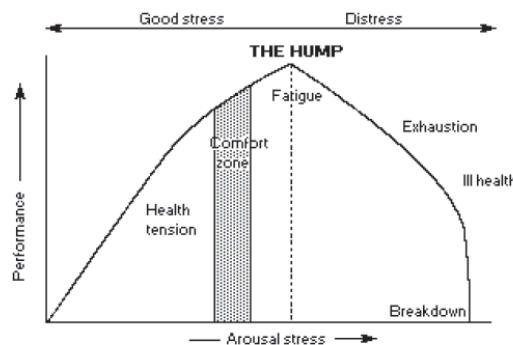
what does workplace stress cost you?

the Human Function Curve

The Human Function Curve was originally developed by Dr. Peter Nixon. In general people have a level at which they function efficiently at whatever they are doing. Increase the level of pressure where the prescribed task becomes uncomfortable and eventually the stress level peaks and our output begins to decrease even to the point of burnout or breakdown.

Good health, both physical and mental, is a major factor in the way stress affects us. If the body and mind are healthy we have a much better chance of coping with external anxiety factors.

THE HUMAN FUNCTION CURVE



Adapted from: Nixon, P: Praitioner, 1979.

source: Act Nerv Super (Praha). 1982;Suppl 3(Pt 1):130-3.

health effects of workplace stress

Workplace stress has been linked to a wide range of mental and physical health conditions including:

- anxiety and depression
- gastrointestinal disorders
- musculoskeletal disorders
- cardiovascular disease
- nervousness, tension, strain

There are some early warning signs to watch out for:

- headaches
- backaches and other muscular aches and pains
- difficulty sleeping
- difficulty concentrating, poor memory
- feeling irritable, angry
- feeling anxious, helpless, out of control
- loss of energy and motivation
- changes in appetite and weight
- upset stomach
- feeling run down or worn out
- low morale

If you can identify with a number of the above issues, you should be looking at stress management techniques in order to eliminate and/or reduce your stress levels.

An employee can usually recognise signs of stress before their employer. However employers can look for outward signs of stress including:

- visible tension
- short temper
- weight gain or loss
- nervous habits such as nail biting or pacing, and
- notable decreases in quality of work

relaxation techniques

- Perform progressive muscle relaxation. See www.wikihow.com/Perform-Progressive-Muscle-Relaxation for an example
- Perform deep breathing exercises
- Enroll in a yoga class or course
- Use music to relax
- Have a creative outlet – spend time building things, sewing, cooking, learning a language.

For a tailored approach to reducing workplace stress, Carepoint can offer:

- Relaxation sessions
- Lunch 'n Learn session – topics include: Mind Matters, Stress Management, Sleep and Relaxation
- Resilience training
- Group exercise and stretching sessions

Contact us on (08) 6444 4660 or health@carepoint.com.au today!

chronic stress

Chronic stress is defined as the response of the brain to unpleasant events for a prolonged period of time over which the individual perceives it has no control. It can cause or worsen a range of ill health problems which can severely affect quality of life. These include:

- asthma
- psoriasis
- peptic ulcers
- digestive disorders
- sexual problems
- depression
- alcohol and drug abuse

stress management

Stress management includes a range of techniques used to help an individual cope more effectively with difficult situations in order to feel better emotionally, improve behavioral skills and often to enhance feelings of control.

- It's very important to recognise stress early – this will improve your ability to deal with it, manage it and make any necessary changes.
- Look around – what can you change? What can you control?
- Set realistic goals for yourself – reduce the number of events going on in your life
- Learn to say no – it is not possible to do everything for everyone.
- Be organised. Prioritise. Learn time management skills.

beef and eggplant stew (serves 4)



source: www.taste.com.au

ingredients

- 2 tbs olive oil
- 600g beef chuck steak, cut into 4cm pieces
- 2 garlic cloves, crushed
- ½ tspn ground ginger
- ½ tspn ground cinnamon
- 1 tspn ground turmeric
- 1 tspn ground paprika
- 1 tspn ground cumin
- 800g vine-ripened tomatoes
- 1 long red chilli, halved lengthways
- 4 (300g) baby eggplant, chopped

stress reduction techniques

- Remove yourself from the stressful situation – if only for a few moments a day
- Don't overwhelm yourself – work on one task at a time
- Don't sweat the small stuff – work on the high priorities
- Learn how to relax yourself – breathing techniques, relaxation techniques, exercise, yoga
- Change the way you see your situation – seek alternative viewpoints
- Avoid extreme reactions
- Try to get enough sleep
- Seek help from a professional

looking after your health

Start your day with a healthy breakfast. Definitely, don't skip breakfast – the lack of energy will make it harder to concentrate and slow your metabolism.

Drink at least 1.5 – 2L of water per day. Avoid alcohol and caffeine, which will dehydrate you and make it harder to concentrate.

Increase your level of physical activity. Exercise is great for managing stress (by releasing endorphins) and it will keep your body in good shape. (Aim for 30 minutes on most days of the week)

Get enough sleep and if possible, get into a regular sleeping routine. Remove distractions, like TVs and stimulants (e.g. caffeine) before bed.

instructions

Heat 2 teaspoons oil in a large saucepan over medium-high heat. Add beef. Cook, stirring, for 6-8 minutes or until browned.

Add garlic, ginger, cinnamon, turmeric, paprika and cumin. Cook, stirring, for 1 minute or until fragrant.

Add tomato, chilli and ½ cup cold water. Bring to the boil. Reduce heat to low. Cook, covered, for 1 hour. Remove lid. Cook for 20-25 minutes or until beef is tender and sauce has thickened.

Meanwhile, heat half the remaining oil in a frying pan. Add half the eggplant. Cook, turning occasionally for 5-6 minutes or until golden. Repeat with remaining oil and eggplant. Set aside.

Remove lid and discard chilli. Add eggplant to the saucepan. Season with salt and pepper. Cook, stirring, for 3-4 minutes or until heated through.

Serve with couscous and steamed greens.