



# Well Worth It

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## Mental Health Calculators



Being concerned about the mental health of your employees makes good business sense. There is a strong mind - body connection. Employees with healthy mental attitudes result in lower health care costs, reduced absenteeism, increased productivity and improved quality of work. You can determine the financial impact of two common mental health diseases (depression and alcoholism) on your company's bottom line by using these calculators:

Depression: [www.depressioncalculator.org](http://www.depressioncalculator.org)

Alcohol: [www.alcoholcostcalculator.org](http://www.alcoholcostcalculator.org)

Mental health problems affect employees of every age, background and gender. There are many resources available to treat mental health related problems. Learn more about how employers can better help their employees at the Mental Health America's website located at [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net).

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*The more freedom we enjoy, the greater the responsibility we bear, toward others as well as ourselves.*

Oscar Arias Sanchez

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## Family Smoking Prevention & Tobacco Control Act

Tobacco foes nationwide are applauding legislation recently passed by Congress and signed into law by President Obama that gives the Food and Drug Administration (FDA) regulatory oversight over tobacco products.

The implications of this legislation is far reaching as tobacco companies will be required to more accurately depict the harmful effects of their product. There are also limits on candy flavored tobacco products and other marketing techniques used to lure the next generation of smokers.

In light of the rising taxes on tobacco products and the risks associated with tobacco use, the Wellness Council has resources and training tools to help your company's employees take control of their smoking habit. Visit us on the web at [www.wcgv.org](http://www.wcgv.org) to learn more.



## Relaxation Techniques

Relaxation techniques are an important part of managing daily stress. There are relaxation methods that can be done on your own to help lower your stress. There are numerous health benefits to lowering stress in your life. These techniques take time and practice, but the benefits are "Well Worth It."

- **Progressive muscle relaxation.** In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group. This helps you focus on the difference between muscle tension and relaxation. You become more aware of physical sensations. Start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. Tense your muscles for at least five seconds and then relax for 30 seconds, and repeat.
- **Visualization.** In this relaxation technique, you form mental images to take a visual journey to a peaceful, calming place or situation. During visualization, try to use as many senses as you can, including smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about such things as the smell of salt water, the sound of crashing waves and the warmth of the sun on your body. You may want to close your eyes and sit in a quiet spot.

[www.mayoclinic.org](http://www.mayoclinic.org)

### More ways to relax...

- Yoga
- Tai chi
- Listening to music
- Exercise
- Meditation
- Hypnosis
- Massage



**Take rest, a field that has rested gives a beautiful crop.**

Ovid (43 B.C. - 17 A.D.)



## Flu Vaccination Scheduling

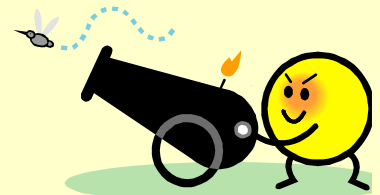
Have you scheduled flu shots for your company's employees? NOW is the time to contact your local health department or medical personnel to schedule a flu vaccination clinic for your worksite. With the swine flu continuing to spread, it is even more important to receive the flu vaccination. Symptoms of normal flu strains and the swine flu strain are very similar and lab testing is the only way to determine which strain of flu you are experiencing. Schedule your flu shot clinic today!

## Mosquitoes

Mosquitoes are common during the summer months and some people are more prone to be bit by the pesky creatures. While most mosquito bites are harmless, some mosquitoes carry West Nile virus, malaria or dengue fever. If you've been bit by a mosquito, be on alert for unexplained fever, muscle pain, headache or weakness. Seek medical attention if you have nausea, vomiting, swollen lymph glands or a rash on your torso after possible exposure to a mosquito bite.

You can be proactive and deter mosquitoes by removing water-filled containers that attract mosquitoes. Also, cover yourself by wearing long sleeves, long pants and socks when outside between dusk to dawn. Repellents are available to spray on exposed skin. You can check the activity level of mosquitoes in your area, by entering your zip code at the following website: <http://www.weather.com/activities/homeandgarden/home/mosquito/index.html?from=breadcrumbs>.

*ConsumerReportsonHealth.org, www.mayoclinic.com*



### Learn the Heimlich

Go to [www.medlinplus.gov](http://www.medlinplus.gov) and type in "Heimlich maneuver" to see illustrated instructions for this technique to save a choking person. There are even instructions on how to use it on yourself. The life you save may be your own!

[www.ConsumerReportsonHealth.org](http://www.ConsumerReportsonHealth.org)



### Deodorant for itchy mosquito bites???

Did you know that researchers have found that dabbing roll-on antiperspirant on a bug bite will reduce the swelling and the itch? The aluminum salts in the antiperspirant helps the body to reabsorb the fluid in the bite which reduces swelling and helps the itch go away.

[www.health-eheadlines.com](http://www.health-eheadlines.com)

## Seasonal Affective Disorder

When most people here the phrase "seasonal affective disorder" They (SAD) typically think of wintertime depression caused by the lack of sunlight during shorter days. However, a small percent of people who are affected by SAD experience symptoms of the disorder in the summer months. Symptoms of summertime SAD include depression, loss of appetite, trouble sleeping, weight loss and anxiety.

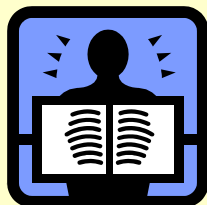
While heat and humidity play a role, there are other contributing factors. Disrupted summer schedules with kids out of school, vacations, and cookouts vary the normal routine the body is accustomed to. As the weather warms up and more people are trading in sweatshirts and sweaters for shorts, tank tops and swimming suits, people with body image issues become extremely embarrassed and uncomfortable in social situations. Lastly, the cost of summer vacations, day care and other related costs causes additional financial stress.

Help is available by talking with your physician or health care provider. The summer season does not need to be plagued by depression and feelings of anxiety.



## You Should Know...

**Expired Sunscreen** The ingredients in sunscreen have a shelf life of up to three years. If you have a bottle with no date, then write the current date on it. Discard after two years just to be safe.



**X-Ray Records** Do you have trouble remembering what x-rays you've had done in the past? You can access a downloadable tracking card to record the date, type of x-ray, physician's name and other information at [www.fda.gov/cdrh/consumer/record\\_card.pdf](http://www.fda.gov/cdrh/consumer/record_card.pdf). Patients can record their x-ray history and possibly avoid unnecessary radiation exposure.

**Medications and Driving** Many anti-anxiety drugs, sleeping pills and other medications have side effects that can hinder one's ability to safely drive a motor vehicle. Be aware of the side effects of your medications and report any changes in your driving to your doctor.

**3,000 Steps in 30 Minutes** Walking this many steps five times a week will help you meet the government's recommended fitness goals. The American Journal of Preventive Medicine reports that this can be broken up into 1,000 steps in ten minutes three times a day for the same health benefit.

*www.ConsumerReportsonHealth.org*

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## Flu Prevention Habits

Like other types of influenza, the H1N1 flu (swine flu) is a respiratory illness. There are simple steps you can take to prevent the spread of all flu strains and other respiratory illnesses.



- Cover your nose and mouth with a tissue and discard tissue.
- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand sanitizers are also effective when soap and water are not available.
- Germs are spread by touching your eyes, nose and mouth. Avoid touching these parts of your body.
- Avoid contact with others who are sick.
- If you are sick with influenza - limit your contact to prevent the spread of the illness. Stay home if necessary.

*Centers for Disease Control, American Lung Association*

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