



Well Worth It

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Wellness Council of West Virginia, 75 Olde Main Plaza, St. Albans, WV 25177
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Blazing New Trails

23rd Mid-Atlantic Conference on Worksite Wellness
October 23 - 24, 2009



The clock is ticking on registration for the 23rd Mid-Atlantic Conference on Worksite Wellness. Are you registered to attend? The deadline for **early registration** and **room DISCOUNTS** is **OCTOBER 1st**! *Blazing New Trails - Cutting Edge Interventions for Today's Workforce* is the focus of this year's conference. You and your company will be equipped with ready to use wellness information, health related interventions/products, and results-orientated programming. What are you waiting for? Blaze New Trails today and visit www.wcvv.org to download your application and register !

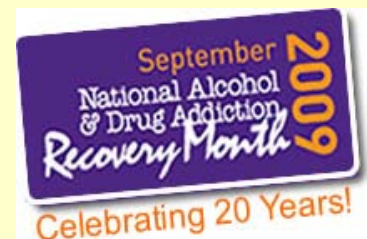
*Always bear in mind that
your own resolution to
succeed is more important
than any other.*
Abraham Lincoln

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National Alcohol & Drug Addiction Recovery Month

National Alcohol & Drug Addiction Recovery Month celebrates the success of the thousands of individuals who have completed substance abuse treatment programs. The progress of these individuals, along with the health care providers involved in the treatment programs, are applauded while educating the public on the treatability of substance abuse. Seventy-five percent of illicit users are employed either part or full time. Employers play a critical role in the workplace encouraging a drug free work environment while supporting employees who seek treatment. The National Alcohol & Drug Addiction Recovery Month website, <http://www.recoverymonth.gov/>, provides resources for those seeking more information.



Generalized Anxiety Disorder

Generalized Anxiety Disorder (GAD) is one of several types of anxiety disorders which include phobia, obsessive-compulsive disorder, social anxiety disorder and post traumatic stress disorder. GAD involves having consistent worry or a sense of never feeling at ease. Other symptoms include fatigue, headaches, muscle tensions, irritability and trouble sleeping.

Anxiety can occur alone or be a symptom of an underlying medical problem. A physician can best assess your medical situation and recommend the best course of treatment. GAD is treatable with psychotherapy and / or medications.

For a brochure to distribute to your employees with more information about Generalized Anxiety Disorder and other anxiety disorders, visit Partnership for Workplace Mental Health at

http://www.workplacementalhealth.org/employee_resources/types_of_anxiety_disorders.aspx.

www.mayoclinic.org

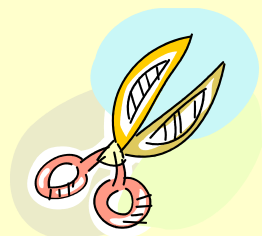
Tobacco Cessation

Looking to provide tobacco cessation activities at your worksite? Contact the Regional Tobacco Prevention Coalition Coordinator at the Wellness Council to assist with tobacco cessation or contact the West Virginia Quitline at 1-877-966-8784.

West Virginia
TOBACCO
QUITLINE
1-877-966-8784

WV Respiratory Rally

The 2009 West Virginia Respiratory Rally will take place September 26th from 9am-5pm at the University of Charleston. This is a conference for people suffering from lung disease and for health care professionals who provide care for these patients. Please join us for a day of education and empowerment. Attendance is free. Pre-registration is encouraged. Contact Kelli Caseman at American Lung Association for more information: kcaseman@lunginfo.org or 304-342-6600.



New WCWV Contact Information

Clip & Save!

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St. Albans, WV

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Juggling Aging Parents & Work

Over 22 million Americans are caring for aging parents and most caregivers are working either full or part time. The responsibilities of the “sandwich” generation can be overwhelming. Below are tips to help you successfully juggle taking care of yourself, your aging parent, and maintain your work duties.



- Be organized. Make a list of things that need to be done, and set realistic priorities and goals.
- Stay healthy. Get enough sleep, eat a healthy diet and exercise regularly. Most people tend to overlook their own health when taking care of others.
- Make a little time to do things you enjoy. Relax with family and friends.
- Ask for help when you need it. There will be times when you can't do everything that needs to be done, so call on friends and family members for help with different tasks.
- Use community resources, such as adult day services, meal or shopping services, and caregiver support groups to help lighten your load.
- Feel stressed, angry or depressed? Step away from the situation for a while.
- Do not drink excessively or use drugs to cope with the stress. If the feelings continue, talk to a trusted friend, relative, clergy or health professional. Ask your employer if there is an employee assistance program you can use.
- Talk to your supervisor at work about your caregiving responsibilities, so he or she knows what difficulties you may experience. Offer to make up any work time you take off for caregiving.
- Find out your company's policy on caregivers. It may offer benefits or services that can help. Take advantage of flextime policies at work. Consider working part time or job sharing.
- Ask your human resources department for information on the Family and Medical Leave Act. This allows up to 12 weeks a year unpaid leave for family caregivers who meet certain requirements.
- Always thank your coworkers, friends and family for their help and consideration. Offer to help them with heavy family responsibilities.



Many resources are available to help those balancing work, family and aging parents. Visit the Mental Health America at www.mentalhealthamerica.net to learn about resources available in your community.

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

Winston Churchill

You Should Know...

Clean Air = longer life. After analyzing life-expectancy data and air-pollution records from more than 50 U.S. metropolitan areas (including Boston, San Francisco, and Chicago), researchers have concluded that efforts to improve air quality since the 1970s has added 5 to 10 months of life to the lives of those residing in the metropolitan areas.



Looking young. It has long been believed that alcohol intake, sun exposure, and smoking contribute to premature wrinkling. A recent study of 186 sets of identical twins confirms this common belief. Facial aging was more advanced in those twins who smoked, drank alcohol or tanned in the sun.

Putting electronics to bed. Adults who watch television or surf the internet just before bed report poor sleep quality when compared to those who avoided the computer or television just before bed. You can improve your sleep quality by “putting your electronics to bed” at a set time every evening to give yourself time to relax and unwind.

www.ConsumerReportsonHealth.org

Warning Signs of Suicide

Suicide is a growing crisis in our nation that crosses age, gender, ethnic and socio-economic lines. There are classic warning signs of suicide. If you know of someone exhibiting these symptoms, seek professional help immediately or contact the National Suicide Prevention Hotline at 1-800-237-TALK.

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities - seemingly without thinking
- Feeling trapped-like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

For a printable, wallet-size card with this information to distribute to your employees, visit <http://mentalhealth.samhsa.gov/publications/allpubs/walletcard/engwalletcard.asp>.

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