



Saline County Employee Newsletter

TIPS FOR YOUR BEST (AND HEALTHIEST!) FOURTH OF JULY YET

Source: Robin Whaylen

Let's be honest here, would the Fourth of July be complete without a grill out, sweets, and adult beverages? This summer holiday is all about food, family, and having a good time. However, we believe that the 4th doesn't have to include sacrificing your healthy habits and push back your fitness progress!

A healthy and happy Fourth of July is achievable with some healthy substitutions and preparations. Here's how to enjoy your holiday festivities without the sugar crash and junk food hangover the next day:

Eat Well

Hot dogs, burgers, and sausages straight from the grill are Fourth of July food staples. However, they're not exactly nutritious or filling – making it easy to overeat and pile up on calories, fat, and sodium. We recommend these healthy eating tips:

Stick with 100% whole-wheat buns. White bread has almost no nutritional value and a lot of added sugars. If you really want a bun for your burger or hot dog, swap it out for a 100% whole-wheat bun. Whole grains will help satisfy your hunger and keep you energized – without all that added sugar! *(continued on page #3)*



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DANGERS OF DRIVING DROWSY

Sleepy drivers with less than four hours of sleep are 11 times more likely to experience a car crash than drivers with 7 hours of sleep the night before. Twenty-one percent of all fatal highway crashes involve drowsy drivers. Drowsy driving reduces alertness and attention the same way as being drunk or texting does. Know the signs of drowsy driving. These include lane swerving, falling asleep while stopped in traf-

fic or at a traffic light, sudden braking (when the driver realizes he/she has fallen asleep and awakens in fright), slow reaction time and poor decision making. There are many ways to increase alertness, but the best way is to pull over and take a nap. -end

Source: www.uab.edu [search "sleepy drivers"].

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being." - Saline County Wellness Committee

ALCOHOL & CANCER

Drinking just one glass of wine or another alcoholic drink per day increases the risk of breast cancer, the American Institute on Cancer Research found after examining numerous studies. The finding has their highest level of confidence. However, vigorous exercise such as running or fast bicycling decreases the risk of both pre- and postmenopausal breast cancer. Strong evidence confirmed earlier findings that moderate exercise decreases the risk of postmenopausal breast cancer, which is the most common type of breast cancer.

Must read! www.aicr.org [search: "New Report on Breast Cancer."]

MANAGING EMOTIONS

Not all employees remain calm and collected when faced with change, disappointments, loss of resources, serious delays and major



stressors. Managing one's emotions demonstrates maturity, self-control and focus, and it helps prevent negativity from affecting others. For this reason, the ability to manage one's emotions in the workplace is considered a valued soft skill.

To gain better control of your emotions:

- Catch yourself when you experience an emotional response to a difficult workplace incident;
- Focus on the best way to respond to it to remain level-headed.

If you are not familiar with staying focused in this way, just remember that it takes practice, but it works. -end

Learn more at <http://knowledge.wharton.upenn.edu> [search: "emotions workplace"].

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...Best 4th of July Yet!

Watch the sides. Popular side dishes like potato salad, cheese dip, and potato chips add a sneaky number of calories and fat to your plate. Watch your portions and opt for only one small scoop of your favorite side and savor it. We also recommend swapping out the junk food sides for healthier alternatives. Check out some of these healthy and yummy side recipes.

Skip the ketchup. While ketchup is a low-calorie condiment, it's loaded with sugars (mostly fructose corn syrups) and doesn't provide your body with many nutrients. Ditch the ketchup and season your food with spices for extra flavor. If you can't give up the condiments, check out this list of healthier condiments to top off your burger.

Grill lean meats. Ever thought of serving up some turkey burgers or sausages in place of beef? Sticking with lean meats will help you keep calories under control by limiting your fat intake. Look for the leanest cuts of beef, chicken, and pork to grill.

Add veggies. Make sure veggies are available at all times. If you want to treat yourself with a burger, make up for it by replacing a chips-and-cheese platter with roasted veggies and hummus. You can even make veggies the main dish by grilling kabobs with chicken and a variety of veggies. Check out these delicious kabob recipes.

Use small plates. Always remember portion control! Use small plates to help prevent overserving and overeating. You can also grab sectioned plates and fill the big sections with healthier choices while filling the smaller sections with less-healthy choices.

Stay mindful of your hunger. Eating while socializing can turn eating into a mindless act. It's hard to keep track of how many chips you're chomping on while chatting with your friends and family. Be sure to ask yourself if you're actually hungry before grabbing snacks, and be sure to pay attention to your food while eating.

Keep Moving

Backyard grill outs can make it easy to sit in a comfy spot on the patio all evening. Remaining sedentary for an entire evening (especially while eating a heavy meal) can cause a lot of discomfort. It's important to keep yourself moving to help your digestive system and burn off some calories. We recommend these activities to keep yourself moving:

Play yard games. Set up your favorite yard games like bags, ladder toss, or even a slip and slide. These games add a lot of fun to any celebration, and they'll keep you and your family active!

Dance. Play your favorite party tunes and bust a move! Dancing can burn some major calories and it's an exercise you can do for a while before getting burnt out.

Take a walk. After your dinner, take a walk around the neighborhood to say hello to neighbors and get a better view of the fireworks. If walking around the neighborhood isn't an option, be sure to stand as much as possible throughout the night and avoid sitting all evening. *—end*

WHY DOES IT MATTER?

Research shows the single most important factor in determining how long employees stay and how productive he/she is...is their immediate supervisor.

7 DAILY HABITS THAT WILL TURN YOU INTO AN OPTIMIST

BY ROBYN WHALEN

Stuck seeing the glass half empty? Truth be told, a lot of us are. Being a pessimist is far too easy because focusing on the negatives seems less difficult than finding the positives. However, being a Negative Nancy can have some serious consequences. Research has found that pessimists are more stressed, less happy, and less healthy than their optimistic counterparts.

A 2015 study found that optimists were more likely to eat healthily, keep a healthy BMI, exercise regularly, and not smoke. It was also found that they had healthier blood pressure, blood sugar, and cholesterol levels. Another article stated that optimists also tend to have more satisfying relationships and are less likely to come down with the flu or catch the common cold.

While some might think optimism is a personality trait that you're either born with or not, in reality, anyone can learn to become an optimist. If you would like to start looking on the bright side and reap the health benefits of positivity, try adapting these 7 daily habits that will help you become an optimist in no time:

1) Notice Negative Thoughts

Becoming aware of your negative thoughts and how often they occur will help you realize when and why you are negative. Maybe you're more negative during stressful situations or when you're feeling emotional. Being mindful of your pessimistic thoughts will help you pinpoint what's causing you to feel negative.

2) Identify the Purpose of Negativity

After realizing your triggers for negativity, determine the purpose of those thoughts. Do they serve as a defense mechanism to keep you from getting your hopes up? Does pessimism help you accept or plan for any possible changes? Next, ask yourself if negative thoughts are actually fulfilling their purpose. You'll likely discover that pessimism doesn't make unwanted changes or disappointments any easier for you to cope with.

3) Practice Gratitude

Being grateful goes a long way. Make a list of the things in your life that you are grateful for each day. You'll realize that the people or things you're grateful for will always outweigh your feelings of negativity. Learn to be grateful for the small things in life,

like a cup of hot coffee in the morning, your favorite song playing on the radio on your way to work, or your co-worker that can always get you to smile. Learn to also be grateful for the obstacles and hardships in your life – after all, these are what make you stronger and wiser.

4) Smile More

Turn that frown upside down! Facial expressions do more than just communicate your mood to others – they influence your mood as well. Smiling can help reduce stress and boost your mood by causing your brain to produce some serotonin. Forcing yourself to smile even when you're feeling pessimistic will help you feel more positive and look on the brighter side of things.

5) Impersonate an Optimist

When you feel like there is no way to find the silver lining in an unfavorable predicament, ask yourself, "What would an optimist say?" Chances are, you know someone in your life that is constantly smiling and staying positive. Imagine how that optimist would handle the situation you're facing, and do what they would do.

6) Give Positive Feedback

Notice a co-worker doing something helpful? Thank them with some positive feedback. Notice that a co-worker messed up? Still give them some positive feedback. Focus on what aspects they did do properly instead of how they messed up. The same should be done for yourself – even when you mess up, give yourself some credit for what you did do right and how you'll use the lessons from your mistakes.

7) Start Your Day Stress-Free

Waking up on the right side of bed will naturally put you in a happier, more optimistic mood. Try getting up a little bit earlier to work-out before heading to the office or read a chapter of an uplifting book. Listen to a motivational podcast on your way to work to help shape a positive mindset. Starting the morning off the right way will help you stay positive all day long.

It's never too late to become an optimist. You'll be less stressed, less grouchy, and a whole lot healthier. Start adapting these daily habits of an optimist for a brighter tomorrow. *–end*

COURTHOUSE PARKING LOT



In anticipation and preparation of additional

County Offices soon to relocate to the Courthouse, employees assigned to the Courthouse during the workday should now consider using the new, north parking lot for their vehicles. This will allow better parking access for community members in convenient proximity to the main entrance into the building, as well in being good neighbors to adjoining property owners.

JULY WELLNESS QUESTION OF THE MONTH

A 2015 study found that which group of people were more likely to eat healthily, keep a healthy BMI, exercise regularly, and not smoke?

- A) Idealists
- B) Intellectuals
- C) Optimists
- D) Passivists

BONUS: 25 WELLNESS POINTS for correct answer

**Answer to the June Question: "B: 150-300 calories"*

Email your name and correct answer to: salinewellness@gmail.com

**All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

CONTINUUM EAP: "A STRATEGY FOR SUCCESS" - ANY WAY YOU SLICE IT



When life hands you lemons... well, you know the rest.

We can't avoid adversity, but we can learn to make the most of it. By becoming more resilient to setbacks, we increase our likelihood of eventual success. To make life's challenges easier to swallow, Continuum EAP is here to help you with:

- Recovering from setbacks.
- Managing stress, anxiety and anger.
- Effective communication.
- Making time for yourself.
- Creating family & workplace harmony.
- Legal and financial concerns.

Consult your Employee handbook for contact information. Continuum EAP services are provided to you FREE and CONFIDENTIALY.

SLIPS, TRIPS & FALLS—NATIONAL SAFETY COUNCIL

In 2015, the U.S. Bureau of Labor Statistics reported over 223,000 non-fatal falls on the job. The majority of those falls—149,180—were not from a height or elevation. These workers fell on the same level due to slipping on a slick surface or from tripping over a hazard in the work area. Many of these incidents resulted in missed work days and injuries including fractures, sprains and strain tears, according to 2016 Injury Facts®, the statistical report on unintentional injuries by the National Safety Council. Due to underreporting, the number could be even higher.

Distractions and hazards

Slips, trips and falls are the No. 2 cause of nonfatal disabling injury in the workplace following overexertion. Fortunately, by being aware of our surroundings, slips, trips and falls are easily preventable. It starts with awareness. We're always on the move so it can become second-nature to go into autopilot when walking, especially in familiar places like the workplace. Take a moment to acknowledge the area you're walking through, even if you walk through it every day. Has anything changed? Is there a new potential hazard, such as a slippery floor or a stack of boxes, that wasn't there yesterday?

Distraction is another factor we don't always recognize. Eating on the go, rushing to a meeting and using the phone—whether it's talking, checking a work email or getting the latest score from the game—are all distractions that increase the risk of a trip or fall. Don't rush and focus on getting to your destination safely.

Other hazards include:

- Wet floors
- Uneven surfaces (tile, carpet, etc.)
- Ice, which can often be difficult to see
- Limited visibility around corners
- Cluttered work areas
- Not using the handrail in stairways
- Cords across pathways
- Carrying a load that's too heavy and/or obstructs vision

SIX UNUSUAL WAYS TO OVERCOME YOUR CRAVINGS—BRITTANY RISHER

1. BREATHE

Hunger can be physiological (your body truly needs energy) or hedonic (you just saw a pizza commercial and now want a slice with pepperoni and mushrooms), Roussell explains. If it's the latter, try breathwork. By changing our breath, we can change how we feel, according to a study in *Cognition and Emotion*. Experts recommend longer exhalations to help ease anxiety, which helps you fight cravings. And a recent (but inconclusive) study found slow breathing — nine breaths per minute — may help reduce food cravings.

2. THINK LOGICALLY

When people “cheat” on their diet, they tend to justify why they “can” have chicken wings, Roussell says. Although it may seem hard in the moment, being logical can help you stop a craving. If you track your calories or macros, you can easily see — as much as you may think you want that ice cream at night — you've hit your goal for the day. This helps you see you don't “need” ice cream — and if you really want it, you can work it into tomorrow's calorie allotment, Roussell says.

3. PLAY A GAME

Procrastinating at work isn't always a good thing, but it may help you with your cravings. *(continued on page #8...)*

“Procrastinating at work isn't always a good thing, but it may help you with your cravings.”

HOW TO BURN MORE CALORIES WALKING

While walking at a relaxed pace has major health benefits — and for sedentary people, it can be a great start to an exercise program — walking isn't necessarily a calorie-torching activity. But if you're looking to burn extra calories on foot, consider amping up your activity with these five tricks:

1. TACKLE THE HILLS

Use your surrounding environment to break a sweat on a walk. Seek out the hills instead of avoiding them. If you don't live in a hilly place, even doing hill repeats on the same hill gets your heart pumping.

2. HIT THE TRAILS

Trails require more coordination and all-body stability to navigate roots and rocks than a plain paved road or sidewalk. Also, according to recent studies, the bonus time spent in nature versus on city streets will make you happier and more energized in the long run.

3. ADD WEIGHT

Whether it's carrying your groceries home from the market or wearing a weighted vest on a power walk, taking on an extra load burns extra calories. Just make sure you're carrying things evenly — switch hands if you're carrying a bag, or invest in a quality backpack.

4. ADD INTERVALS

You don't need to start running all the time — but a few fartlek intervals will boost your heart rate and metabolism. As you walk around the neighborhood, simply pick up the pace and do a jog or hard run for a half block or to the next stop sign. Even 10 seconds of fast-paced running done a few times can have major benefits, and eventually, you might find that you want to add even more running to your routine. —end



Be Perceived as a Potential Leader

Even if you don't supervise others, you can still demonstrate leadership skills by practicing the work habits of good leaders:

- 1) Be genuine and praise others when they deserve it, making sure to articulate what they did well. This is a leadership skill that helps develop talent.
- 2) Have clear goals for what you want to achieve in your position. This demonstrates engagement with the organization.
- 3) Practice empathy to perceive others' needs, not just your own. Empathy shows that you value and invest in relationships.
- 4) Be a great listener and prove it by asking effective questions. Effective questions tend to be thought-provoking, solve problems faster, and show that you can listen, learn and suspend judgment.
- 5) Practice positivity with an attitude that encourages others to also be upbeat and productive.

Fatigue and Productivity



**Frequent fatigue affects
1 out of 3 workers.**

Although work pressures can feel inescapable, the strain you experience from them combined with communication and information-sharing technology makes fatigue a major health issue for the modern workplace.

Work-life boundaries blur, making it seem like work is endless. We are more likely to hear about a major contract closing in the middle of the night by text than at work the next day! Proper management and awareness of fatigue is a personal health responsibility in the modern era.

Fatigue is not just feeling tired. You feel exhausted, slow and lethargic. Fatigue can lead to

cognitive errors, safety infractions and injury, co-worker conflicts, a higher risk of depression, health problems, and negative effects on children and families. Ironically, it is not work per se that creates fatigue; rather, it is how you work that creates fatigue.

Fatigue builds with effort and decreases with rest. You can combat fatigue by working intensely in the morning, much more slowly in the middle of the day, and then intensely at the end of the day. Or simply plan breaks — go for a walk for a change of scenery or spend time in a quiet room. Don't just rest when you feel tired. Make rest a part of a healthier day. *—end*

For more info, visit <https://ideas.darden.virginia.edu> [search: give it a rest"].

JULY—SEPTEMBER
NIRMA ONLINE
UNIVERSITY
“DEALING WITH HEAT
STRESS”

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

Learn the precautions that can be taken any time temperatures are high and the job involves physical work.

Next Wellness Committee Meeting: Thursday, July 27, 2017 at the Law Enforcement Center Courtroom at 8:00 a.m.

WELLNESS COMMITTEE

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co.saline.ne.us/webpages/committees/wellness.html

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



CONT... OVERCOME YOUR CRAVINGS

A 2015 study published in the journal Addictive Behaviors found that subjects who played Tetris for three minutes had a decrease in food cravings. In another study, British scientists asked 48 participants to use a mobile app they built called iCrave whenever they, yes, had a craving. The app then prompted the subjects to visualize a specific scene, such as a lion in a zoo or a forest. That act helped reduce overall snacking and unhealthy snacking, compared with a group that tracked snacks with a different app. Try using an app like Stop, Breathe & Think or Headspace and doing a short meditation. Or play a game ... but maybe not Candy Crush.

4. TIME YOUR MEALS STRATEGICALLY

The debate over “three meals versus five meals” per day for better weight loss continues, but if you aren’t hungry for snacks, there’s no reason to eat them. And there’s no reason to follow some prescribed schedule, either. Maybe you sail through from lunch to dinner but always want a little something before bed. So eat then and not in the afternoon, says Roussell, so you’re not adding extra calories. Instead, those calories are accounted for.

5. CREATE NUTRITION AUDIBLES

In football, quarterbacks call an audible when they get to the line and decide their planned play isn’t going to work with the way the opposing team’s defense is setting up. Roussell recommends the same thing with nutrition: Have a back-up plan when your own plans go awry. For instance, if mornings get crazed and you don’t have time to make breakfast, keep five ingredients on hand that you can toss in the blender to have a quick, healthy smoothie. Or know exactly where to go for a healthy lunch when you forget yours at home. Having that plan in place makes you less likely to eat just anything.

6. EAT THE CRAVING DAILY

Scratchfield suggests a slightly unorthodox method to take on your cravings: Embrace them, don’t fight the. If you can establish a solid system to manage them, that is. Her simple suggestion that works for her clients? Give yourself permission to have that food every day, once a day, and schedule when you will have it. So keep your meals balanced, but have that handful of fries at lunch or dinner. Really enjoy them, rather than stuffing them down your throat. This helps reduce guilt, stress and anxiety, she says, and “by Day 3 or 4, you’ll be over it.” Rather than fries being a “bad” food, they’ll just be a food — one you can choose to have anytime you want them. But you’ll crave them less. —end

FITNESS CENTER NOTICE

On or around the 1st of July, the entry code to the Fitness Center will undergo its annual change. Please stop by the HR or Assessor’s office in order to re-sign your updated waiver form and receive the updated passcode. Family members wishing to use the Fitness Center must also supply a separate waiver. If you have any questions or concerns relative to the Fitness Center and/or this procedure, please call 821.2374 or 821.2588.

NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.