

When you live healthy, life is good!

INFORMATION BULLETIN

May 2011



Mental Health Week, from May 1 to 7. Take care of your emotional well-being!

Tips on keeping good mental balance at work!

In the press of daily life, it is sometimes easy to become overwhelmed by stress.

- Ask questions if requests made of you are unclear.
- Don't be afraid to take notes. You don't have to keep every little detail stored in your brain.

- At the end of the day, determine your priorities for the next day, remaining realistic about what you will be able to accomplish.
- Take all the vacation time you are entitled to. Rest and relaxation increase productivity.

Source: cmha.ca



Reading is good for you!



Two books on well-being:

Being Genuine - Stop Being Nice, Start Being Real, by Thomas d'Ansembourg. Puddledancer Press. This book teaches practical communication skills that enable readers to respectfully express their true feelings to others without demands or force.

Who Moved My Cheese?

by Spencer Johnson. G. P. Putnam's Sons. A parable on how to adjust to changes at work, at home and in relationships. **Source: Amazon.ca**

Computers can be a pain ...!

You have an aching back, a heavy head, eyestrain, tightness in your shoulders and a stiff neck... It's obvious! Working on the computer can cause a number of physical discomforts.

- Keep your back straight, slightly tilting the back of your chair forward. Then, your posture will improve, since you are not leaning toward the screen.
- Lower your keyboard so that your forearms form a 90-degree angle and your shoulders remain relaxed.
- Take breaks and stretch often.
- Prevent eyestrain by regularly looking away from the screen and blinking a few times.

Source: chiropracticcanada.ca



Moving around is good for you!

It's a well-known fact that moving around promotes good health and a more positive outlook on life. 30 to 60 minutes of aerobic exercise can even increase blood flow in the brain by more than 30%. Result: More oxygen, nutrients and hormones. **Source: hc-sc.gc.ca**

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We want to hear your comments and suggestions. Write to us at goodforyou@lacapitale.com.

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