

WINDOW ON WELLNESS

Work. Life. Wellbeing.



June 2008

June 2008 Diary

14 World Blood Donour Day

World Blood Donour Day provides a unique opportunity to give thanks to those very special people who provide the foundation of a safe blood supply, available to all patients requiring transfusion. Join others in the global community in making 14 June 2008 an event to remember.

16 June Youth Day

Those who died in the 1976 uprising did not lose their lives in vain as the event brought the necessary impact as it drew the world's attention and ensured students' voices were also heard.

The difference between today's youth and that of 1976 is that they use to respect thier bodies thus their health but can we say the same about today's youth? Maybe not because the youth today faces even bigger challenges than those of 1976.

There is a need to teach them (at school and at home) about the dangers of unsafe sex, teenage pregnancy and HIV and Aids.

Which factors put people at risk of Depression?

Any acute (sudden onset) or chronic (ongoing) stress might precipitate the onset of depression, especially if there is loss of property, status, or self-esteem, such as:

- Unemployment, retrenchment or forced retirement
- Divorce
- Bereavement
- Financial loss
- Break-up of a relationship
- An abusive relationship
- Examination failure
- Isolation from social contact, such as in prison, the elderly living alone, or that of a mother coping with a new baby
- Chronic ill health and disability

Five ways to beat the midday slump

1. **Get a caffeine kick.** You could try a quick cuppa or cola drink. According to experts it's a safe, effective way to wake yourself up, especially if you're not dependent on it to function. They note, however, that those who have several cups of coffee per day can become immune to its effect and they suggest limiting your afternoon intake to one cup of coffee. Any more, and you could have trouble falling asleep at night.
2. **Drink water.** Be sure to drink water constantly. It helps you stay hydrated, curbs unhealthy snacking and keeps you from getting drowsy. If you feel yourself nodding off during a boring meeting, a sip of water will help you regain your focus.
3. **Spice up the afternoon** with variety. Routine tasks can lead to boredom, which can ultimately lead to increased drowsiness. Experts suggest varying your daily routine when you notice that you are becoming fatigued and unproductive. If it's impossible to change tasks you may want to consider taking a five-minute break away from your desk so that you can return to it feeling refreshed.
4. **Eat lunch** (and not at your desk!): Skipping lunch can cause a slump that affects your productivity and concentration. You don't need to have a heavy meal, but make sure you eat something. Ideally your snack should combine carbohydrates, protein and a little fat (like a low-fat yoghurt or hummus with half a pita) as it helps wake you up by providing a boost in blood sugar. Avoid high-sugar snacks, like a chocolate. It will give you a quick lift, but it'll lead to an even quicker crash, and you'll be more tired than you were in the first place!
5. **Take a short break:** Stand up and stretch. Shake your feet unobtrusively and flex your fingers. Sit back and breathe deeply to relax yourself and increase your oxygen intake. Stretching will get the kinks out of your neck and shoulders and increase your blood circulation.

Are you over-exercising?

If you are in the middle of a work-out you need to stop if you experience any of the following symptoms:

- Chest pain, pressure, or discomfort in upper body, including chest, arms, neck, back or jaw.
- New or changing patterns of symptoms such as angina (heart pain), shortness of breath or pain in your legs/calves (poor circulation known as claudication)
- Unusual shortness of breath (most common heart symptom for diabetics)
- Dizziness / lightheadedness
- Nausea or vomiting
- Unusual fatigue or tiredness
- New irregularities in pulse / heart rate
- Heavy sweating or a cold sweat
- Discomfort in bones and joints
- These could all be signs that there is a serious underlying problem.



What is in Fruit?



Fresh fruits are fairly low in calories because they contain much water and little fat. However, fruits contain protective substances that help to keep your body healthy. It is important to eat a variety of fruit; this will yield a wider intake of nutrients. Studies have shown a relationship between the consumption of high levels of fruits and vegetables and a reduced risk of cancer. A high intake of fruits will provide wide variety nutrients, and will ensure a healthier and better quality of life.

Make your recipes healthier

The keys to successful lightening are:

- Find the ideal fat and sugar threshold for the recipe. How much can you cut calories, fat and sugar without compromising flavour and texture?
- Use the fat substitute that works best in that recipe.
- Review the functions of each fatty or sweet ingredient before you make changes to your recipe. When fat or sugar serves an irreplaceable function, you'll probably need to keep some of it in, but you can usually cut fat in half and sugar by a quarter.
- Substitute reduced fat and reduced sugar ingredients and products when appropriate. For example, use reduced fat cheddar cheese instead of regular. Use a good tasting fat-free or light sour cream instead of regular. You can also use reduced calorie syrups or unsweetened frozen fruit.
- Change to a cooking method that eliminates the need for cooking fat (broiling, roasting, poaching, steaming) when possible. But when it is necessary to maintain the character of the food, use a cooking method that involves less fat (oven frying, sautéing or pan frying in less fat).

Food Fact:

Is sugar good for us?

We can actually do without sugar, but it makes things taste nicer. Too much sugar in our diets can damage our teeth. When we eat and drink foods that have high amounts of sugar, acids are produced in the mouth by bacteria that live in the plaque on the surface of the teeth. These acids begin to dissolve the enamel and this leads to tooth decay.



Teaching your Kids about money

Don't put off teaching your children about money. In the long run, it will benefit you and them. Here are some basic things you can teach from an early age.

Encourage your kids to save for things they want. Try to make it fun – consider incentives and rewards, but do what you feel comfortable with and can afford.

Use everyday encounters to help kids learn about money. Make informal money lessons from visiting a money machine or opening bank statements or bills. Don't ever assume kids will pick up the most basic facts on their own.

Endless cash at money machines: To prevent children thinking automatic teller machines are an unlimited source of cash, show them withdrawals on your statement.

Explain interest. Kids need to know that you can earn interest by saving and that you pay interest when you borrow.

Be aware of money personalities. Encourage your kids to be aware of the relationship they are developing with money – are they more inclined to spend or save? Different personalities may require different approaches.

Talk about money with your kids. It's from discussions about subjects like "How much money do you make?" or "Why can't I have one?" that children learn their most lasting lessons about the value – and the values – of money.

When money's gone, it's gone.

If your child's spent all their money, but still crave an expensive toy don't buy it for them. Children should understand that when money is gone, it's gone. Next time they may just make better choices about what they spend their money on.

Be consistent. If you've made a rule or an agreement about money with your kids - be decisive and stick to it!

Keep records. Encourage your kids to keep written records of income and expenditure to get into the habit of account keeping. Show them yours.

Banking accounts: If you open a bank account for your child, draw monthly bank statements for them to keep, so they can see a clear record of deposits and withdrawals.

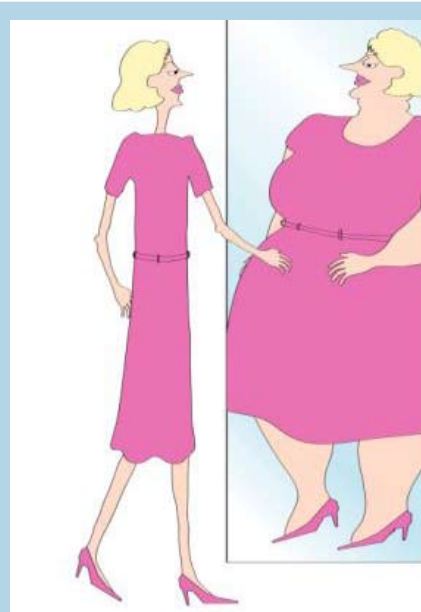
Find out what's happening at school. Schools also have a key role to play in encouraging financial awareness.

Seeking approval

Youngsters who know their own worth will be less likely to need the approval of others and be forced into compromising situations in order to get it. Young women with decent self-esteem will be far more likely to set firm boundaries around their sexuality than young women who feel bad about themselves.

People with decent self-esteem know that I want to have sex with you does not mean, I love you.

Your input here is important. Teaching your son or daughter that he or she is a worthwhile human being, that they have the right to say no, and that having the courage of their convictions is more important than having good looks, will give your child a good basis for decent self-esteem and confidence.



Physical warning signs of Eating disorders

- Excessive weight loss (15% of body weight or more) or rapid fluctuation in weight
- Dry or thinning hair
- Dry skin
- Brittle nails
- Dehydration
- Fine hair on the face or limbs (called lanugo)
- Pale complexion
- A "puffy" appearance (caused by retention of body fluid)
- Looking like a chipmunk (cause by swelling of the salivary glands)
- Loss or irregularity of menstrual periods (females)
- Redness or calluses on the fingers or back of the hands (caused by friction of contact with teeth when inducing vomiting)
- Feeling cold when it is warm or complaining of cold hands and feet
- Low blood sugar levels, which can cause confusion, illogical thinking, coma, shakiness, and irritability
- Faintness, dizziness, or fatigue
- Reduced concentration, memory, and thinking ability
- Bowel problems such as constipation, diarrhoea, or cramps
- Sore throat, indigestion, and heartburn
- Bruising easily and prolong healing of bruises and/or wounds

TEST YOUR KNOWLEDGE OF WHAT IT TAKES TO BE A HEALTHY TEEN

1. At what age does the adolescent growth spurt usually begin for girls?
A. 9 B. 10 C. 11 D. 12
2. How much calcium per day does an adolescent need?
A. 900 mg B. 1,000 mg C. 1,200 mg D. 1,300 mg
3. Routine physical examinations should be done how often during the teen years?
A. annually B. every two years C. every three years D. every four years
4. What immunisations should teenagers have?
A. tetanus/diphtheria booster B. polio C. hepatitis A D. mononucleosis
5. Which eye problem typically gets worse during adolescence?
A. farsightedness B. nearsightedness C. cataracts D. none of the above
6. Anabolic steroids, though illegal, are still widely used by adolescent athletes to enhance athletic performance. Which of these groups is most likely to use them?
A. boys younger than 15 B. girls younger than 15 C. boys 16 to 18 D. girls 16 to 18
7. Which of these may be signs of alcohol or drug abuse?
A. changes in eating habits and sleep patterns
B. increased hostility C. change in friends D. all of the above



Answers: 1-D 2-D 3-B 4-A 5-B 6-C 7-D

You know it's time to get out of a relationship when...

- You feel nervous around your partner
- You have to be careful to control your behaviour to avoid his anger
- You feel pressured when it comes to sex
- You are scared of disagreeing with him
- He criticises you or humiliates you in front of other people
- He is always checking up or questioning you about what you do without him
- He repeatedly and wrongly accuses you of seeing or flirting with other people
- He blames you for the mistreatment and says that you provoked him, pushed his buttons, made him do it, led him on, and so on
- He abuses drugs or alcohol and pressures you to take them
- He isolates you from friends or family
- He makes you feel like you are wrong, stupid, crazy, or inadequate
- He scares you with violence or threatening behaviour
- You often do things to please him, rather than to please yourself
- You feel that, with him, nothing you do is ever good enough
- He says that he will kill or hurt himself if you break up with him
- He has a history of bad relationships and always blames other people for his problems
- Your friends and family have warned you about the person or told you they are worried about your safety

How can I prevent acne?



Although there is no guaranteed way to prevent acne, there are several ways to help reduce the number and severity of your breakouts.

Washing your skin is essential (it helps remove excess surface oils and dead skin cells that can clog your pores), but washing too much can actually cause damage by over-drying your skin or irritating existing acne.

Remember to wash after exercising because sweat can clog your pores and make your acne worse. If you work around greasy food or oil or if you've been sweating from heat or because you've been working hard, wash your face and other acne-prone areas as soon as possible.

If you use skin products, such as lotions or makeup, look for ones that are "non-comedogenic" or "non-acnegenic", which means that they don't clog pores. If you can't live without your hair spray or styling gel, be sure to keep them away from your face as much as possible. Many hair products contain oils that can make acne worse.

If you get acne on areas such as your chest or back, avoid wearing tight clothes, which can rub and cause irritation.

Condom Fact:

MYTH Condoms cut off his circulation.

TRUTH A condom can stretch to 18 centimeters round. He'll be fine.