

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Emotions & You, Your Thoughts, Your Feelings and Behaviors Class

There are some common, negative perceptions about emotions. Such as:

- "Leave your feelings at home; they have no value in the workplace!"
- "Emotions always interfere with clear thinking and making rational decisions."
- "Anger, fear, depression, guilt and anxiety are part of an individual's personality and can't be changed."

Properly managed emotions enrich every aspect of our lives, both in good times and in bad. The frequency and intensity of our negative emotions (rage, anger, depression, fear, anxiety, etc.) depends on our ability to understand and manage ALL emotions productively. Nearly any motivated person can learn and practice skills to manage emotions competently on a regular basis. When we learn how to more calmly accept a personal problem, not only do we feel better, but we usually put ourselves in a better position to make use of our intelligence, knowledge, energy, and resources to resolve the problem.

Class is taught by Dr. Mike Boccia, former Psychologist for over 30 years. This class will teach the skills, increase your knowledge, and spark the desire to manage all your emotions productively and consistently.

Class meets for four weekly sessions, Tuesdays, at the BOB Building, from 3:00pm-4:30 pm, on the following dates: 11/27/07, 12/04/07, 12/11/07, 12/18/07

Register on TRAC for class code: 1FIT3090



In Case of an Emergency (ICE)

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call.

"ICE" is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name "ICE" (In Case Of Emergency).

In an emergency situation, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE." For more than one contact name simply enter ICE1, ICE2 and ICE3 etc. A great idea that will make a difference!



ACSM Physical Activity Recommendations

Healthy adults between the ages of 18-65 yrs need moderate-intensity aerobic activity for a minimum of 30 minutes, 5 days per week, or vigorous-intensity aerobic activity for a minimum of 20 minutes, 3 days per week, to promote and maintain health. This is in addition to light intensity daily activities (cooking, shopping) or those lasting less than 10 minutes (walking around the house or from the parking lot).

Healthy adults should participate in activities that increase muscular strength & endurance for a minimum of 2 days per week. More specifically, it is recommended doing 8-10 exercises on 2 or more non-consecutive days each week using the major muscle groups. To maximize strength development, resistance exercises should be used that result in fatigue in 8-12 repetitions.