



SETA's Wellness & Safety Quarterly Newsletter

1st Quarter
Volume 1, Issue 1

Welcome

This is the first edition of your new and improved Wellness and Safety quarterly newsletter. In these newsletters we will be bringing you information related to health, wellness and safety. These quarterly newsletters will replace the monthly e-mail blasts you have been receiving over the past year. We hope you enjoy the information provided.

NEW YEAR'S RESOLUTIONS

A new year is like a blank notebook. You get to write anything you want in it. Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a 2002 study found.

While the type of resolutions vary: Lose weight, stay in touch, quit smoking, volunteer, save money, etc. the fact is that most of us lose sight of those goals because we get busy, work gets busy, life happens.

In an effort to help employees get the new year off to a good start, SETA and SAFE Credit Union will be hosting a brown bag luncheon titled Budgeting/ Mindfulness & Money workshop. This workshop will give you the basics of creating, starting, and enjoying life with a budget. Join us on January 22, 2019 at 12 noon in the Redwood Room for this informative session.

The Wellness & Safety Committee has also mapped out more workshops for this next year, holding them at other SETA locations and at different times. This includes late afternoon meetings at job centers for those who get off work mid-afternoon or want to request time off so more staff can attend. We will advise you via email as each workshop gets closer.

SACREGION511

You know them as Sacramento TMA, or May is Bike Month. However you have previously referred to the Sacramento region's transportation website, they are now referred to as Sacregion511.org.

As a member of Sacramento TMA, SETA has provided the opportunity for its employees to access information regarding alternative transportation choices for their daily work and non-work transportation needs. Some of these include:

- Employer Partner Program with Waze Carpool.
- Emergency Ride Home. Employees that don't drive alone to work have a taxi or rent-a-car and aren't stranded without a way home.
- Personal assistance and support finding alternatives to driving alone.
- Seasonal campaigns - May is Bike Month.

Check out the scoop at: SACREGION511.org



INSIDE THIS ISSUE

New Year's Resolutions.....1

Brown Bag Luncheon.....1

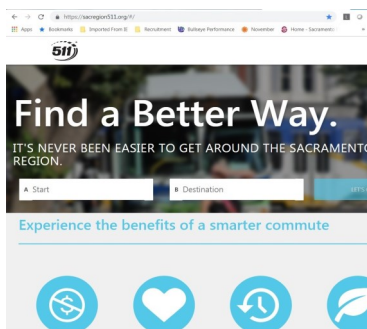
Sacramento TMA1

Coping With Stress2

Common Stress Symptoms..2

10 Ways to Relieve Stress

Naturally.....2





10 WAYS TO RELIEVE STRESS NATURALLY

1. Passionflower
2. Massage
3. Meditation
4. Exercise
5. Organize your life
6. Eat healthy
7. Limit Internet and cell phone use
8. B Vitamins
9. Aromatherapy
10. Sleep

COPING WITH STRESS: WORKPLACE TIPS

Job stress can be all-consuming — but it doesn't have to be. Address your triggers, keep perspective and know when to seek help. The workplace is a likely source of stress, but you're NOT powerless to the effects of stress at work. Effectively coping with job stress can benefit both your professional and personal life.

Identify your stress triggers. Your personality, experiences and other unique characteristics all influence the way you respond to and cope with stress.

Tackle your stress triggers. Once you've identified your stress triggers, consider each situation or event and look for ways to resolve it.

Sharpen your time management skills. In addition to addressing specific stress triggers, it's often helpful to improve time management skills — especially if you tend to feel overwhelmed or under pressure at work.

Keep perspective. When your job is stressful, it can feel as if it's taking over your life.

Know when to seek help. If none of these steps relieve your feelings of job stress or burnout, consult a mental health provider — either on your own or through SETA's employee assistance program (<http://www.seta.net/app/uploads/2016/10/EAP-Brochure.pdf>)

For more information on coping with stress visit here: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/coping-with-stress/art-20048369>

COMMON SYMPTOMS OF STRESS

The American Institute of Stress lists these common symptoms of stress:

- Frequent headaches
- Neck ache and back pain
- Frequent colds
- Excess anxiety, worry, and nervousness
- Depression and frequent or wild mood swings
- Insomnia
- Difficulty concentrating
- Trouble learning
- Forgetfulness
- Difficulty making decisions
- Increased frustration
- Reduced work efficiency or productivity
- Excessive defensiveness
- Problems communicating
- Constant fatigue
- Weight gain
- Increased smoking, alcohol, or drug

