

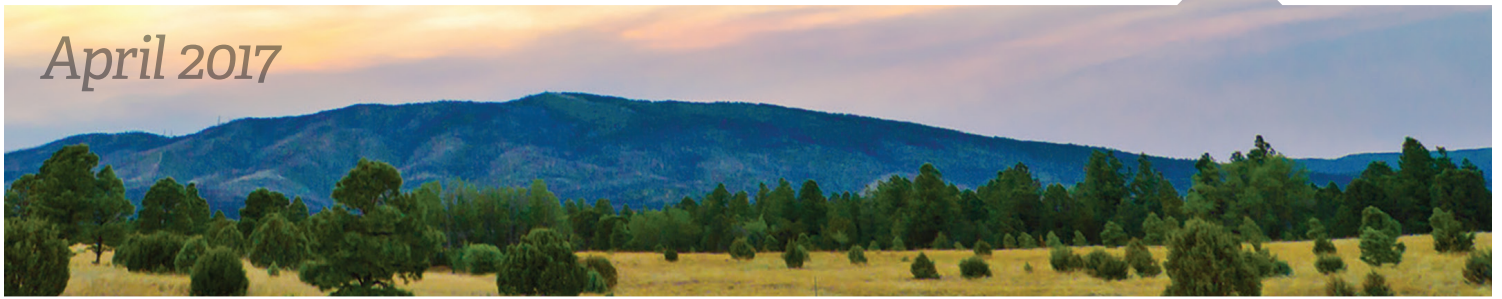


The
Solutions
Group

**Making Great Companies
Better Places to Work**

Work & Well-being

April 2017



APRIL **Health
Observances**

[National
Alcohol Awareness](#)

[National Distracted
Driving Awareness](#)

[National Counseling
Awareness Month](#)

[National Stress
Awareness Month](#)

National Workplace
Wellness Week (April 3-7)

World Health Day (Apr. 7)

Alcohol Awareness Month: **Rethinking Drinking**

Many people enjoy a drink now and then and research shows that moderate consumption of some alcohol can have health benefits. A nationwide survey by the National Institutes of Health shows that only about 2 in 100 people who drink within the recommended limits have an alcohol use disorder. However, “low risk” is not necessarily “no risk.” Even within the recommended limits — no more than 4 drinks per day or 15 per week for men and no more than 3 drinks per day or 7 per week for women — alcohol can cause problems if people drink too quickly, have health problems, or are older. Based on your health and how alcohol affects you, you may need to drink less or not at all.

If you’re considering limiting your alcohol intake or giving it up entirely, you’ll reduce your risk for:

- Liver and heart diseases, stroke and high blood pressure
- Cancers of the breast, mouth, throat, colon and liver
- Depression, sleep disorders, unsafe sex, alcohol abuse, and harmful alcohol and drug interactions
- Motor vehicle crashes. As little as two drinks can impair some people’s ability to drive safely.

Changing your drinking habits can be challenging, but setting a goal and a “change plan” to accomplish this will help.

This National Institutes of Health [Rethinking Drinking](#) website offers different strategies to help you make the change.

For many people, social situations are the most challenging place to limit alcohol. Here are some ways to be social without alcohol.

- Focus more on the people you’re with than on the alcoholic drinks at the event.
- Keep non-alcoholic drinks in your house to offer guests.
- Plan activities with others that do not include alcohol.
- Drink water instead of alcohol. It’s less expensive and much better for you.

**April is
Alcohol
Awareness
Month**

ncadd.org

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Health Tip

In all 50 states, the legal limit for driving under the influence (DUI) is a 0.08% blood alcohol concentration (BAC). For commercial drivers, the legal limit is 0.04%.



5 in 5: Simple Ways to De-stress in 5 Minutes or Less



For a quick and simple fix to release physical and/or mental tension, try:

- 1. Shaking it out.** Stand with your feet about shoulder width apart. Shake your hands and arms vigorously. Then, shake your head and shoulders as well. Add in your torso, legs and feet, so you're dancing and shaking all over. Stop suddenly. If you laugh at yourself because of the silliness, even better.
- 2. Holding your thumbs.** Wrap your fingers completely around your thumb and squeeze your thumb. Repeat with your other hand. Hold this position for one minute or until you feel your anxiety fade.
- 3. Daring to daydream.** Take a few minutes to let your imagination flow. Think of a place or experience that makes you feel happy or calm. Bring in all your senses. How does it smell? How does it feel? What do you see? Trigger your daydream by using a screensaver or picture that takes you to your happy place.
- 4. Sunning yourself.** If it's a sunny day, find a window or head outside for a few minutes. The bright light and warmth can help you relax.
- 5. Simply smiling.** Smiling can not only help you relax, but if you're near others, it may help them to feel better, too.

Source: Hope Health



Step It Up: New Research Recommends 15,000 Steps per Day

A daily goal of 10,000 steps per day has become synonymous with the use of popular activity trackers like Fitbit, Garmin and Polar. These wearable devices have made it fun and easy for people to get more exercise, inject some healthy competition into the workplace, and help counter excessive sitting, which has its own set of health issues. But new research published in the *International Journal of Obesity* examined the relationship between metabolic risk and the amount of time people spend sitting, standing and walking. The conclusion? Those magic 10,000 steps per day might not be enough.

The study looked at non-smoking Scottish postal workers who walked their routes. Those who took at least 15,000 steps – about seven miles – had normal body mass indexes (BMI), healthy weight, a smaller waist circumference and normal metabolism, with no heightened risk for cardiac disease. In contrast, desk workers who spent an average of nine hours a day sitting had higher BMIs, larger waistlines and showed an increase for metabolic syndrome, which attributed to a rise in heart disease, stroke and diabetes.

If you're just getting started with an exercise program, remember that *any* amount of exercise is good for your health. And if taking 8,000 steps per day helps you establish a routine, that's a healthy step in the right direction.



Words on
Wellness

Check out this month's **Words on Wellness** blog by Rick Vinnay, EAP Clinical Director. In his column, "Finding Your Passion Part 2: My Why," Rick shares his professional journey to find meaningful work.