

Live Well, Work Well

March 2019

Health and Wellness Tips for Your Work and Life



**CENTRAL
CAROLINA**
COMMUNITY COLLEGE
HUMAN RESOURCES



Don't Let Spring Allergies Bring You Down

More than 50 million Americans suffer from allergies every year. In particular, springtime allergies are an annual nuisance for many people. As plants begin to bloom and neighbors start to cut their grass more frequently, allergy sufferers nationwide start sniffing and sneezing. What's more, mold growth blooms both indoors and outdoors, making it almost impossible to escape allergy triggers.

Spring Allergy Alleviation Tips

To reduce your allergies, be sure to take the following steps:

- Wash your bedding every week in hot water to help keep pollen under control.
- Wash your hair before going to bed, since pollen can accumulate in your hair.
- Limit the number of throw rugs in your home to reduce dust and mold.

- Wear an inexpensive painter's mask and gloves when cleaning, vacuuming or painting to limit skin exposure and dust and chemical inhalation.
- Vacuum twice a week.
- Make sure the rugs you have are washable.
- Change air conditioning and heating air filters often.

Treating Allergies

Treatment for most allergies is available both over-the-counter and by prescription. Talk to your doctor to find out what treatment method is right for you. If your allergy symptoms are severe or chronic, you may need a series of allergy shots. Contact your physician or allergist to determine which treatment option is best for you.

Inside:

Healthy Recipe	Page 2
Your Body May Need a Break	Page 2
2 Ways to Make the Most of Your Day	Page 2
Miles for Wellness	Page 3
Eat Smart, Move More Prevent Diabetes	Page 4
A Little Stressed, What Your EAP Can Do	Page 6

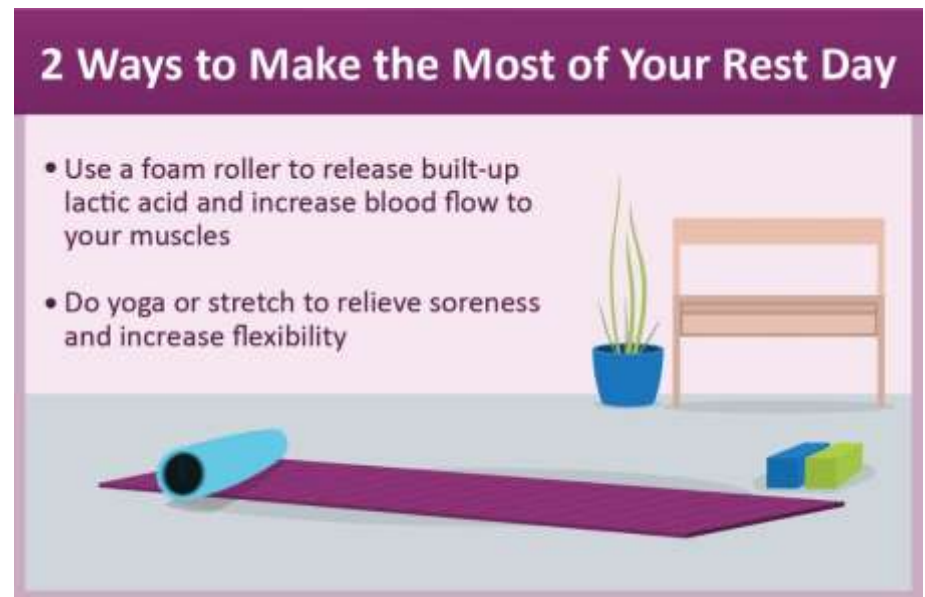
Central Carolina Community College Human Resources
Lee Main Campus, 1105 Kelly Drive, Sanford, NC 27330
Science Building, Room 9159
919-718-7493 ~ humanresources@ccc.edu

Your Body May Need a Break, Here's Why

When it comes to exercising, there's a difference between pushing yourself to your limits and overexerting yourself. Oftentimes, this difference is very small, which is why it's so important to know when your body needs a break:

1. **You're always tired.** If you're constantly fatigued, even after getting enough sleep, chances you're working your body too hard.
2. **You're always sore.** A little bit of muscle soreness that occurs 24-48 hours after your workout isn't necessarily a bad thing—it means your workout was effective. However, extensive or prolonged soreness means you're overtraining your body.
3. **You're feeling stiff.** Doing the same exercises, particularly running on hard surfaces, can wreak havoc on your joints. This is especially true if you don't give yourself enough time to recover. That's why having a rest day is so important.

For more information, talk to your doctor.



Veggie Chow Mein

6 ounces rice noodles
 4 tsp. oil
 1 onion (medium, finely chopped)
 2 garlic cloves (finely chopped)
 1 cup carrot (grated)
 2 tsp. chicken bouillon
 1 tsp. hot pepper sauce
 1 cup broccoli (cut into small pieces)
 1 cup celery (chopped)
 1 cup bell pepper (finely chopped)
 4 tsp. soy sauce

Preparations

1. Prepare noodles according to package directions. Drain and set aside.
2. Sauté onion and garlic with oil in a skillet for 1 minute over medium/high heat.
3. Add carrot, chicken bouillon and pepper sauce. Stir.
4. Add broccoli, celery and bell pepper and continue to stir.
5. Reduce heat to low, and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
6. Add salt and pepper to taste.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	163
Total Fat	4 g
Protein	2 g
Carbohydrates	30 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	399 mg
Total Sugars	3 g

Source: USDA

Strengthen Your Financial Wellness Plan with These 3 Tips

Getting into the practice of saving will help you become more financially secure. Plan ahead so you have money waiting for you at retirement and can afford unexpected costs along the way. With the right preparation, you won't have to worry when life throws you a curveball.

1. Take advantage of an individual retirement account, 401(k) or other saving mechanisms.
2. Set money aside in accounts you can access prior to retirement.
3. Speak with a financial professional.

Source: IRS



Miles for Wellness: Challenge 19

Trail of Many Rails

Competition begins March 25

Miles for Wellness: Challenge 19 An Eight-Week “Move More” Statewide Initiative March 25 – May 19

Enjoy the magic of train travel on a virtual journey featuring railroad destinations across the U.S.

Open to all state employees
Register through Monday, March 25
<https://oshr.nc.gov/miles-4-wellness-home>

To register for a CCCC Team contact:
Trinity Faucett at tfaucett@ccc.edu or
Donna Boykin at dboykin@ccc.edu.

It is illegal and dangerous to walk, jog, play or place things on railroad tracks. For more information on rail safety visit North Carolina Operation Lifesaver at <https://oli.org/education-resources/pedestrian-safety>.



Eat Smart | Move More
Prevent Diabetes®
Online

A diabetes-free life is within reach.



FREE PROGRAM

North Carolinians only pay \$30 and receive ALL \$30 back for meeting attendance and tracking requirements (a \$430 value).

During the 12-month ONLINE program you will:



See the program's **TIMELINE** and **CLASS TITLES** on the back.

For class times and to register for an upcoming class, go to: esmmpreventdiabetes.com

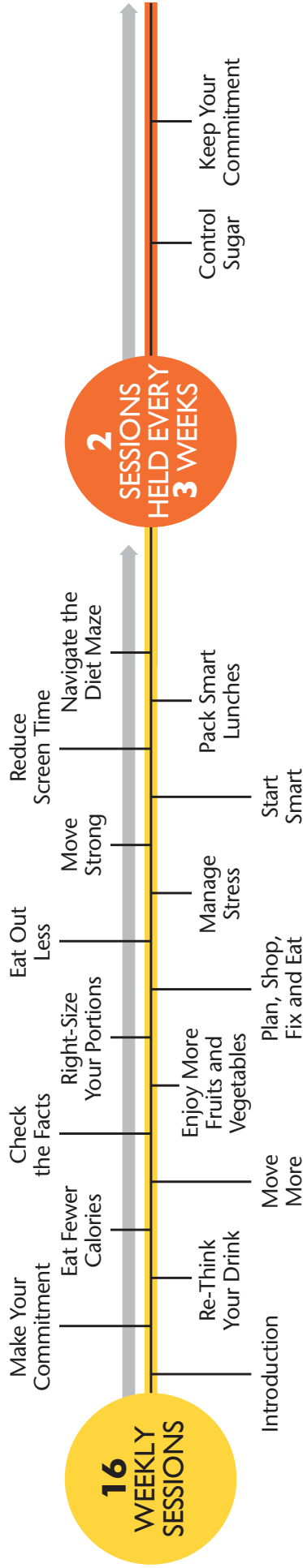


North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

SUPPORTED BY



Phase I



Phase II



To learn more about the program and pricing, please contact: administrator@esmpreventdiabetes.com
esmpreventdiabetes.com

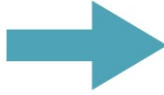
Recognized as a provider of the CDC's National Diabetes Prevention Program



A Little Stressed?

Causes

We've all had stress - brief or persistent, situational like being in traffic or complex like too much work & too little time



Reactions

Short and long-term effects include abdominal pain, acne, increased heart rate, anger



What you can do

- ✔ Monitor your moods - When faced with stress, write down what caused it and your thoughts
- ✔ Make time for yourself 2 to 3 times a week - Turn off the phone, meditate, take 10 minutes a day personal time
- ✔ Walk away when angry - before reacting, count to 10, walk and readdress situation
- ✔ Analyze your schedule - Assess priorities and learn to delegate or eliminate unnecessary tasks



Research suggests that stress impairs the brain's ability to block certain toxins and harmful molecules.

Physical Wear and Tear

The old saying that stress ages a person was recently verified in a study of women who had spent many years caring for severely ill and disabled children. Because their bodies were no longer able to fully regenerate blood cells, these women were found to be physically a decade older than their chronological age.



What your EAP can do

- ✔ Your EAP can help you create a game plan to anticipate and manage your stress.
- ✔ They will work with you to determine the triggers of your stress.
- ✔ EAPs help you develop coping strategies when faced with stress and stressful situations.
- ✔ Your EAP will help you create a blue print for conflict resolution.
- ✔ For more information, contact McLaughlin Young EAP at 800.633.3353 or 704.529.1428