



April 2019



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events

AvMed



APRIL IS STRESS AWARENESS MONTH

While some workplace stress is normal, excessive stress can interfere with your productivity and performance, impact your physical and emotional health, and affect your relationships and home life. It can even determine success or failure on the job. You can't control everything in your work environment, but that doesn't mean you're powerless, even when you're stuck in a difficult situation. Whatever your ambitions or work demands, there are steps you can take to protect yourself from the damaging effects of stress, improve your job satisfaction, and bolster your well-being in and out of the workplace.

When is workplace stress too much?

Stress isn't always bad. A little bit of stress can help you stay focused, energetic, and able to meet new challenges in the workplace. It's what keeps you on your toes during a presentation or alert to prevent accidents or costly mistakes. But in today's hectic world, the workplace too often seems like an emotional roller coaster.

If stress on the job is interfering with your work performance, health, or personal life, it's time to take action. No matter what you do for a living, or how stressful your job is, there are plenty of things you can do to reduce your overall stress levels and regain a sense of control at work.

Stress at work warning signs

When you feel overwhelmed at work, you lose confidence and may become angry, irritable, or withdrawn. Other signs and symptoms of excessive stress at work include:

- Feeling anxious, irritable, or depressed
- Apathy, loss of interest in work
- Problems sleeping
- Fatigue
- Trouble concentrating
- Muscle tension or headaches
- Stomach problems
- Social withdrawal
- Loss of sex drive
- Using alcohol or drugs to cope

Tip 1: Beat workplace stress by reaching out

Sometimes the best stress-reducer is simply sharing your



stress with someone close to you. The act of talking it out and getting support and sympathy—especially face-to-face—can be a highly-effective way of blowing off steam and regaining your sense of calm. The other person doesn't have to "fix" your problems; they just need to be a good listener.

Tip 2: Support your health with exercise and nutrition

When you're overly focused on work, it's easy to neglect your physical health. But when you're supporting your health with good nutrition and exercise, you're stronger and more resilient to stress.

Taking care of yourself doesn't require a total lifestyle overhaul. Even small things can lift your mood, increase your energy, and make you feel like you're back in the driver's seat.

Tip 3: Don't skimp on sleep

You may feel like you just don't have the time get a full night's sleep. But skimping on sleep interferes with your daytime productivity, creativity, problem-solving skills, and ability to focus. The better rested you are, the better equipped you'll be to tackle your job responsibilities and cope with workplace stress. Aim for 8 hours a night—the amount of sleep most adults need to operate at their best.

Turn off screens one hour before bedtime.

Continued on page 2

NATIONAL WOMEN'S EYE HEALTH & SAFETY MONTH

6 TIPS FOR EYE HEALTH

To help keep eyes in good shape here's a few helpful tips to keep top of mind:

- **Get eyes examined.** There are a few different types of eye exams to consider. Depending on age, eye care experts recommend a dilated eye exam every one to three years. Dilated exams allow for examination of both the external eye and internal eye. If over the age of 40, it is recommended to get an eye exam every year to check for numerous potential problems. Passing age 50, patients are at risk for the increasingly common and serious disease of macular degeneration, which if left untreated can eventually destroy the part of the eye that provides clear, sharp vision.
- **Look away from computer screen.** Many jobs nowadays require time spent at a computer screen. Staring at a screen for long periods of time can have significant side effects, such as blurred vision, headaches, trouble focusing and more. Be sure to exercise eyes every so often, throughout the day, by looking away from the screen for a few moments every 15 minutes to rest eye muscles and adjust focus.
- **Clean contact lenses correctly.** Wash hands thoroughly before handling contacts. Be sure not to use soaps with oils or perfumes, as they can leave film on hands, which can cause irritation to eyes if transferred on to contact lenses. Sanitize contact lenses as instructed and, when necessary, replace them.
- **Avoid smoking.** Smoking is not just bad for lungs, it can also be detrimental to eyesight. Smoking can lead to problems such as cataracts and optic nerve damage, as well as accelerate macular degeneration, which seriously threatens eyesight.
- **Follow a well-balanced diet.** Eating foods such as fish, berries and vegetables high in anti-oxidants can improve vision. Berries are loaded with lutein, which helps fight macular degeneration



– one of the main causes of vision loss in the older population. Foods such as fish and walnuts are also known to lessen inflammation in and around the eye.

- **Eat vegetables.** Eating properly is just as important when aging occurs. Maintaining a healthy weight is another way to keep vision as good as possible. Being overweight can lead to vision loss, potentially resulting from complications related to diabetes and hypertension.

If changes in vision are becoming noticeable, consult an eye doctor right away. Always seek medical attention to determine the best form of treatment. Maintaining regular eye exams and giving a doctor a brief history of health, as well as family background, are also important steps to take.

<https://www.goodeyes.com/blog/6-tips-for-eye-health-see-well-for-a-lifetime/>

APRIL IS STRESS AWARENESS MONTH - Continued from cover

Tip 4: Prioritize and organize

When job and workplace stress threatens to overwhelm you, there are simple, practical steps you can take to regain control.

Create a balanced schedule.

Leave earlier in the morning.

Plan regular breaks.

Establish healthy boundaries

Tip 5: Break bad habits that contribute to workplace stress

Many of us make job stress worse with negative thoughts and behavior. If you can turn these self-defeating habits around, you'll find employer-imposed stress easier to handle.

Resist perfectionism. When you set unrealistic goals for yourself, you're setting yourself up to fall short. Aim to do your best; no one can ask for more than that.

Flip your negative thinking. If you focus on the downside of every situation and interaction, you'll find yourself drained of energy and motivation.

SANTA FE TURKEY STUFFED PEPPERS



Santa Fe Turkey Stuffed Peppers are made with a zesty filling of ground turkey, corn, black beans, hot peppers and tomatoes, topped with melted cheese and scallions.

INGREDIENTS For the filling:

- 1/2 lb 99% lean ground turkey
- 3/4 cups canned black beans, rinsed & drained
- 3/4 cups frozen corn
- 1 hot pickled serrano pepper, chopped (or jalapeño) more to taste
- 1 large diced tomato
- 1 cloves garlic, minced
- 3 tbsp. chopped onion
- 2 tbsp. chopped cilantro, plus more for garnish
- 1 tsp cumin
- kosher salt to taste

For the peppers:

- 3 red bell peppers, cut in half lengthwise
- 1/3 cup reduced sodium, fat free chicken broth
- 9 tbsp. shredded reduced-fat Sargento Monterey Jack cheese
- 1 tbsp. chopped scallions, for garnish

INGREDIENTS DIRECTIONS

1. In a large skillet brown the turkey and season with salt.
2. When the turkey is browned, add onion, garlic, black beans, cilantro, serrano pepper, diced tomatoes, and cumin. Mix well and simmer on low, covered for 20 minutes.
3. Remove lid, add corn and simmer an additional 5 minutes or until all the liquid reduces.
4. Preheat oven to 350°.
5. Cut peppers in half lengthwise, removing seeds and stem.
6. Place peppers, cut side up in an oven-proof dish. Fill each pepper with 1/2 cup turkey mixture. Pour about 1/3 cup water or chicken broth on the bottom of the dish.
7. Cover tight with foil. Bake 45-50 minutes, or until the peppers become soft.
8. Remove foil, top each with 1 1/2 tbsp. of cheese and bake uncovered an additional 5 minutes.
9. Top with scallions and serve with reduced-fat sour cream if desired (optional).

<https://www.skinnytaste.com/santa-fe-turkey-stuffed-peppers/>

HEALTHY SELFIE



The Miami-Dade Fire Rescue team participated in The Game of Life Annual Kickball Tournament to benefit the Life Alliance Donor Recovery Agency.

Miami-Dade County Worksite Wellness Committee. These amazing volunteers represent a variety of departments throughout the County and are the driving force behind the WellnessWorks program.

Send us a picture showing you participating in your favorite type of exercise and you will be entered in a raffle to win a prize. Email photos to: WellnessWorks@MiamiDade.gov.

APRIL EVENTS

Sunday, April 7, 2019

The 5th Annual Krista-Marie Touch of Love Charity 5K

C.B. Smith Park • 900 N. Flamingo Road Pembroke Pines, FL 33028

Saturday, April 13, 2019

Legacy 5K Walk & Run

Bill Baggs State Park, 1200 S. Crandon Blvd., Key Biscayne, FL 33149

Thursday, April 11, 2019

FIU Night Kayaking 2019

Florida International University, 3000 N.E. 151st Street, Wellness and Recreation / Room: WUC 160, Miami, FL 33181

Sunday, April 21, 2019

5K- DOG RUN

Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012