



# Health Works

In Escambia

Creating a Culture of Health at Work



## STRESS MANAGEMENT WORKS

### WHY?

Work-related stress continues to be a **top source of stress** for Americans. Some stress is good for us and can be motivational. But **feeling overwhelmed for an extended period of time can affect your mental and physical health.**

Stress can lead to the adoption of unhealthy behaviors such as overeating, a decrease in physical activity, smoking, and using alcohol excessively. Engaging in these unhealthy behaviors can increase the risk of developing health conditions such as **obesity, heart disease, diabetes, and some cancers.** Read on for strategies for creating a stress-reduced culture at work.

### RESOURCES

[FDOH: Stress and Your Health](#)

[APA: Coping With Stress At Work](#)

[CDC: Coping With Stress](#)

[CDC: Worksite Health Scorecard](#)

[NIOSH: STRESS...At Work](#)

### HOW?

#### Create a quiet space

*Provide dedicated space that is quiet where employees can engage in relaxation activities, such as deep breathing exercises or meditation.*

#### Get social

*Sponsor or organize social events throughout the year, such as team building events, company picnics, holiday parties, or employee sports teams.*

#### Provide information about reducing stress

*Ask an expert, such as one of FDOH-Escambia's health educators, to speak to employees about stress and ways of reducing it.*

#### Inform employees about stress and health

*Include information in bulletin boards, in common areas, or in company newsletters. Ask FDOH-Escambia for reliable information and resources.*

### USING THIS INFORMATION

Strategies provided in this newsletter are just some, of many, ideas for creating a culture of health at your worksite. Not all strategies will work at all worksites and for all employees. Before beginning a wellness program it's important to [assess your worksite](#) to see what you are already doing to promote health, as well as survey employees to see what they are interested in. For assistance with getting started with your wellness program, contact FDOH-Escambia's Employee Wellness Coordinator.



## Nutrition

**Think about the food and beverages** in the vending machines at your worksite. Do you know which options are healthier than others? The [Nutritional Environment Measures Survey - Vending](#) is a tool that can help you categorize food and beverage choices based on nutritional value. Offering this information to employees can help those who are trying to make healthier choices.



Labeling vending machine items can help employees make healthier choices



**We're here to help!**

FDOH-Escambia has completed the NEMS-V and created signage to bring awareness to employees of the nutritional value of vending items. Contact us for assistance with completing your NEMS-V!

## Physical Activity



**A walking meeting** is a healthy alternative to sitting in a conference room. Walking meetings can stimulate creativity, help with problem solving, increase energy and alertness, shift group dynamics, and allows a little movement into your day. Consider a walking meeting if **there are 4 or fewer attendees, a computer is not required, everyone is willing and able, the weather permits, and you have a safe place to walk.**

**Share This!**

**TED Talk** about walking meetings



## Active Meeting Guide

Contact FDOH-Escambia's Employee Wellness Coordinator for an active meeting guide you can display in your conference room.

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## Stress Management



**A positive attitude** can go a long way, especially in the work place. Research has shown that there is a link between positivity and happiness and success. [Fulfillment Daily](#) recommends **reframing your challenges, using positive words to describe your life, not letting yourself get dragged into other people's complaints, and having solutions when pointing out problems** as habits to take on when forming a positive attitude.

**Share This!**

**A smile with a coworker**



## Lactation Support



Does your organization offer **flexible breaks** for mothers to express milk or nurse her infant? If yes, then you are on your way to becoming a breastfeeding friendly workplace!

Learn more from the [Florida Breastfeeding Coalition, Inc.](#) and apply for the Breastfeeding Friendly Employer Award.



## Tobacco Cessation

"Work time spent on smoking-related activities costs businesses **four weeks of non-productive time** per smoking employee each year." -FTCA

Learn about the benefits of going tobacco free and how to become a tobacco-free workplace with the [Florida Tobacco Cessation Alliance](#). Answer only 5 questions and apply for the FTCA [Worksite Wellness Award!](#)