

Your Resources



peopleCare Tavistock Employee's Employee Assistance Program (EAP):

Interfaith Community Counseling Centre is a confidential service that provides counseling for: individuals, trauma, crisis management, substance use, financial / budget and parent education among others.

Telephone: 519 662 3092

Website: www.interfaith.golden.net

Family Physician: _____

Pharmacy: _____

Hospital: _____

Poison Control Centre: _____

Other: _____

Public Resources



Waterloo Regional Police Services
Emergency: 911
Non Emergency: 519 570 3000

Crisis Services of Waterloo Region
Mobile Crisis Team: 1866 366 4566

Distress Line: 519 745 1166

Kids Help Phone: 1 800 668 6868

Telehealth Ontario: 1 866 797 0000
(Telehealth Ontario is a free, confidential telephone service you can call to get health advice for general health information from a Registered Nurse.)

Healthy Canadians – Government of Canada:
www.healthycanadians.gc.ca
(Site includes Canada's Food Guide, Physical Activity Guide and Guide on Becoming a Non-Smoker)

IAPA – It's About Making A Difference

NCPH – North Carolina Public Health

Ottawa Public Health – 1 800 660 5853



Health & Wellness at peopleCare Tavistock



Resources for your Health & Wellness

Stress @ Work

Know the signs of Stress

Physical – fatigue, headache, perspiration, insomnia, frequent illness, etc.

Psychosocial – irritability, mood swings, apathy, depression, slowed thinking or racing thoughts

Behavioural – impatience, quickness to argue, increased use of alcohol/drugs, poor job performance, etc.

Reducing Stress - Most people would like to reduce at least some of the stress in their lives.

What Can You Do?

Think Positively – The way you think about a stressor can greatly affect how your body responds to it. If you think positively and talk to yourself and others in a positive way, you can keep your stress levels in check.

Learn new skills - Sometimes learning a new skill can help you reduce the stress in your life. Some examples are:

- ✓ Take assertiveness training to help you deal with demanding co-workers, family members or friends.
- ✓ Learn time-management skills to help you better use your time and reduce the stress of deadlines.
- ✓ Develop problem-solving skills to help you find solutions to stressful events.

Make changes to your lifestyle – Here are some other ways to take control of your stress:

- ✓ Exercise regularly – try brisk walking
- ✓ Use relaxation techniques like deep breathing and muscle relaxation
- ✓ Make time for enjoyable activities
- ✓ Talk to your family members and friends for support
- ✓ Eat well balanced meals
- ✓ Get plenty of sleep.

Fitness @ Work

Ten Steps to Moving at Work

1. Wear a pedometer at work – since every step counts, wearing pedometer is a wonderful motivator to walk more during your workday.
2. Choose a fitness friend – Being accountable to someone often makes it easier to fit fitness in. Set up specific times or try new activities together.
3. Sit up straight – Sitting up straight and tightening your stomach muscles can make a big difference in your posture and helps prevent back pain.
4. Join active events – Community activities are great ways to share your group spirit.
5. Stretch your body and your mind – A few good stretches can help relax your body and clear your mind.
6. Reward yourself with an activity break – Take an activity break whenever you can.
7. Plan a regular walking route – Map out a regular route inside or outside, so you can get up and moving without having to think about it.
8. Use your legs for errands – Need to run an errand – use your legs to walk (or bike) whenever you can.
9. Become a stair master – Build your legs and thighs for free. Just take the stairs (up and down) whenever you can.
10. Explore your workplace options – Enjoy a few extra steps by using facilities that are farther away.

Nutrition @ Work

Snacks for Adults on the Run

Plan snacks as you plan your meals. Try to include foods from two food groups of Canada's Food Guide to Healthy Living.

- ✓ Raw vegetables such as cucumber, green pepper, cauliflower, carrots, cherry tomatoes – eat alone or with dip made from low fat yogurt.
- ✓ All kinds of fruit such as melons, grapes, peaches, apples, bananas, pears, oranges, nectarines or dried fruit.
- ✓ Pita bread
- ✓ Low fat crackers (soda, rye, melba, rice, matzo, water biscuits, breadsticks)
- ✓ Bagels
- ✓ Small whole grain muffins
- ✓ A thin layer of peanut butter or low fat processed cheese spread on crackers or bread
- ✓ Salsa
- ✓ Hard boiled eggs
- ✓ Yogurt (2% M.F. or less)
- ✓ Cheese (20% M.F. or less)
- ✓ Milk pudding made from 2% M.F. or less

Thirsty? Try

- ✓ Milk (skim, 1%, and 2%)
- ✓ 100% Fruit juices (instead of fruit punch or drinks)
- ✓ Vegetable juices
- ✓ Water
- ✓ Decaffeinated tea and coffee

Did you know- Four cups of regular coffee per day is the maximum intake of caffeine recommended.