

Oregon Military Department

Health & Wellness Newsletter

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Exercising in Winter

1. Know the temperature and wind chill before you go outside.
2. Be aware of your personal risk factors and medical needs.
3. Dress in layers.
4. Drink plenty of water and bring a bottle with you.
5. Stretch before and after you exercise.
6. Bring communication with you in case you need it.

Consider a Healthy Diet



Have you considered how our diet affects our... well, everything? What we eat can determine how energized or sluggish we are during the day. That wonderful soothing cup of coffee can give us the five minutes of extra energy we so crave, but then, we feel like we need another cup. Unfortunately, more than about [400 milligrams a day](#) can make you feel anxious, cause headaches, and even encourage irritability. Other health issues can be contributed to eating a lot of [processed foods](#). You know, those quick, easy foods we grab on the way to our workstations. This type of eating leads to obesity and illness.

Luckily, we can make different choices. Cutting back on caffeine is tough at first, but once you do, you can really start to feel [less anxiety and even lower blood pressure](#). Foods rich in [whole grains, fat-free or low-fat, and reducing sugar](#) all have health benefits. Try it for a week and see how you feel.



Spring is Just Around the Corner

[Canopy Employee Assistance Program Resources](#)

With the crocus and daffodils starting to show up, we all start thinking about Springtime and the warmer weather. It is very exciting to know that walks outside and the sunshine is headed our way. We all look forward to Daylight Savings Time, [March 12, 2023](#), to bring us that extra hour of light we want that encourages us to get outside and get some fresh air.

Remember to acknowledge the amazing people you work with by projecting positive appreciation. [Positivity in the workplace](#) can spread in a way that helps everyone through tough times. Winter can feel a bit shut in due to limiting the activating we can do outside. Be that breath of fresh air when you are around others.

If you feel you just cannot shake the winter blues or just in need of someone to talk to, please don't hesitate to utilize the employee assistance program. You can reach Canopy EAP by emailing info@canopywell.com.



How to Feel More Connected with Your Co-workers



*Canopy featured webinar: [Creating Strong & Healthy Relationships with Others and Yourself](#)
February 7th, 2023, at 11:00 AM - 12:00 PM
[Register Here](#)*

*****Please get supervisor approval prior to registering.**

Office relationships can sometimes feel challenging. We all know that things get done in a more efficient and pleasant manner when we get along with the people we work with. A few ways to encourage better relationships with others can include improved communication, personal attitude checks, and collaboration.

Improving communication starts with you. People share information when they feel a sense of appreciation and trust. Try to encourage this but don't be intrusive when making small talk.

We all have bad days but if we do a personal attitude check with ourselves, we find that we create the atmosphere and hinder or encourage others to *want* to work with us. Yes, that means checking how honest we are being with ourselves about what we are bringing to the table. Ask questions like: Am I being flexible? Is there room for someone else to share the credit for this project? How is my tone when I am speaking to others? Ensuring that we are being collaborative when working with others is a huge part of making others feel important.

Try some mindful listening. It's worth considering.