

Oregon Military Department

Health & Wellness Purpose & Mission Statement

The Oregon Military Department's mission in relation to Health and Wellness is to establish and maintain organizational health by fostering interest and encouraging employees to initiate or expand healthier lifestyles; provide education and resources that offer diverse wellness programs to meet a wide range of personal health needs, increase awareness of factors and resources contributing to well-being; inspire and empower individuals to take responsibility for their own health; decrease absenteeism due to illness and stress, and develop a positive culture that is focused on celebrating and improving the quality of life for all employees.



HEALTH & WELLNESS COMMITTEE

The local Health & Wellness Workgroup meets twice a year and has local representatives for each location. Contact Micky Dryden if you don't know who your contact is or you are interested in promoting health & wellness at your location.

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Resilience is the capacity to bounce back from adversity, uncertainty, and failure.

Strategies to improve resilience:

- Put things into perspective.
- Avoid the crisis response.
- Lighten up - see the fun side of a situation.
- Let the small things go.
- Manage perfectionism - gradually decrease effort put into less critical tasks.
- Persist.

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Health & Wellness
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Pandemic News



Stay up to date on coronavirus news and instructions by visiting these sites:

- [Governor Brown's website](#)
- [Coronavirus information for state government employees](#)
- [OHA's vaccines page](#)

National Health Observances

February - [National Health Observances: Heart Health, Low Vision, and Teen Dating Violence](#)

March - [National Health Observances: Colorectal Cancer, Kidney Disease, Nutrition, and Tuberculosis](#)



Healthy
People in
Action



“Have you ever felt defeated at the end of the day? Maybe you said to yourself after a hard day, “I should have done better” or “I’m so disappointed in myself for not performing better.” Do those phrases sound more like self-compassion or self-sabotage? We can’t always have a great day. We can’t always be at our greatest. However, when we become too self-critical we prevent positive change from happening. This month I’m going to work on being less self-critical and continue to work on accepting my authentic self by implementing self-compassion tools. Taking a quiet moment for a deep breathing exercise or telling yourself you did your best today are just some examples of being more compassionate. Visit the [positivity project website](#) and be kind to yourself this month!”

~ Madilyn Zike, DAS Chief Human Resources Officer

Optimism is having leniency for the past, present appreciation, and opportunity focus for the future.

Strategies to improve optimism:

- Give yourself the benefit of the doubt for situations beyond your control.
- Evaluate the purpose of holding onto feelings of shame or guilt.

Computer Posture is More Important Than You Think

These days, we are all sitting in front of our computers a lot more – some of us are at kitchen tables or makeshift work closets. It is important to consider our posture even if you are still in an office setting. Click [here](#) to watch a short video from [SAIF](#) on best practices for office ergonomics. This [link](#) will give you a video library focused on ergonomics with simple solutions for comfort and safety that you can watch and consider what changes you need to personally make. Ergonomics for the home office, specifically may be found [here](#).

Why Skipping Shut-Eye is a Bad Idea

Here are 12 things to consider regarding our sleep habits:

1. Sleep Keeps the Immune System Strong
2. Depression Risk Increases With Irregular Sleep
3. Sleep Improves Mental Health
4. Full Moons Mean Less Sleep
5. Insufficient Sleep Means More Health Issues
6. The Body Needs Slow Wave Sleep
7. Falling Asleep Shouldn’t Take Long
8. Sleep Recommendations Varies By Age
9. Drowsy Driving is Like Drunk Driving
10. Sleep Disorders Include More Than Insomnia
11. Good Sleep Keeps Hunger Urges in Check
12. Less Sleep Logged Means Less Effective Shots

Read more at:



Click Icon Above



This Month’s H&W Fun & Games:

How Many Can You Find?

V L V E Y U J F K V S X M S S E R T S Q L B A E
 G A N L V O H E W F S F O R B D E B T F R E E L
 B I H A Q Y G L I L A U T C E L L E T N I J D B
 J C Q I G E C A W S S E N L L E W Q F Z L Q R A
 J O O I G H S O G S E I T I V I T C A A C N M I
 W S E P V F Y I P N V I O C C U P A T I O N A L
 K N N R U Q Q D C O I Y P A R E H T M D B B Z E
 E O Z E M X W C R R E M G S P G T G I G F O O R
 Q S B S Y H V Y S A E Q M S J Y R N Z C O L W K
 C M I C G O G Q C G T X T I J D N I S S E A D K
 G O K R K H L W P U G E E F W N D P N P S N O L
 O K I I B A E M K D A Z D E M S J O R I T O H A
 A I N P Y F P H Y S I C A L I L A C R R M I G S
 L N G T Y T I L I B I S N O P S E R V I L T I A
 S G S I S K E N W M X W X K R E T G O T W O V H
 T I P O P B Z P A H E F J S V I E G L U K M E X
 V C Y N F N H S Y N Z N I W O E M C U A N E B L
 E H A S M K A J Z H C G T L W H U U N L I H A O
 C C R W Y V O T G S N I K A E X L U T A N V C R
 Z L P E I H R U K B O K A P L Q S C E W L K K T
 F K Y N L B A J H I F W A L K I N G E I Y A Z V
 X V G O N L Q I C H U R C H G F W U R O F K B D
 F S D N Z A L C G H F E A T I N G H E A L T H Y
 H D H K I O Q K E O N M A X T N Z S H Y E O B H

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|------------|-----------|----------------|
| activities | balance | eating healthy |
| biking | financial | give back |
| coping | hygiene | no smoking |
| exercise | savings | emotional |
| goals | social | intellectual |
| hydrate | spiritual | occupational |
| laugh | stress | prescriptions |
| mental | therapy | responsibility |
| physical | walking | swimming |
| reliable | wellness | volunteer |
| | yoga | |