Make Summertime a Safe Time

Summer is a great time to enjoy fun outdoor activities such as cookouts, camping trips, swimming and sports. As you prepare for your summertime adventures, it’s important to include safety on your checklist. The Centers for Disease Control and Prevention recommend the following tips for summer safety:

Include safe physical activities: Always wear protective gear, such as helmets, sturdy shoes and life jackets. Know your limits, and take steps to avoid injury during activities. Never hike or swim alone, and watch kids closely.

Fight the bug bite: Insects can cause certain diseases. For example, mosquitoes can cause West Nile Virus, and ticks can cause Lyme disease. To help fight the bite, apply insect repellent containing DEET* to clothes and skin, using the directions on the package.

Prevent temperature-related illness: To help prevent heat-related illness, drink plenty of alcohol-free and sugar-free fluids. Don’t wait until you’re thirsty to drink. Also, wear layers of light-weight, light-colored and loose-fitting clothing. Be sure to rest often in shady areas and protect yourself from the sun.

Practice fire safety: Build campfires away from overhanging tree branches and make sure they have a metal fire ring or are encircled with rocks. Never leave a campfire unattended. When grilling, never add fluid to an already lit fire because the flame can flash back up into the container and explode. Keep all matches and lighters away from children.

Protect yourself from the sun: Even on cloudy days, ultraviolet (UV) rays from the sun can cause conditions such as skin cancer, premature aging and cataracts. Use a broad-spectrum sunscreen and lip screen with at least SPF 15. Seek shade, particularly between 10 a.m. and 4 p.m., when the sun’s rays are strongest. Cover up with clothing, a wide-brimmed hat and sunglasses.

Avoid water-related illness and injury: To help protect you from illness, don’t swallow the water in which you are swimming. Be sure to take a shower before and after swimming. If you plan to ride in a boat, canoe, or other water vehicle, wear a life jacket. Never swim alone and avoid alcohol.

Taking a few precautions can go a long way in preventing injury and illness, which allows for more opportunity to enjoy a little summer fun!

Melissa Morgan, MS, HFS, Wellness Specialist

Sources: Centers for Disease Control and Prevention, www.cdc.gov

* DEET (chemical name, N,N-diethyl-meta-toluamide) is the active ingredient in many insect repellent products.
Wellness and Lifestyle

The Public Health Corner: Responding to Violence

The physical and emotional toll that violence can take on individuals and communities has led to violence prevention becoming a key public health priority and a leading health indicator in Healthy People 2010. Violence can take many forms, including child or elder maltreatment, sexual violence, intimate partner violence and workplace violence. Violence tends to be particularly pervasive during difficult economic times. The reasons why perpetrators of violence engage in such behaviors are many and complex (see “the ecological framework” at http://www.who.int/violenceprevention/approach/ecology/en/index.html), and while these reasons deserve attention, the focus of this article is on how to help those who have experienced violence move forward in safe and healthy ways.

How to respond can depend on the person and individual circumstances, but the following are some general guidelines for what to do if someone tells you that she or he has been a victim of violence.

- Make sure the person is in a safe place. If there is still risk for harm, figure out how the person can get to a safe location (Georgia Domestic Violence Resources - http://www.aardvarc.org/dv/states/gadv). If necessary, call 911 for assistance.
- Listen compassionately. Express care, concern and support. Recognize that people respond to trauma in different ways.
- Don’t judge the person’s actions, even if you disagree with them.
- Help the person figure out immediate next steps, such as medical attention, reporting the incident, and/or identifying a support system.
- Be a source of support, but recognize that you do not have to take on someone’s problem alone. The Faculty Staff Assistance Program provides free and confidential consultations to assist you with approaches and resources for helping others, as well as services for victims/survivors.

For more information on violence prevention, visit the Centers for Disease Control and Prevention’s Violence Prevention webpage at http://cdc.gov/ViolencePrevention/index.html.

Improving Interpersonal Relationships at Work

We spend a lot of time at work, so getting along with coworkers is vital to our health, happiness, and productivity. To strengthen workplace relationships:

1. Pay attention to how you begin and end each day. Say hello and goodbye, express thanks and compliment others.
2. When confrontation is necessary, start conversations with “I” instead of “You.” Make requests instead of demands.
3. Avoid negative phrasing and loaded labels; focus instead on behavior and what you want changed.
4. When you are upset, calm down and develop a strategy before approaching a coworker. You will be less likely to regret something you say.
5. Psychologists Rick Brinkman and Rick Kirschner state that behind every difficult interaction, there is a legitimate need. People seen as controlling often want to be successful. Negative attention-seeking is often a plea for recognition. Use this knowledge to develop a response.

Watch for five more tips for Improving Interpersonal Relationships at Work in the September/October issue of All About Health.

If you are interested in individual, confidential assistance to improve interpersonal relationships at work, contact FSAP at 404-727-4328.

Jad Tompkins, LCSW, FSAP Clinician
Claudia Brasfield, PhD, FSAP Clinician

Resources:
Rick Brinkman and Rick Kirschner. Dealing with People You Can’t Stand: How to Bring Out the Best in People at Their Worst
Maravelas, Anna. How to Reduce Workplace Conflict and Stress
Make Summer Grilling Safe and Delicious With These Helpful Tips

Whether you fire up the grill for weekend entertaining or use it each night, think of it as an extension of your kitchen. Follow the same food safety steps for cooking both inside and out.

Start with a clean grill by scrubbing it with hot, soapy water before each use.

Regularly wash your hands during food preparation. This is especially important after handling raw meat. If you are grilling away from home, pack moist towelettes or a hand sanitizer in your cooler.

Be cautious in how you prepare meats for grilling. Frozen foods should be thawed in the refrigerator or microwave. Also, be sure to marinate meat in the refrigerator. Ideally a separate batch of sauce should be used to season cooked meat.

Use separate cutting boards, plates and grilling utensils when handling raw meat and ready-to-eat foods. After using knives, grilling tongs or forks with raw meat and poultry, clean them thoroughly with hot, soapy water.

Cook meats thoroughly! Ensure this by using a meat thermometer. Internal temperature should be:
- Steak: 145°F (medium rare); 170°F (well done)
- Hamburgers: 160°F
- Chicken: 165°F

Take care not to leave foods sitting out too long, and handle leftovers properly. All food should be refrigerated within 1-2 hours, depending on how hot it is outside. If a refrigerator is not available, use ice in a cooler, but be sure the cooler stays below 40°F. Ensure all leftover meats have been heated to 165°F before serving a second time around.

With good planning and proper technique your grilling adventures this summer will be both safe and delicious.

Potato Salad with Herbs and Grilled Summer Squash

SALAD
- 2 pounds small red potatoes
- 3/4 pound yellow squash, cut lengthwise into 1/2-inch slices
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- Cooking spray

DRESSING
- 1/3 cup chopped fresh chives
- 3 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh tarragon
- 1/4 teaspoon grated lemon rind
- 3 tablespoons fresh lemon juice
- 2 tablespoons water
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons finely chopped gherkin pickles
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper

Preparation
1. Preheat grill to medium-high heat.
2. To prepare salad, place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 18 minutes or until tender. Drain; cut potatoes into quarters and place in a large bowl. Set aside.
3. Lightly coat squash with cooking spray. Sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper. Place squash on grill rack; grill 2 minutes on each side or until browned and tender. Remove squash from heat and add to potatoes.
4. To prepare dressing, combine chives and remaining ingredients in a small bowl; stir with a whisk. Pour dressing over potato mixture and toss gently to combine. Serve salad warm or chilled.

Yield: 6 servings (serving size: 1 cup). Nutritional Information: 165 Calories, 5 g Fat, 3.8 g Protein, 28 g Carbohydrate, 3.4 g Fiber, 225 mg Sodium

Nutrition analysis provided by Tara Cox, MPH, RD, Wellness Specialist
Source: Cooking Light, June 2009 – www.cookinglight.com

Tara Cox, MPH, RD, Wellness Specialist
Source: American Dietetic Association - www.eatright.org
**Maintain Mindfulness at Work**

Mindfulness has become a hot topic, but what exactly is it? Mindfulness is bringing your attention to the present moment, with an attitude of acceptance, without trying to change your experience. Not that complicated, right? Jon Kabat-Zinn, who integrated mindfulness with medicine, says “Mindfulness is simple but not easy.”

The tricky part of mindfulness is dealing with the mind! Thoughts and emotions quickly arise, and they might be critical (“This is really boring”) or pressured (“I just don’t have time”). Thinking happens as predictably as your heart beats, so try to simply notice the thoughts and emotions without getting caught up in them. Then gently bring yourself back to the present moment. With practice, you will become more able to direct your attention in this particular way.

This is where the benefits come in. As we build capacity for mindfulness, a typical experience is to feel calmer, more relaxed. Irritability and reactivity may decrease. Additionally, there are documented health benefits.

These are great reasons to put mindfulness to work! Consider setting aside some time to practice regularly. Take a moment and notice your breathing, without changing it. Notice the way your breath comes in, the rising of your chest and stomach, the temperature of the air, the sound as you exhale. Notice the feeling at your nostrils of the air coming in, going out. Let yourself be in the present for just this moment.

Now, as you return to work, add ways to remember to practice. Stack some stones on your desk that you move from place to place each time you remember to just breathe. Be creative, and let yourself experience mindfulness at work.

*C. Sue Matthews, Ph.D., Licensed Psychologist, FSAP*

Resource: Jon Kabat-Zinn, Full Catastrophe Living

**Wellness Fairs**

**Nutrition Coaching**
FSAP offers three FREE nutrition coaching sessions to all Emory faculty and staff, focusing on medical conditions, weight control and more.

**Fitness Coaching**
FSAP offers three FREE fitness coaching sessions to all Emory faculty and staff, focusing on weight management, exercise and fitness planning, and more.

*For an appointment, call FSAP at 404-727-4328*