

Health

ISSUES

Fall 2010



HEALTHY
MINDS MATTER

contest

CHANCE TO WIN
DETAILS PAGE 20

WORKING TOWARD WELLNESS

Ruby Collins

HER STORY INSIDE
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STRESSED OUT? Tips to Reduce Stress

DETAILS PAGE 4

Mental Health: It's a State of Well-being



Mental health is a topic that's often not openly talked about, but needs to come "out of the shadows." Mental health and well-being are very important to your overall health. It's common for people to confuse the terms mental health and mental illness. Because of this, it's important to understand the more precise meaning of each of these terms, and how these states can impact your health.

Mental health is a state of well-being. It's not simply the absence of mental illness, as is commonly thought, but rather a state of flourishing (Keyes, 2007). A person who is mentally healthy can cope with the normal stresses of life. This doesn't mean that they don't experience a full range of emotions; rather, it has to do with how well they're able to respond to those emotions. Mental illness can feature different sets of symptoms that affect how we think, feel, and behave. A person who has a mental illness is unable to flourish, and often can't meet life's day-to-day demands.

Mental health is not simply the absence of mental illness, as is commonly thought, but rather a state of flourishing.

It's estimated that one in five Canadians, close to six million people, will develop a mental illness at some point in their lives. Mental illness is estimated to cost the Canadian economy \$51 billion dollars a year, and each day 500 000 people miss work due to mental health problems (Lim, Jacobs, Ohinmaa, Schopflocher, & Dewa, 2008). Lack of knowledge about positive mental health and the stigma held toward mental illness are two of the major barriers to having a population of mentally healthy people.

Many people are not well-informed about the importance of mental health to their overall health, nor how to find help for mental illness. Due to the stigma associated with mental illness, people often resist getting professional help. The scope and impact of mental health issues (both positive and negative) are beginning to be recognized. There is a growing awareness that poor mental health is a risk factor for chronic diseases (PCPC-NTTMHP, 2009). If we promote mental health and work to prevent mental illness, we'll not only help lower rates of mental illness, but also lower rates of chronic diseases, such as heart disease and diabetes. People need to be informed about the benefits of positive mental health and well-being, and educated about the stigma of mental illness and where to get help. Positive mental health and well-being are associated with better physical health, better relationships, and fewer missed days at work. This *Healthy Minds Matter Health Issues Magazine* may help answer some questions you may have about mental health and mental illness and how they impact your overall health. We should all do our part, as friends, family members, and co-workers, to support each other and promote mental health.

KEY REFERENCES:

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Personal Health Guide

Pull out this valuable resource that's attached in the middle of this magazine (p. 9-12)



What's inside

Word Jumble contest & ballot located on page 20 & 21.
Tear off & send in to win!

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WWW.WORKINGTOWARDWELLNESS.CA

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Talking About Mental Health

Bringing up the subject of mental health makes many people uncomfortable. However, if you think someone close to you is suffering with a mental health issue, talking to them about it might help them get the support they need.

If you think someone you know has a mental health issue, the following tips may help you feel more relaxed about talking to them:



- Be comfortable. Plan a face-to-face talk in a private setting to avoid embarrassing them. Choose a place where you are both comfortable and can stay for as long as needed.
- Ask how they are. Asking how they're doing, and letting them know you've noticed changes in their behaviour or personality, leaves the topic open for them to discuss. If they aren't open to talking about it, let them know you're there to listen when and if they need you.

- Know the facts. Learn about mental health issues before bringing them up. Research local support groups and resources that you can recommend.
- Be sensitive. Choose your words carefully and avoid using a negative tone of voice.

KEY REFERENCES:

Centre for Addiction and Mental Health. (2007). *Stigma: Understanding the impact of prejudice and discrimination on people with mental health and substance use problems*. Retrieved July 15, 2010, from http://www.camh.net/Care_Treatment_Resources_clients_families_friends/stigma_brochure.pdf

Achieving Positive Mental Health

Mental health is more than just the absence of mental illness. Positive mental health includes the ability to enjoy life, deal with challenges, contribute to the community, and have a sense of purpose in life.

You play an active role in achieving your own positive mental health.

(Canadian Institute for Health Information, 2009).

There are lots of things you can do to improve your mental health. Try some of the following suggestions:

- Make a list of things you're good at. Pick one you haven't done in a while and do it.
- Volunteer your time. Find a cause you feel strongly about and get involved. You might be surprised by how good you'll feel when you give back to others.
- Reconnect with a friend or family member you haven't seen in a while.
- Make a list of things you want to try. Challenge yourself to try new things.
- Find a group or team that interests you and get involved. You'll get to participate in an activity you like, and create a new social group at the same time.

Social Ties Matter

Spending time with friends can be more than just a fun way to spend a day.

It can also improve your mental health. One study found that people who reported low levels of social and emotional support had more days of poor health, as well as symptoms of depression and anxiety (Strine et al., 2008).

Feeling connected to people is a great way to boost your positive mental health, so make an effort to get together with people you enjoy whenever possible.

KEY REFERENCES:

Canadian Institute for Health Information (CIHI). (2009). *Improving the health of Canadians: Exploring positive mental health*. Ottawa: CIHI.

Sin, N. L., & Lyubomirsky, S. (2009). Enhancing well-being and alleviating depressive symptoms with positive psychology interventions: A practice friendly meta-analysis. *Journal of Clinical Psychology, 65*(5), 467-487.

Strine, T. W., Chapman, D. P., Ballus, L., & Mokdad, A. H. (2008). Health-related quality of life and health behaviors by social and emotional support. *Social Psychiatry & Psychiatric Epidemiology, 43*, 151-159.



Did you know?

A positive outlook affects our mental health. Research findings show that positive psychological activities (e.g., talking about positive experiences, writing thank-you letters, thinking positive thoughts) improved the well-being of participants. Further, these activities also helped treat depressive symptoms (e.g., loss of interest in daily activities, trouble sleeping, feelings of helplessness) (Sin & Lyubomirsky, 2009).

STRESSED OUT?

Stress is a natural part of our lives. Stress is our bodies' response to the changing environment and the events we experience in our lives. If you feel stressed out, you're not alone. In fact, 28% of Canadian adults between the ages of 34 and 54 reported being stressed daily (Statistics Canada, 2008). The good news is stress can be managed. It's important to understand your stressors so you can be better prepared to deal with them.

Stressors

Many life events can cause feelings of stress. These events are known as stressors. Stressors can be major or minor. Events such as job loss, getting married, moving to a new school, and losing a loved one are major stressors. On the other hand, being stuck in traffic, having an argument with a family member, meeting work deadlines, and running late to an appointment are minor stressors.

Stressors Good Stress (Eustress) and Bad Stress (Distress)

Some stress is actually good for us. Eustress is the positive stress that keeps us on our toes and motivates us to achieve a certain goal. This type of stress can be managed because we feel in control of the situation. For example, a little bit of stress from your boss may drive you to work harder to meet a deadline. Likewise, feeling a small amount of stress over an upcoming exam may motivate you to study harder and achieve a higher grade.

On the other hand, some stressors can be negative. Distress is caused by stressors that bring about negative feelings such as anger, frustration, and sadness. For example, getting a speeding ticket may cause distress because you may feel upset and angry.

Stress can be acute (i.e., short-term) or chronic (i.e., long-term). Acute stress is our bodies' response to an unexpected, immediate event (e.g., a near miss at a traffic light). This type of stress is short in duration and passes fairly quickly. Chronic stress is long-lasting because we have to deal with the same stressor on an ongoing basis (e.g., caring for a high needs parent or child). Chronic stress is worse for your overall health than acute stress. It increases your risk of developing chronic diseases, such as diabetes and heart disease (The Psychology Foundation of Canada, 2009).

It's important to know what type of stress we're experiencing so we can develop a plan to manage it.

Managing Stress

There are three different methods that most of us use to deal with stress. Depending on the issue, we may use one, two, or all three methods to manage a particular stressor. The three different coping methods are listed below.

Task-oriented: the individual focuses on the situation, and deals with it in a positive way. For example, they may work with a banker or financial consultant to deal with overdue bills and money problems.

Emotion-oriented: the individual focuses on their feelings and tries to find social support to deal with the situation they're facing. For example, they may ask their friends and family for support if they are having trouble dealing with a failing relationship.

Distraction-oriented: the individual tries to avoid the situation by taking their mind off the problem. In other words, out of sight, out of mind. For example, the individual might go shopping to avoid a stressful situation at home.

It's important to keep in mind that the method or methods we use to deal with stress depend on the situation we're faced with. Also, different methods of managing stress are effective for different people.

Tips to Reduce Stress

Below are just a few tips that can help you reduce your stress level:

- Be physically active.
- Eat a healthy diet.
- Set realistic goals.
- Don't overcommit your time or money.
- Do something you love (e.g., a hobby).
- Spend time with friends and family.
- Make time for yourself.
- Ask for help.

When Stress is Taking Over

If you're feeling stressed and can't manage it yourself, there are many resources that can help. Talk to your health care provider about the services available in your community. You can also contact your human resources contact or union representative for help in accessing the employee supports available at your workplace.

About 30% of working Canadians consider finances to be their biggest source of stress

(The Psychology Foundation of Canada, 2009).

KEY REFERENCES:

- Ben-Zur, H. (2009). Coping styles and affect. *International Journal of Stress Management*, 16(2), 87-101.
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- McLaughlin, K. A., & Hatzenbuehler, M. L. (2009). Stressful life events, anxiety, sensitivity, and internalizing symptoms in adolescents. *Journal of Abnormal Psychology*, 118(3), 659-669.
- Statistics Canada. (2008). *Perceived life stress*. Retrieved June 21, 2010, from <http://www.statcan.gc.ca/pub/82-625-x/2010001/article/11108-eng.htm>



DEALING with NEGATIVE EMOTIONS

At some point in everyone's life, we're faced with tough situations, the death of a loved one, the end of a relationship, or the loss of a job. These events can cause feelings of sadness, fear, frustration, disappointment, or anger. It's normal to have these feelings when things don't go our way. It's when we can't cope with these feelings that help may be needed.

When dealing with emotions, it can be hard to figure out just when help is needed. Fortunately, many people who have trouble coping with their feelings experience the same thought patterns and find themselves in similar situations, such as those outlined in the checklist below.

Use the following checklist to figure out if you or someone close to you may require help dealing with negative feelings. Check all the boxes that apply to you or the person you're doing the checklist for.

- Trouble experiencing emotions other than anger, sadness, guilt, worthlessness, or hopelessness.
- Rapid or dramatic shifts in feelings or mood swings.
- Trouble concentrating, remembering, or functioning at the same level as before the tough situation (e.g., failing in school, missing an important deadline at work).
- Changes in sleep patterns, appetite, or sex drive.
- Lack of personal hygiene and cleanliness.
- Lack of energy.
- Loss of interest in going out with friends or family members.
- Loss of interest in favourite events or activities.
- Suicidal or homicidal thoughts (i.e., thoughts of killing yourself or others).

If you or someone close to you is:

- Experiencing three or more of these issues, help may be needed.
- Having suicidal or homicidal thoughts, urgent help is required.

The person experiencing the difficulty can talk to their health care provider (HCP) about the kind of support that would work best for their issue. Some of the things an HCP may suggest are meeting with a psychiatrist (i.e., a doctor who specializes in mental health), meeting with a psychologist (i.e., a trained counsellor), or joining a self-help group (i.e., a group that provides support for people going through similar situations). The person can also talk to their union or human resource representative about the different types of help available through the workplace. Another way to find help is to visit www.camh.net/care_treatment/index.html. This website, hosted by the Centre for Addiction and Mental Health, has information about the different mental health services available and how to access them. It's important to know when to get help and to get help right away if it's needed. Over time, if our feelings aren't dealt with, serious mental health issues can develop.

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- Davidson, K.W., & Mostofsky, E. (2010). Anger expression and risk of coronary heart disease: Evidence from the Nova Scotia Health Survey. *American Heart Journal*, 159(2), 199-206.

Did you know?

In addition to our mental health, our negative emotions can harm our physical health over time. For example, research has shown that adults who have higher levels of anger have a 31% greater chance of developing coronary heart disease (Davidson & Mostofsky, 2010).

Mindful AGING

As we age, our bodies and brains change. Memory loss, shorter attention spans, and problems with speech are common changes.

Right now, the aging population in Canada is the highest it's ever been. The elderly population (65 years and older) accounts for 25% of Canada's overall population (Statistics Canada, 2010). In 2011, the first of the Baby Boomers turn 65, making this age group and their mental health more of a focus than ever before.

Age-related changes

In the elderly, the brain has been found to shrink in size. For example, the caudate (responsible for learning and memory), the cerebellum (responsible for coordination, attention, and language), and the hippocampus (responsible for memory) have been found to shrink the most of all brain sections in the elderly (Raz et al., 2005). Certain life events can also speed up the process by putting extra stress on us.

Life events of the elderly

As we get older, we are faced with many transitions such as retirement, a loss of independence (i.e., losing a drivers licence, moving into assisted-living facilities), and the loss of loved ones (i.e., close friends, a spouse). These transitions put stress on the brain.

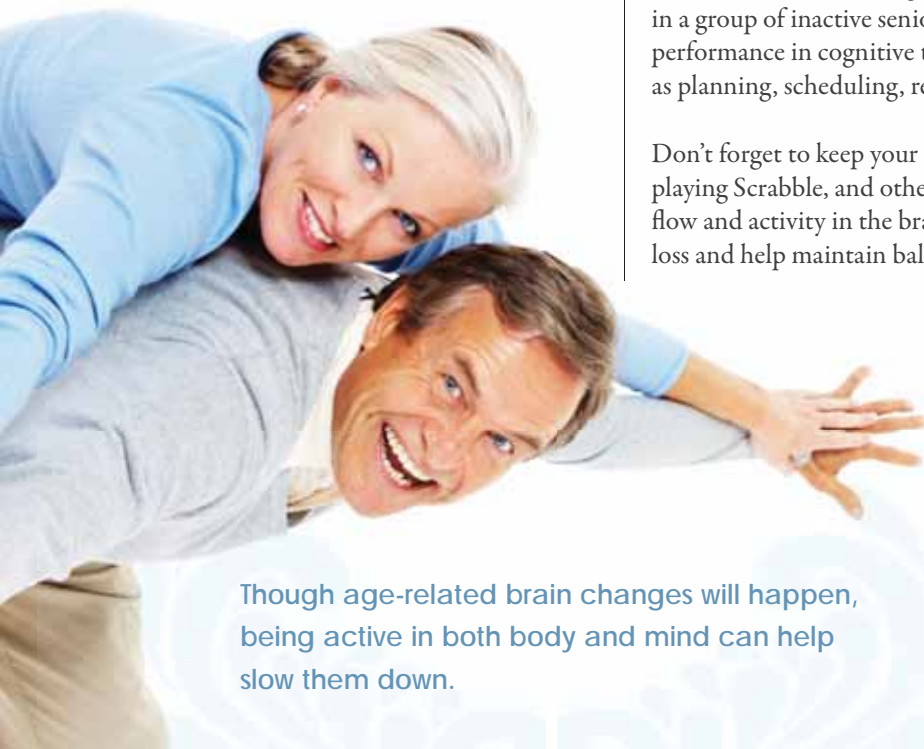
The elderly brain is very sensitive to stress. For example, the hippocampus has been found to be at high risk for changes during stressful times. Declines in this area of the brain, from both normal aging and stress, can lead to memory problems. Memory loss is a common mental health issue of the elderly (Lupien et al., 2009).

Engage your body and brain

Between the normal age-related changes of the brain and the stress put on it through life events, the elderly face many mental health issues. Can anything be done? Yes. Keeping your body and brain active can help slow the aging process of the brain.

Being physically active, both throughout your life as well as during old age, has a positive impact on your mental health. Research showed blood flow to the cerebellum was higher in a group of physically active seniors than in a group of inactive seniors. Those who were active also showed higher performance in cognitive tests, especially "executive control processes" such as planning, scheduling, remembering, and multi-tasking (Kramer et al., 2006).

Don't forget to keep your brain active too. Reading, doing crossword puzzles, playing Scrabble, and other mentally challenging tasks can help stimulate blood flow and activity in the brain. This has been shown to reduce the risk of memory loss and help maintain balance and coordination (Verghese et al., 2006).



Though age-related brain changes will happen, being active in both body and mind can help slow them down.



KEY REFERENCES:

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- Verghese, J., LeValley, A., Derby, C., Kuslansky, G., Katz, M., & Hall, C., et al. (2006). Leisure activities and the risk of amnesic mild cognitive impairment in the elderly. *Neurology*, 66(6), 821–827.



Healthy Minds

Mental illness and stress are often thought of as adult problems, but they can also affect children. In fact, one out of every five children in Canada has a mental health problem. Thankfully, there are ways you can help your child deal with life's ups and downs in a healthy way (Barankin & Khanlou, 2007).

Matter for Kids Too!

What is Resiliency?

Resiliency is the ability to bounce back from setbacks and stay strong during hard times. Building resiliency early in life is important, as it's partly a learned behaviour. Resilient children are more likely to do well in school, are less prone to depression, and go on to have happier, more successful lives as adults.

Signs of Stress in Kids

While some stress is normal, too much stress can be harmful and may lead to bigger problems later on. Most caregivers can easily spot problem behaviours in their children. Crying, whining, poor listening, fighting, falling grades at school, and eating more or less than normal are all behaviours that may result from stress. However, their bodies, minds, and feelings can also signal that something is wrong, as shown in the table:

BODY

Some physical signs of stress include tense muscles, headaches, stomach aches, bed-wetting, being cold, skin rash, shakiness, poor sleep, constant tiredness, and generally feeling sick.

MIND

Some mental effects of stress include short attention span, forgetfulness, trouble problem-solving, being easily distracted, confusion, and being unreasonable.

FEELINGS

Some emotions that may be brought on by stress include: fear, anxiety, frustration, sadness, panic, anger, helplessness, hopelessness, and feeling threatened.

(The Psychology Foundation of Canada, 2007)

SOURCES OF STRESS FOR KIDS

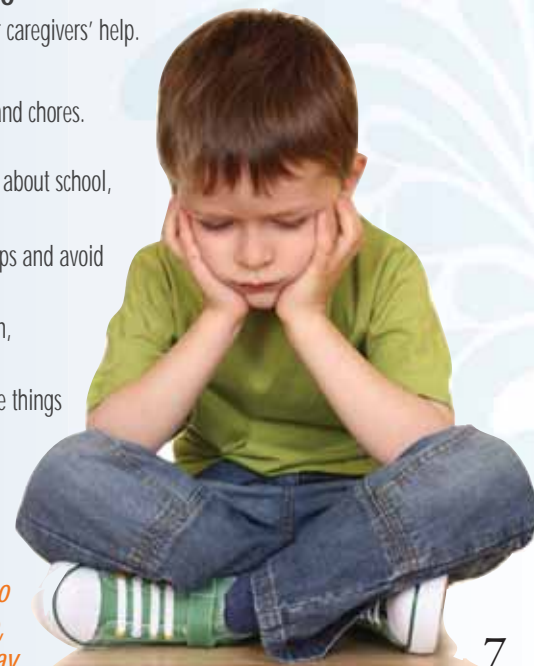
- Schedules that are too busy and don't allow enough free play and rest time.
- Big changes such as starting school, moving to a new home, separation or divorce, or the death of a loved one.
- Social issues like being teased, bullied, or not "fitting in" with peers.
- Fighting or arguing among family members.

Building Resiliency in Your Child: What You Can Do

Even young children can learn to manage their own stress, with their caregivers' help. Here are some ways you can help build resiliency in your child:

- Spend time with your child, both with fun activities and chores. Give them choices.
- Show interest in your child's life by asking questions about school, friends, and life in general – and really listen!
- Model appropriate behaviour in your own relationships and avoid involving your child in adult issues.
- Make sure your child gets enough rest, good nutrition, and physical activity.
- Help build your child's confidence by pointing out the things they're good at.
- Let your child know that you love them in as many ways as you can.

While we can't protect our children from all of life's ups and downs, we can raise them to be resilient. That way, when hardships come, they can work through them in a healthy way.



KEY REFERENCES:

Barankin, T. & Khanlou, N. (2007) *Growing up resilient: Ways to build resilience in children and youth*. Centre for Addiction and Mental Health. ISBN 978-0-88868-504-9, pg. 11.

The Psychology Foundation of Canada. (2007). *The struggle to juggle: Stress management strategies for you and your family*. Retrieved July 5, 2010, from http://www.psychologyfoundation.org/pdf/publications/the_struggle_to_juggle.pdf

The Psychology Foundation of Canada. (n.d.). *Kids have stress too! How to help kids handle stress*. Retrieved July 5, 2010, from http://www.psychologyfoundation.org/pdf/KHST_yellow2008.pdf



Seasonal Influenza Vaccine (Flu Shots)

The most effective way to protect yourself from the flu is to get the flu shot each year.

**It's that time of year.
Get your flu shot!**

Watch for a flu clinic at your worksite or in your community. For more information visit: www.FightFlu.ca



Check UP FROM THE Neck UP

Most of us have a good idea about our physical health. We have annual physicals and participate in the recommended health screenings. But what about our mental health?

**visit Check Up from the Neck Up
at www.checkupfromtheneckup.ca.**

For more information about mental health resources in your area, contact the Canadian Mental Health Association at (613) 745-7750 or visit www.cmha.ca.

By giving just one hour
of your time, **YOU** can
save someone's life.

Donate blood

Call 1 888 2 DONATE
Book your appointment today.



Canadian Blood Services
it's in you to give



Medicine Cabinet Clean Out

National Addictions Awareness Week is in November and is a great reminder to clean out your medicine cabinet. But did you know that pharmacies will take back leftover and old medication any time of the year? That's great news, since Health Canada (2005) advises that we clean out our medicine cabinets at least once a year.

FOR MORE INFORMATION VISIT:
[www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/
disposal-defaire-eng.php](http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/disposal-defaire-eng.php)

Family Grocery



Makeover Winner!

Patricia Mireault and her family won a home consult and \$200 worth of groceries. Stay tuned for an update in the next *Health Issues Magazine*.

Patricia Mireault and her family are the lucky winners of a family grocery makeover. Patricia was in need of the makeover because she and her husband get confused trying to read food labels. They want to know what would be better food choices to help with their cholesterol levels. Patricia's son is also in university and she wants to, "make sure he has healthy and nutritious things to eat and snack on during his long days."

For grocery makeover challenges and solutions

Visit: www.workingtowardwellness.ca

Sleep Well

The Sleep Well Word Match contest was a huge hit! Over 90 mail-in ballots were received from employees, retirees, and their family members. Many employees and retirees completed a ballot at their workplace or Local Hall. All winners will receive a gift card to RONA™. Congratulations to the winners!

Winners!

Winner of the Gift Certificates	Group
Owais Iqbal	Automotive and Research Development Centre (ARDC)
Charlene Ward, Frank Hinz, Ron Evoy, Trevor Solowoniuk	Brampton Assembly Plant
Chris Wiczorkowski, Jimmy Voroshuk	Etobicoke Casting Plant
Eric Julien	Montreal Parts Distribution Centre
Cal Thudium, Mike Longman	Red Deer Parts Distribution Centre
Diana Vasic	Temple Drive
Denis Filiatrault, Tim Logan, Gary Gagnier, Rick Anger	Windsor Assembly Plant
Harold Dawe, M. Fanaeian	Mail-in entries (English)
Luc Decelles	Mail-in entries (French)

Thank you to everyone who participated!
Be sure to complete the contest in this issue p. 20
for another chance to win!



A GREAT SUCCESS!

There was great response to the *Pounds for Relief* (PFR) 12-week Weight Loss Challenge at Windsor Assembly Plant. *Working Toward Wellness* (WTW) staff were at the plant to provide support to people who wanted to weigh in on a weekly basis. Those employees who checked in regularly were provided with information on a new topic each week. A personal trainer was on-site on alternate Tuesdays during the challenge to help support employees who had questions about physical activity. Participants were also supported with weekly emails on healthy eating and being active.

All participants were encouraged to weigh in at the 6-week mark to measure their progress. At the midpoint:

- There was an average weight loss of 6 pounds and a loss of about 1 inch off the waist!
- Inspection/Front End was the leading department, with an average of over 11 pounds lost!
- One employee had lost 31 lbs!

The PFR challenge wrapped up on August 9th. Participants turned out to see how much weight they lost and how much they contributed to the overall WAP donation. In total, more than ½ ton (1031 pounds) were lost. Prizes were awarded based on the greatest percentage of weight lost and the most weight lost; employees from the department with the greatest percentage of weight lost were also awarded a prize. Congratulations to the challenge winners:

- Highest percentage of weight lost: Serge Lachapelle (14.6%)
- Most weight lost: Serge Lachapelle (51 pounds)
- Employees from the department with the greatest percentage of weight lost: Nicole Grainger, Mario Spada, and Kendall Harris of Final Car (6.24 %)



Serge Lachapelle - Chassis

Pounds lost: 51

Inches lost: 5

Reason for your success: *Support from the wellness staff, my family, and friends. Changing my diet and exercising.*



Nicole Grainger – Final Car

Pounds lost: 12

Inches lost: 0

Reason for your success: *Pre-planning of meals and snacks.*



Todd Tracey - Paint/Material
Pounds lost: 25
Inches lost: 4
Reason for your success: *Participation of co-workers and watching my own progress.*



Dawn Tracey – Trim
Pounds lost: 11
Inches lost: 2
Reason for your success: *Cutting back on soda pop intake, and snacks.*



Mike Breutigam – Trades/BIW
Pounds lost: 24
Inches lost: 4
Reason for your success: *Eating well and the challenge to lose weight.*



Tammy Maisonville – Doorline
Pounds lost: 11
Inches lost: 1.5
Reason for your success: *Summer fruits and veggies.*

E-CONNECT WELLNESS TIPS **Winners**

Membership has its privileges. **James Bonneau, Nancy Ashley,** and **Patti Brownell** are winners of a gift card just for signing up to receive E-Connect, the *Working Toward Wellness* bi-weekly wellness report that provides timely health information and tips.

Sign up for the E-connect Wellness Tips for your chance to win one of four \$25 SportChek™ gift certificates.

Visit the website at

www.workingtowardwellness.ca

Contest runs from Nov. 20, 2010 to June 30, 2011.

For your chance to win, sign up for E-Connect at www.workingtowardwellness.ca 15

WINDSOR AREA

Family Day – Fit It In: Fun, Family and Fitness

The goal of this year's event was to help families fit activity into their busy schedules, and to discover new and fun ways to get active as a family. The event was held Sunday, September 12 from 1 to 4 p.m. at the Vollmer Culture and Recreation Complex in LaSalle. More than 300 visitors attended this event. Families were able to swim, skate, and play soccer all afternoon. Hockey players from the LaSalle Vipers and two-time Memorial Cup Champions, Windsor Spitfires, were on-site to skate with the kids. A portable climbing wall was brought in for kids of all ages to enjoy. It was a great hit! New this year was "Ladder Golf", a game played by tossing a "bola" of two golf balls tied with a rope at a ladder-like object.

A Naturopath presented information on the importance of sleep and simple lifestyle changes that people can make to get a better night's sleep. A number of community agencies including LaSalle Fire Department, City of Windsor Parks and Recreation, Fools for Health, Safe Seats Save Children, Windsor Bicycling Committee, and Maximum Fitness Centre provided health and wellness information. Volunteers from the Katelyn Bedard Bone Marrow Association encouraged participants to get their cheek swabbed and to register for the Worldwide Registry of Bone Marrow and Stem Cell Donors.

A number of prizes were awarded at this event. Prizes included a 3 month membership and family swimming and skating passes to the Vollmer Culture and Recreation Complex, an orthopedic Pillow (donated by Dr. Todd Small), and two backpacks filled with prizes. Congratulations to the prize winners: Melanie Atkinson, Calvin Atkinson, Carolyn Krall, Julie Rivait, and Patricia Mickle.

Thank you to all who volunteered and helped make this a fun and successful event.

Families having fun at Family Day 2010.



WINDSOR ASSEMBLY PLANT

The Pounds for Relief (PFR) Weight Loss Challenge was a terrific success! *Working Toward Wellness* staff connected with the employees who visited the wellness room and other locations where the weekly weigh-ins were held. Many people felt that "friendly competition" was a good motivator and suggested making this a semi-annual event.

A grand total of 1031 pounds was lost. As a result of the Challenge, money was donated to the Windsor-Essex County Food Bank Association. Kudos to everyone who participated in the Challenge!

For a more detailed look at the PFR Challenge and some of the many successes, please see pages 14 & 15.

CHRYSLER CANADA BUILDING, TEMPLE DRIVE, AND AUTOMOTIVE RESEARCH & DEVELOPMENT CENTRE

These three sites are getting together for the *Pounds for Relief (PFR) Weight Loss Challenge*. At these sites, PFR will be an 8-week challenge, ending in November. To keep with community spirit, 25 cents for every pound lost will be donated to the Share Drive, which benefits the Salvation Army, St. Vincent de Paul, and the Downtown Mission (Windsor). Good luck to all!

All three sites started their Challenge with a wellness event highlighting local opportunities for physical activity, as well as information on the calories, fat, and caffeine content of some of their favourite drinks. Over 60 participants registered to participate. Good luck everyone!



ARDC Employees sign up for the challenge.

LOCAL 444 RETIREES

The Local 444 retirees' wellness committee is planning for a number of health and wellness presentations later this fall. Watch for more information. Retirees are encouraged to attend the community flu shot clinic on November 16 from 12 p.m. to 6 p.m. at the Local 444 Hall.

TORONTO AREA RETIREES

Local 1285 Retirees: Local 1285 retirees were looking forward to wellness activities after their summer break. A healthy welcome back barbeque including vegetables and fruit took place on September 15. Fun was had by all!

Retirees from Local 1285 got together with **Local 1459** retirees for a Chronic Obstructive Pulmonary Disease (COPD) wellness event. Ron Ellis, a former Toronto Maple Leaf, gave a presentation highlighting the challenges of COPD on Monday, October 18 at the Local 1285 Hall. Retirees heard an entertaining and informative session, and had the chance to win autographed memorabilia.

A wellness event on heart health with Darryl Sittler, former Toronto Maple Leaf, is planned for November 17 at 10am at the Local 1285 hall, 23 Regan Road, Brampton.

Local 1459 Retirees: Retirees from **Local 1459** retirees have taken steps to help prevent falls, so their members don't become victims of fall-related injuries. On November 8, Marlene Jones, a Public Health Nurse from Toronto Public Health, taught retirees to "Be a Step Ahead in Preventing a Fall". Retirees learned ways to identify and lower their risk of falling. Topics included home safety, safe medication use, and keeping active.



Ron Ellis watching Dennis Hryhorchuk take a spirometry test.

ETOBICOKE CASTING PLANT

The wellness committee hosted a health fair on September 24. All employees were welcomed with decaffeinated herbal teas, apples, and ginger snap and oatmeal raisin cookies. Shoreline Chiropractic clinic was on hand to answer questions on the benefits of their services. Dr. Pintu Bhuiya, from the Sleep Ontario Clinic provided resources and answered any sleep-related questions.

Employees who completed a sleep diary and shared some of their tips for sleeping well were entered into a draw for a gift basket which included: decaffeinated teas, relaxing music, bath salts, eye mask, foot lotion, and a gift certificate to a bookstore. Congratulations to Nazar Hussain who won the sleep basket. His tip for sleeping better is to close your eyes and concentrate on a visual image, which helps you relax and fall asleep.

ECP kicked off its *Pounds for Relief* Weight Loss Challenge at the health fair on September 24. This team-based competition will be supported by weekly emails. The 10-week challenge runs until December 3. Additional resources on healthy eating and physical activity will be available in the nurses' office.

What's Coming?

Register for *Losing Weight the Healthy Weigh* if you would like some group support in reaching a healthy weight. The 10-week healthy weight loss program will start in January. Call 519-258-2146, ext. 3100 or visit www.workingtowardwellness.ca to register for the classes or for more information.

Get ready to roll up your sleeves – flu shots are coming this fall. Watch for more information!

NATIONAL PARTS DISTRIBUTION CENTRE



Trevor Blair, Tim Whitley, and Perry Butchereit look at a display on nutritional values of common Halloween candy.

National PDC started their 12-week *Pounds for Relief* Weight Loss Challenge at a wellness event on September 16. Participants registered in teams; a total of 6 teams are participating. The group weigh-ins promise to be tons of fun.

Resources on healthy eating and physical activity were distributed, including program calendars and trail maps from a number of municipalities in the Greater Toronto Area. Peel Public Health provided a display and resources on physical activity. Congratulations to Julie Barron, Lori Jarret, Lynn Fee, Doug Graham, and Melody Pedersen who won gift bags full of CAW and Jeep gear. John "Stonecold" Williams was the winner of a Tim Hortons gift card, sponsored by Mr. Safety Shoes.

BRAMPTON ASSEMBLY PLANT

The BAP wellness committee Recruitment & Employee Survey was distributed in early September. The goal of the survey was to get new ideas for wellness projects and recruit new members for the wellness committee.

The team that provided the most responses received cafeteria vouchers. The team with the most responses was Dept. 222 Zone 50 Team 1 (Final Line). Congratulations to the winners – we hope you all enjoy a healthy lunch with your teammates. Watch for exciting wellness activities coming from your wellness committee in the near future.



Winning BAP survey winning team.

Health Fair

A health fair was held on September 23rd. The health fair focused on providing employees with information and support to help them get a better night's sleep. Employees were given sleep diaries and could enter into a draw. Thanh Tran was the winner of a luxurious gift basket filled with items to help him sleep better. Thanh shared the fact that he sleeps better when he has a routine to help him unwind before bed.

A number of local agencies were at the Health Fair. Brampton Community Health Centre provided useful information about diabetes as well as their services. Giveaways including pedometers, shirts, and reusable cloth bags were a major draw to their booth. The William Osler Health System diabetes education team also provided a link to community supports. Dr. Sharon Chung from Sleep Ontario Clinic was on hand to answer sleep-related questions and donated *Working the Shift* books to be raffled off. Listen Up! Canada was also present with a great display containing helpful information.

What's Coming?

The *Pounds for Relief* Weight Loss Challenge will begin in the new year. Those who enter will receive weekly emails and resources to help them stay on track. Participants can pick up resources during their weekly weigh-ins at the nurses' and physiotherapy offices.

Register for *Losing Weight the Healthy Way* if you would like some group support in reaching a healthy weight. The 10-week healthy weight loss program will start in January. Call 519-258-2146, ext. 3100 or visit www.workingtowardwellness.ca to register for the classes or for more information.

MONTREAL PARTS DISTRIBUTION CENTRE



Martin Chedore is the winner of the sleep basket.

Montreal PDC is focused on sleeping well! Employees completed a sleep diary the week of September 13 to 20 to become more aware of their sleep habits. A draw for a sleep gift basket was held among those who participated. Martin Chedore won the sleep basket. Martin's tips for sleeping well include going to bed early, exercising regularly, and keeping a clear head.

RED DEER PARTS DISTRIBUTION CENTRE

Red Deer PDC is pleased to be working with staff from the Red Deer College (RDC) on an upcoming initiative. RDC is a member of the Be Fit For Life Network that believes physical activity and active living are vital to the health of Albertans. Aspen Hayes from RDC will offer employees a lunch n' learn presentation called "Healthy Backs" this fall.

Welcome and Farewell

Alex Eliopoulos, an excellent supporter of the *Working Toward Wellness* (WTW) program has moved from his position as manager at Red Deer PDC. We welcome Ted Brode to the WTW program, and wish Alex all the best in his future plans.



Sleep Well Contest Winners:
Mike Longman and Cal Thudium.



WORKING TOWARD WELLNESS

at Chrysler Canada

Ruby Collins

Ruby is well aware of ways to reduce her stress and keep a positive outlook on life. She has always been physically active and has stayed at a healthy weight. Ruby enjoys downhill skiing, walking, and going to the gym. She eats a lot of salads, fruits, vegetables, and fish. She also drinks a lot of water so that she doesn't fill up on high-calorie drinks. Ruby does not have cookies, pop or sugary drinks in her house; she is a healthy role model for her daughters.

- NAME:** Ruby Collins
- AGE:** 47 years
- CHILDREN:** 2 daughters
- NUMBER OF YEARS EMPLOYED WITH COMPANY:** 23 years full-time
- CURRENT POSITION WITH COMPANY:** Assembler at Brampton Assembly Plant
- FAVOURITE COMPANY VEHICLE:** Jeep Grand Cherokee



2011 Jeep Grand Cherokee

Ruby is a vibrant inspiration to her two daughters, her family, and many others. Ruby's good nature was a direct benefit to her brother, Alex, who received one of Ruby's kidneys in February, 2010. Her brother quickly recovered after the transplant, in part due to the healthy kidney he received. Ruby said, "it is important for families to get involved in the live organ donor program. It is important not to be afraid."

She feels that her body is just as healthy now as it was before the transplant. Being an organ donor helped Ruby realize how important it is for her to take time for her own mental health. She now schedules one hour a day for herself, which helps reduce her stress. She's careful to make sure that she has work-life balance. Ruby finds her Blackberry™ a helpful tool to keep organized. A close circle of friends helps her stay focused. She enjoys spending time with them and entertaining them whenever she can.

Ruby realizes that everything happens in life for a reason, and that she's become a stronger person as a result of her life experiences. She's a positive thinker and doesn't allow for any negativity in her life. Ruby is committed to a healthy lifestyle, and lives in a peaceful, relaxing neighbourhood. She is a pet lover. She has a dog and two cats that she says, "are always there for you and give you positive support when you are down."

Ruby supports the *Working to Wellness* program and encourages everybody to be as healthy as they can be – both physically and mentally.

For more information on organ donation or to become an organ donor...
Visit: <http://organdonations.ca>



MIND GAMES CONTEST

HEALTHY MINDS MATTER

PART ONE

First, read the *Healthy Minds Matter Health Issues Magazine* to learn more about mental health. Then, using the numbers listed below, fill in the blank with the correct number to complete the sentence.

1. One in every ____ Canadians will have a mental health problem at some point in their lives.
2. ____% of Canadian adults between the ages of 34 and 54 reported being stressed daily.
3. Adults who have higher levels of anger have a ____% greater chance of developing coronary heart disease than those who don't.
4. About ____% of Canadians with a mental health illness will develop an addiction.
5. Mental health illness is estimated to cost the Canadian economy ____ billion dollars a year.

Numbers to use in Part 1:

28 5 30 51 31

Doing logic puzzles like Sudoku can help sharpen your mind and keep your brain active and healthy.

After reading the *Healthy Minds Matter Health Issues Magazine* and *Personal Health Guide*, complete Part 1 and Part 2 of the contest. Place your entry form in the ballot box at your worksite, and/or mail it to the address on page 21, for your chance to win a gift certificate to Chapters Indigo.

PART TWO

Solve the Sudoku puzzle below. To learn how to play, read the game rules below.

SUDOKU PUZZLE

3	4				6			5
		1		9				2
		2		8	4	3	7	
4		7	5		8			
	5	6		1		7	3	
			2		7	4		6
	7	3	8	5		2		
9				4		1		
8			9				6	3

Sudoku Rules:

Complete the puzzle by entering a number from 1 to 9 in each cell, in such a way that:

- Each horizontal row contains each number exactly once.
- Each vertical column contains each number exactly once.
- Each subgrid or region contains each number exactly once.

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MIND GAMES CONTEST BALLOT

Please include the following information. Your phone number and/or email address is required so that we can contact the winners.

Your full name (please print): _____

Master number (spouse's or own): _____

Your daytime phone number: _____

Your email address: _____

Your signature: _____ Date: _____

If mailing in your entry form, it must be postmarked on or before December 17, 2010.

Mail entries to:

*Health Promotion Specialist
Working Toward Wellness at CCI program
Windsor-Essex County Health Unit
360 Fairview Ave. West, Suite 215
Essex, ON N8M 3G4*

**CONTEST
ENDS
DEC. 17 2010**

If you have any questions, please speak to a Wellness Committee Member.

Good luck in the contest and remember, healthy minds matter.

- The contest runs until December 17, 2010.
- Participation is voluntary.
- One entry per person. This contest is only open to employees, retirees, and their family members of Chrysler Canada Inc.
- Twenty-three prizes will be divided among the various sites, with three reserved for mail-in entries. Chances of winning will depend on the number of entries received.
- Winners will be contacted for income tax reporting purposes.



**HEALTHY
MINDS MATTER**

▼ TEAR HERE ▼

▼ TEAR HERE ▼

On behalf of the
Working Toward Wellness program staff,
we would like to offer tips for a happy,
safe, and healthy holiday season:

- **Get rest.** Holidays are more fun when everyone is well rested.
- **Plan ahead.** Set days for shopping, baking, or visiting friends. Plan menus. If possible, make one trip to the grocery store instead of many.
- **Be realistic.** Families grow and change; traditions often change too. Continue some, but it's okay to let go of others.
- **Make a budget.** Before shopping, plan a budget for gifts and food. If you don't stick to your budget, stress may follow as bills start to arrive. Money a problem? Consider smaller, homemade gifts or re-gifting.
- **It's ok to say no.** Holidays are busy. Attend gatherings that make you happy or go for a limited time if you feel you really need to go.
- **Keep healthy habits.** Don't overdo it with food or drink. Have a glass of water and healthy snack before parties - don't go overboard on sweets, cheese, or high-calorie drinks. Make time for fun family physical activity.
- **Make time for yourself.** Spending 15 minutes alone without distractions can be enough to refresh you. Quick power walks can be just what's needed to reflect and get a second wind.
- **Seek professional help if you need it.** If feelings of sadness, anxiety or hopelessness combined with an inability to sleep or face routine activities persist for several weeks, ask your health care provider for help.

+health ISSUES

MENTAL HEALTH WEBSITES

Canadian Coalition for Seniors' Mental Health
www.ccsmh.ca

Canadian Mental Health Association
www.cmha.ca

Centre for Addiction and Mental Health
www.camh.net

Centre of Knowledge on Healthy Child Development
www.knowledge.offordcentre.com

Check Up from the Neck Up, Mood Disorders
Association of Ontario
www.checkupfromtheneckup.ca

Helpline
www.helpline.org

Mental Health First Aid
www.mentalhealthfirstaid.ca

Mental Health Promotion Unit (MHPU),
Public Health Agency of Canada
www.phac-aspc.gc.ca/mh-sm/mhp-psm

Mental Health Works
www.mentalhealthworks.ca

Mood Disorders Society of Canada
www.mooddisorderscanada.ca

Moods Magazine
www.moodsmag.com

National Eating Disorder Information Centre
www.nedic.ca

Do you know a Chrysler Canada employee, retiree, or one of their family members that is a "wellness role model"?

Has she or he made a recent healthy lifestyle change or helped others make a healthy change? We want to recognize their efforts. Nominate them for the *Health Issues Magazine* cover and profile article.

Contact your Wellness Committee
Representative at your worksite.

Or email wtw@wehealthunit.org
or call 519.258.2146 ext. 3100
with your nomination!

Return undeliverable Canadian
addresses to:

Working Toward Wellness Program,
360 Fairview Ave., W., Suite #215
Essex, ON N8M 3G4



HEALTHY
MINDS **MATTER**

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