

The Employee Advisory Service Newsletter

Employee Advisory Service (EAS) offers you and your family valuable, confidential referral and assistance service designed to help you manage daily responsibilities, life events, work stressors or issues affecting your quality of life.

The first step to wellness is being willing to take control of our own lives. The best way to take control is through empowerment with positive habits and ways of thinking. Balancing the *8 Dimensions of Wellness** plays a key role in living a healthy productive lifestyle. Here we focus on the dimensions of Physical and Emotional Wellness.

PHYSICAL WELLNESS

Physical wellness promotes a healthy lifestyle through, exercise, nutrition, and managing an overall healthy way of life. Physical wellness can be developed through both healthy eating habits and beneficial physical activities. Balanced nutrition and exercise habits will promote overall wellbeing.

Being mindful of your body allows you to be able to recognize warning signs when something is just not right. Maintaining physical wellness can also lead to a heightened sense of direction, self-esteem, self-control, and determination.

Below is a short physical wellness self-assessment. We encourage you to take a minute to complete this assessment. Total your scores to help you determine areas you need to strengthen to balance out your physical wellbeing.

Physical Wellness Self-Assessment

Almost always = 2 pts Sometimes/occasionally = 1 pt Very seldom = 0 pts

1. I exercise aerobically (vigorous, continuously) for 20 – 30 minutes at least three times per week.
2. I eat fruits, vegetables, and whole grains everyday.
3. I avoid tobacco products.
4. I wear a seat belt while riding in a driving a car.
5. I deliberately minimize my intake of cholesterol, dietary fats, and oils.
6. I avoid drinking alcoholic beverages or consume no more than one drink per day.
7. I get an adequate amount of sleep.
8. I have adequate coping mechanisms for dealing with stress.
9. I maintain a regular schedule immunizations, physicals, dental checkups and self-exams.
10. I maintain a regular reasonable weight avoiding extremes of overweight and underweight.

Total Score for Physical Wellness



- Score: 15 – 20** Excellent strength in this dimension. Keep up the good work.
- Score: 9 – 14** There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?
- Score: 0 – 8** This dimension needs a lot of work. Look again at the areas where you can challenge yourself to begin making small steps towards growth. Remember: The goal is *balanced wellness*.

Tips for Improving Physical Wellness

- Exercise three times a week for 20 – 30 minutes per session.
- Use stairs instead of elevator and walk whenever possible.
- Get consistent and adequate sleep.
- Learn your body to recognize warning signs of illness.
- Eat a variety of healthy foods.
- Eat breakfast.
- Try to eat smaller more frequent meals.

Source: <http://definitionofwellness.com/dimensions-of-wellness/physical-wellness.html>

*See Volume 1 of The Employee Advisory Service Newsletter for a brief overview of the “8 Dimensions of Wellness”.



"If you haven't exercised in a while, you may need to stretch and warm up before you stretch and warm up."

Emotional Wellness

Emotional wellness deals with the understanding and acceptance of one's feelings. Managing your emotional wellness will allow you to freely express yourself, take other people's feelings into consideration, and cope with stress and traumatic life experiences. You will also feel more empowered to say no without feeling guilty as well as have a strong sense of self and positive attitude.

Below is a short Emotional Wellness Self-Assessment. Your score will help you recognize areas you need to strengthen to balance your emotional wellbeing.

Emotional Wellness Self-Assessment

Almost always = 2 pts Sometimes/occasionally = 1 pt Very seldom = 0 pts

- 1. I develop and maintain close relationships.
- 2. I accept responsibility for my actions.
- 3. I see challenges and change as opportunities for growth.
- 4. I feel as if I have considerable control over my life.
- 5. I am able to laugh at life and myself.
- 6. I feel good about myself.
- 7. I am able to appropriately cope with stress and tension and make time for leisure pursuits.
- 8. I am able to recognize my personal shortcomings and learn from my mistakes.
- 9. I am able to recognize and express my feelings.
- 10. I enjoy life.

Total Score for Emotional Wellness

Score: 15 – 20 Excellent strength in this dimension. Keep up the good work.

Score: 9 – 14 There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 – 8 This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps towards growth here Remember: The goal is *balanced wellness*.

Tips to Increase Emotional Wellness

- Smile at least 20 times a day
- Find a "Self Help" book that interests you.
- Practice optimism.
- Discuss personal concerns with supportive family members and friends.
- Recognize things you are grateful for.
- Write down stressors and develop ways to cope with them.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring..... all of which have the potential to turn a life around.

Leo Buscaglia



Know the signs ! May is Stroke Awareness Month

Stroke Happens Learn the Signs and Act FAST!

F FACE:
Ask the person to smile.
Does one side of their face droop?

A ARMS:
Ask the person to raise both arms.
Does one arm drift downward?

S SPEECH:
Ask the person to repeat a simple phrase.
Is their speech slurred or strange?

T TIME:
If you observe any of these signs,
CALL 9-1-1 IMMEDIATELY.

www.strokeinfo.org

Health and Wellness Observations

April:

National Minority Health & Health Disparities Month
Office of Minority Health Resource Center
www.minorityhealth.hhs.gov

Stress Awareness Month
American Counseling Association (ACA)
www.counseling.org

April 1 – 7
National Public Health Week
American Public Health Association
www.apha.org

April 22
Earth Day
Earth Day Network
www.earthday.net

May:

Mental Health Month
National Mental Health Association
www.nmha.org

Stroke Awareness Month
National Stroke Association
www.stroke.org or
American Heart Association (National Center)
www.americanheart.org or contact your local AHA office

Employee Health & Fitness Month
National Association for Health and Fitness, ACTIVE Life
www.healthandfitnessmonth.com

Better Sleep Month
The Better Sleep Council
www.bettersleep.org

http://c.ymcdn.com/sites/www.nationalwellness.org/resource/resmgr/2013_nwi_althobsval.pdf



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If you would like to schedule an appointment; need assistance with personal/work-related issues or need general information contact EAS directly at

866-327-9133

eas_help@csc.state.nj.us

We are happy to assist you.



Chris Christie
Governor
Kim Guadagno
Lt. Governor

Robert M. Czech
Chair/Chief
Executive Officer