

# Avenue II **Safety** & **Health Week** Newsletter

May 5-10, 2025

**Together** we can create **safe workplaces** and **communities**

Volume 4, Issue 2

## **HEALTH & WELL-BEING**

### What is well-being?

Well-being is a state of positive existence encompassing various aspects of a person's life. This includes, but is not limited to, physical and mental health. It leads to the presence of positive emotions, meaning, purpose, happiness, and life satisfaction. It is a dynamic and holistic concept and is multi-faceted. When further examining the concept of well-being, it can be broken down into nine goals of health that contribute to that positive existence, with wellness being the process of achieving those goals.

- **Physical health:** Refers to having good health, despite a disease, disability, or age. It encompasses aspects like physical activity, nutrition, sleep, and hygiene.
- **Mental health:** Includes feeling tranquil, having a positive self-image, managing stress, and having a sense of meaning or purpose. It is more than just the absence of mental illness but can play a role in the treatment and recovery if a mental illness is present.
- **Social health:** Involves building and maintaining healthy relationships, having meaningful interactions with others, and contributing to a supportive community. It is about fostering connections that offer support, understanding, and a positive environment for personal growth.
- **Emotional health:** Encompasses feeling happy, content, and having a positive attitude. It refers to the ability to understand, accept, and manage your emotions effectively while also being able to cope with life's changes and challenges.
- **Financial health:** Involves having a stable financial situation, managing debts, having the resources to meet basic needs, feeling secure about your future, and allowing you the freedom to enjoy life.
- **Occupational health:** Refers to the balance and satisfaction that is derived from your work and encompasses aspects such as job satisfaction, professional growth, and the ability and opportunity to find meaning and purpose in your career.
- **Intellectual health:** Involves being curious and open to new ideas, continuously learning, nurturing your creative abilities, expanding your knowledge and skills, and engaging in activities that stimulate your mind.
- **Environmental health:** Refers to having a positive relationship with the environment and your physical surroundings. It includes nature and your built environments and taking steps to protect it.
- **Spiritual health:** Involves finding meaning and purpose in life, aligning with personal values and beliefs, and connecting with something larger than yourself.

It is interesting to note that each of these areas of health, when not within optimal levels, can affect another area of health. As examples, if your social health is suffering, then it may affect your emotional and mental health; if your financial health is jeopardized, it may affect your mental, physical, and social health. When various health areas are affected, people may indicate that they are overwhelmed by life's challenges and that they are stressed.

Here is a quick quiz from the Canadian Mental Health Association that can help identify the extent of a person's stress. Take some time to review and answer the questions if you wish. Each YES response is one point. Add up the points to determine the stress index.

## What's your Stress Index?

### Do you frequently:

	Yes	No
Neglect your diet?		
Try to do everything yourself?		
Blow up easily?		
Seek unrealistic goals?		
Fail to see the humour in situations others find funny?		
Act rude?		
Make a 'big deal' of everything?		
Look to other people to make things happen?		
Have difficulty making decisions		
Complain you are disorganized?		
Avoid people whose ideas are different from your own?		
Keep everything inside?		
Neglect exercise?		
Have few supportive relationships?		
Use sleeping pills and tranquilizers without a doctor's approval?		
Get too little rest?		
Get angry when you are kept waiting?		
Ignore stress symptoms?		
Put things off until later?		
Think there is only one right way to do something?		
Fail to build relaxation time into your day?		
Gossip?		
Race through the day?		
Spend a lot of time complaining about the past?		
Fail to get a break from noise and crowds?		

Add up the number of YES responses to determine your score: \_\_\_\_\_

### Interpretation of Results

- 0-5: There could be a few issues in your life. Make sure that you are not trying to deliberately avoid problems.
- 6-10: You have your life in fairly good control. Work on the choices and habits that could still be causing you some unnecessary stress in your life.

- 11-15: You are approaching the danger zone. You may be suffering stress-related symptoms and your relationships could be strained. Think carefully about the choices you have made and take relaxation breaks every day.
- 16-25: It is critical that you stop and re-think how you are living. Change your attitudes and pay careful attention to diet, exercise and relaxation.

### **Tips to help manage stress**

- Build confidence. Identify your abilities and weaknesses. Accept them, build on them, and try your best whenever you can.
- Take charge of the situation by taking 10 minutes at the beginning of each day to prioritize and organize your day.
- Talk with trusted colleagues or friends about the issues you are facing. They might be able to provide insights or offer suggestions. Sharing a problem with others who have had similar experiences may help you find a solution.
- Set boundaries and limits.
- Eat right and keep fit. A balanced diet, exercise, and rest can help you to reduce stress and enjoy life. Learn to relax. Take several deep breaths throughout the day or have regular stretch breaks.
- Make time for family and friends. These relationships need to be nurtured. If taken for granted they will not be there to share life's joys and sorrows.
- Give and accept support from friends and family.
- Create a meaningful budget. Financial problems cause stress and over-spending on our wants instead of our needs can be added stress.
- Volunteer. Being involved in your community can give a sense of purpose and satisfaction.
- Learn to laugh. Share a laugh with someone, watch a funny movie at home with friends, read the comics.
- Identify and deal with moods. We all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.
- Learn to be at peace with yourself: Get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.
- Give yourself permission to take a break from your worries and concerns. Recognize that dedicating even a short time every day to your mental fitness will help you feel rejuvenated and more confident.
- Collect positive emotional moments. Make a point of recalling times when you have experienced pleasure, comfort, tenderness, confidence or other positive things.
- Do one thing at a time. Be present in the moment, whether out for a walk or spending time with friends, turn off your cell phone and your mental "to do" list.
- Enjoy hobbies. Hobbies can bring balance to your life by allowing you to do something you enjoy because you want to do it.
- Set personal goals. Goals don't have to be ambitious. They could be as simple as finishing a book, walking around the block every day, learning a new hobby, or calling your friends instead of e-mailing. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.
- Express yourself. Whether in a journal or talking to a wall, expressing yourself after a stressful day can help you gain perspective, release tension, and boost your body's resistance to illness.

- Treat yourself well. Take some "you" time to help relax, whether it's cooking a good meal, meditation, participating in sports, seeing a movie, going for a walk, playing with your family and pets. Do something that brings you joy.

If you continue to feel overwhelmed by stress, you may want to talk to your doctor, a mental health professional, or a psychologist who can help you better manage stress. Know when to seek help.

### [Additional resources](#)

Canadian Centre for Occupational Health and Safety

Canadian Mental Health Association

Centre for Addiction and Mental Health

Health Canada