



Wellness@WIC



fall 2013

The \$martest Financial Decisions

Let's face it, money pays the bills. WIC staff are lucky, because we can earn a living while helping others. This quarter, while exploring the occupational dimension of wellness, state staff took advantage of the free services offered by our Employee Assistance Program (Cascade Centers) and enjoyed a presentation that examined our relationship to money.

Senior Consultant Alice Bergman challenged us to observe if we could see similarities between our social relationships and our relationships to money. She highlighted that while most of us have patterns, it doesn't mean that they have to stay that way. In the spirit of continuous quality improvement, Alice offered us some advice on saving, spending and debt.

To see Alice's full presentation,
[click here.](#)

Many counties across the state offer Employee Assistance Programs (EAP). Take advantage of this free resource and see how it can help your Wellness@WIC.



ADVICE ON SAVING:

- \$ No matter how much or how little you make, always save a little bit.
- \$ Set up separate accounts for saving that are not linked to your debit card.
- \$ Make saving automatic.

ADVICE ON SPENDING:

- \$ Know the difference between needs and wants. (You need food; you want steak.)
- \$ Buy quality.
- \$ Live within your means.

ADVICE ON DEBT:

- \$ Set up a budget and stick to it.
- \$ Know the danger of consolidation.
- \$ Don't pay interest on anything that loses value.

KUDOS KORNER

Colette LaDue, a state WIC program employee, recently graduated from the 2013 DHS/OHA Willamette Valley Aspiring Leaders Program. This 9 month course teaches leadership skills, trains effective communication skills, expands self-awareness, improves relationships and educates aspiring leaders about the functions of DHS/OHA. Part of the course involves groups working together to create, plan, and promote a community event and/or system that improves and supports DHS/OHA programs.



For her project, Colette helped organize the **3rd annual Monster Dash**, a community event to fight hunger and promote health and wellness. Colette's workgroup found businesses in the Salem area to donate prizes, food, T-Shirts, and flyers. Local companies that provide health, nutrition and wellness services were also recruited to display info booths at the event. **Katie Rodriquez**, with the **Marion Co. WIC**, (wo)manned a booth about the WIC program and the services we provide.

Congratulations to WIC Program Director, **Sue Woodbury**, and State Nutrition Consultants, **Beth Lanham**, **Cheryl Alto**, and **Sara Sloan** for winning the "best adult group" award with your "Cooking up Trouble" themed costumes at the Monster Dash!

9 Ways to Create a *stress free* Work Environment

These 9 tips will provide helpful insights for how to protect your best asset at work: *you!*

1. Add personal touches.

Accessorize your space.

2. Keep your workspace clean and organized.

It is easier to focus.

3. Learn to handle or ignore interruptions.

This could significantly decrease your level of stress.

4. Adapt to change.

Does change make you anxious? Learn to accept it quickly.



5. Add plants to your space.

Plants are proven to reduce absenteeism, reduce stress, lower blood pressure, increase positive feelings, lower noise levels, decrease room temperature and lower humidity.

6. Be a good communicator.

Effectively communicate your frustration or concerns with coworkers.

7. Incorporate relaxation exercises into your work day.

Maybe an occasional stretch or a quick walk.

8. Change the layout of your office/cube.

Place your desk area in the command position to see all who enter.

9. Redecorate.

Lighting, colors and decor could be causing you stress.

[Read the entire article here.](#)

The Happiness Advantage: Linking Positive Brains to Performance

In his TED Talk, Harvard Professor Shawn Achor describes how to increase happiness and meaning, to create positive transformations in individuals, which ripple into more successful cultures and workplaces. Shawn highlights how the lens, through which the brain views the world, shapes your reality. He suggests that if we change the lens, not only can we change our happiness, but we can change the way we live and work.

Positive psychology is exploring the way we look at the brain. The science of happiness indicates that 90% of our long time happiness can be predicted on the way our brain processes the world. Focus on the positive – where the mind goes, the energy flows. A positive brain performs significantly better than it does at negative, neutral or stress. Intelligence rises, creativity rises, energy levels rise- the result is a more productive you!

Fake it, fake it, until you make it! You too can benefit from the happiness advantage simply by raising positivity in the present. You can train your brain to be more positive. It takes 21 days to create a new habit, so consider trying one of the following techniques every day for at least 21 days. Hopefully you'll find that these small changes will ripple outward and will create lasting positive change.

[To view the TED Talk, click here.](#)

Don't stress out your body either!

Click the icon below to watch a quick video as a reminder of how to (and how not to) sit while using a computer.

