



CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts

April 2018

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

Stress Management Month: 3 Ways to Address Stress

April is Stress Management month, which is a perfect time to address your stress. Everyone gets overwhelmed sometimes. But too much stress can be hard on your health—so it’s important to find ways to offset those negative effects. These healthy habits can help you stay cool under pressure, even when you’re pressed for time.

Sweat more, stress less.

Symptoms of stress can create a vicious cycle between your mind and body. Exercise helps to break this cycle by relieving tension and releasing feel-good brain chemicals that fight the effects of stress.

Take a break to breathe.

When stress strikes, try a few minutes of deep breathing. Breathe in for a count of five, hold for a count of five, and exhale for five. Repeat ten times or until you start feeling more calm, grounded and focused. Click [here](#) for a simple belly breathing exercise.

Unplug to recharge.

Your phone needs time to recharge and so does your brain. Disconnecting from digital noise for a little while each day can help you stress less, sleep better, and spend time doing more rewarding activities.

Source: www.kp.org/stressmanagement.
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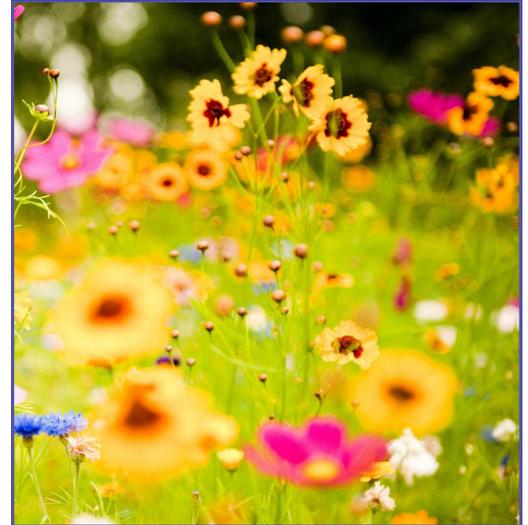
Print Crossroads for the Health
& Safety Bulletin Board!

Hoop it Up For Health!

Don’t forget CCCSIG’s 4-week fitness challenge “Hoop it Up For Health” tips off on Monday, April 16th!!

For more information or to sign-up, please click on the click on the [Healthy Lifestyle Program](#) page in the Health & Safety Services section.

For questions, please email Denise Schreiner at dschreiner@cccsig.org.



CCCSIG Partners with In-Shape!

We are excited to announce that we have partnered with In-Shape Fitness to offer our member districts a discounted gym membership to all of their employees and their families!

Please click [here](#) for more information about the discounted membership. For questions or additional information, please contact In-Shape’s Account Manager, Jesse Uppal at jesse.uppal@inshape.com.

Safety Steps for Ladders

OSHA recommends following safety steps when working on a ladder:

- Be sure the ladder you’re using is high enough to allow you to work without standing on the top rung—something you should never do.
- Ensure the base of the ladder is secured and on a level surface.
- Wear proper footwear, such as non-slip flat shoes.
- Fully extend the ladder before beginning work.
- Always maintain three points of contact on the ladder.
- Refrain from carrying tools or objects in your hands when you’re climbing the ladder.
- Don’t place a ladder near a doorway unless you’re sure the door is locked and will not be opened.



Check out [CCCSIG’s Ladder Safety Video](#) for more helpful hints!!





Wellness Tip of the Month: *Work toward or maintain a healthy weight!*

If you are overweight, work toward losing 5-7% of your weight to significantly reduce your health risks. Studies show that individuals who track their intake using an app, such as myfitnesspal, lose more weight and keep it off compared to those who don't track.

Spring Pea Soup with Miso & Tofu

Ingredients

- 1 Tbsp. canola or grapeseed oil
- 1 leek, white and light green parts chopped
- 1 pound sugar snap peas, trimmed and chopped
- Salt and pepper
- 1 cup water
- 4 cups chicken stock, heated
- 4 Tbsp. white miso
- 4 ounces soft tofu
- Scallions or fresh mint, chopped



Directions

- Sauté the leeks in oil until soft, about 5 minutes. Add peas and season with salt and pepper.
- Add water and enough hot stock to just cover the peas. Bring to a boil, then simmer for 3 minutes. Add remaining stock and stir in the miso. Cook for about one minute.
- Ladle soup into a blender until half full. Blend at high speed, making sure to leave an opening in the lid for steam to escape. Place a fine mesh strainer over another saucepan and pour the blended soup through. Use a spoon to smash it until most of the liquid passes through the strainer. Repeat until the soup is blended.
- Reheat the strained, now very delicate, soup and season to taste.
- Place a serving of tofu in soup bowls, ladle the soup over it and garnish with fresh scallions or mint.

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5 Simple Ways to Jump Start Fitness Goals

Fitness is central to your well-being, however it's easy to get stuck in a rut. Here are three simple ways to break free:



Get Outside: When you get outside, it's a change of pace and you may find higher levels of energy as you breathe in the fresh air, plus, you get a dose of Vitamin D.

Try Something New: Sign up for a community 5k run. Look at your local rec center class catalog and sign up for an activity of interest. The social dynamics of these activities benefit mental health also.

Bring or Make Friends: When you take an exercise class or join a running club, you may push yourself harder. With someone leading the group, you'll do things you may not have done alone. This can accelerate fitness.

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Stop Negative Thoughts: Getting Started



Unwanted thoughts can make you feel anxious or depressed and may keep you from enjoying your life. One way to work on stopping unwanted thoughts is to follow the following steps (a process called thought-stopping):

1. **List your stressful thoughts.** List thoughts that distract you from your daily activities and make you worry more. List them in order of least to most stressful and start the thought-stopping process with the least stressful.
2. **Imagine the thought.** Sit or lay somewhere quiet, close your eyes and focus on the thought.
3. **Stop the thought.** Startling yourself is a good way to stop the thought. One way to do this is to focus on the thought and set a time for three minutes. When the timer goes off, shout the word "Stop", then empty your mind and try to keep it empty for 30 seconds. If the thought comes back, yell "stop" again.
4. Practice steps one through three until the thought goes away on command. Then try the process again. This time, interrupt the thought by saying the word "Stop" in a normal voice.
5. After your normal voice is able to stop the thought, try whispering the word "Stop". Over time, you can imagine hearing yourself say "stop" and you will be able to stop the thought whenever it occurs.
6. Pick another thought that bothers you more than the first and repeat the process until you have mastered the art of thought-stopping.

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