

Wellness@BCTF

January 2010



BCTF Staff Potluck Soup Day Tuesday, January 12, 2010 12:00 to 2:00 p.m.

Mark your calendars!
The Soup Day that was
postponed from November
is now set for
January 12, 2010.

Bring your favourite soup in a
crock pot (or other self-heating
dish ware) to share with your
colleagues at lunch time.

If you don't have a soup to share
but would like to contribute,
please bring a non-perishable
food item for the food bank.
Hope you will join us!

Sign up in the staff room.

Personal wellness inventory

By James Chamberlain

In the next few issues of our newsletter you will find a personal energy and wellness inventory. This is designed as a self-reflection tool for you to use to determine your personal level of health. I used it as part of a five day intensive course called "The Art of Leadership" that I attended in August 2009 on Cortes Island. I found it very useful when reflecting upon areas of my life where I could improve. In this issue you'll find the topic is sleep, which many of us have challenges with. Lack of sleep can have profound impacts on our personal life, working environment and interpersonal relationships.

In our course we shared our personal findings re: strengths and challenges with another workshop participant. You might want to share your results to initiate a discussion with a trusted colleague, family member or friend on what you can do in your life to stay healthy. We hope you find these useful over the coming months and welcome your feedback.

For me, getting enough sleep is still a "work in progress" as some patterns take a long time to learn or unlearn! So go ahead read, reflect and stay alert while doing it.—*James*

Sleep

Awaken to these facts:

- Less-than-optimal sleep has a significant impact on strength, cardiovascular capacity, mood, and energy levels.
- Over 50 studies conclusively show that mental performance—reaction time, concentration, memory, and analytic reasoning—all decline in proportion to lack of sufficient sleep.



- Mortality rates climb rapidly for those sleeping considerably less or more than 7–8 hours per night.
- While sleep needs vary among individuals, almost all people need 7 to 8 hours per night to function optimally.
- Naps of less than 30 minutes at a time (before we go into REM sleep) can compensate to some degree for less sleep during the night.

Answer the following questions honestly

- 1) Based on your experience, what is the optimal hours per/night of sleep for you to maintain good energy and well-being_____
- 2) How many nights per week, on average, do you sleep this long?_____

To what degree are the following statements true:

- 3) I have difficulty falling asleep.

almost never										almost always
1	2	3	4	5	6	7	8	9	10	
- 4) I have difficulty getting myself back to sleep if I awoken during the night.

almost never										almost always
1	2	3	4	5	6	7	8	9	10	
- 5) I fail to wake up at the needed time without an alarm clock.

almost never										almost always
1	2	3	4	5	6	7	8	9	10	
- 6) I wake up feeling groggy and like I didn't sleep enough.

almost never										almost always
1	2	3	4	5	6	7	8	9	10	
- 7) I have bloodshot eyes or discoloration and/or bags under my eyes in the morning.

almost never										almost always
1	2	3	4	5	6	7	8	9	10	
- 8) I have difficulty staying awake or find myself nodding off during the work day?

almost never										almost always
1	2	3	4	5	6	7	8	9	10	
- 9) When I get tired during the day, I override my fatigue rather than taking a nap.

almost never										almost always
1	2	3	4	5	6	7	8	9	10	

High scores on more than one or two of these questions indicate that you are having sleeping problems that may be impacting your overall wellness and work.

What do you see as you look at your scores in this section?

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Resources to help with sleep problems

Canada

Vancouver Coastal Health:

Five page pamphlet with solutions to overcome sleep problems at vch.edubealth.ca/PDFs/FM/FM.900.H369.pdf

University of Toronto:

This site includes some ideas for improving sleep (under lifestyle section) and links to other resources. www.caps.utoronto.ca/Mental-Health/Problems-with-Sleep.htm

University of Guelph: Good bibliography on a range of sleep-related problems. www.uoguelph.ca/~ksomers/sleepread.html

United States National Sleep Foundation: www.sleepfoundation.org/

Includes good basic information and resources about sleep.

UC Berkeley Wellness Letter:

To find current research on various complementary therapies to deal with sleep problems, search for the topic "sleep" in the UC Berkeley Wellness Letter at wellnessletter.com/html/wl/index/wlIndexS.html

—Margaret White





65_RedRoses

Eva Markvoort

My daughter's 25 year old friend has cystic fibrosis. You may have heard of her or seen her in the award-winning documentary called *65_RedRoses*, which was in the 2009 Vancouver Film Festival. Eva had a double lung transplant two years ago. Not only did this extend Eva's life, it greatly improved her quality of life.

Over the last few months Eva's health has really deteriorated—she has rejected her lungs and is now wait-listed for a second double-lung transplant. Eva courageously told her story of waiting for her new lungs through this movie to promote registration for organ donation. Did you know you have to register, not just have a sticker on your Care Card?

Please register or verify that you are a registered organ donor:

www.transplant.bc.ca/index.asp

Eva's blog:

<http://65redroses.livejournal.com/>

Learn more about Eva and the movie:

www.65redroses.com/

On a personal note: This has been very difficult for me to write and I was too emotional to watch all of Eva's movie. I feel the least I can do is help Eva promote her message of organ registry. British Columbia has the lowest donor rate in the country.

—Dale Costanzo

What do you do to stay well?

Snapshot from the edge

There is a broad range of healthy activities that contribute to our wellbeing. Attending language classes, playing a musical instrument, pursuing spiritual studies, hiking, dancing, taking a vacation, joining a gym, healthy eating, and volunteering are all examples that contribute to our whole-self healthiness.

What do you do to stay well? Send us a photo and/or a brief description and we will feature them in upcoming newsletters. Don't be shy!

Yoga to you

Join us for yoga classes here at your workplace in the Charlesworth Boardroom with Susan Alexander, instructor.

Tuesdays, 1:15–2:15 p.m.

Next session begins January 5

\$10 per session

(based on 12 sessions) or

\$12 drop in

Spring sessions will be

April 6-June 22

If you are unable to commit to the 12 sessions, you are invited to drop in to any of the sessions.

Suitable for all levels

These classes are designed to encourage relaxation, greater flexibility of mind and body, and to help you sail through the rest of your day.

For more info call

Debbie Orban, local 2150 or
Susan Alexander, 604-739-4061

Upcoming wellness activities

January 12

Soup Day

February 4

Healthy Heart Lunch and Learn

After Mar 13

Stand Up for Mental Health

March 22

Decadent Dessert Day

Details to follow.

EFAP

The **Employee and Family Assistance Program** offers confidential counseling services 24 hours per day for you and your extended family. Check out their informative and interesting website:

www.fgiworldmembers.com

Username: bctf

Password: bctf001

or call: (English) 1-800-268-5211

or (French) 1-800-363-3872.

BCTF Wellness Committee Members

Donna Coulombe (BCTF)

Chris Arcari (CEP)

James Chamberlain (CEP)

Una Walsh (HR)

Margaret White (TFEU)

Karen Steel (TFEU)

The contents of this newsletter are intended to encourage better health decisions, not to provide medical advice. Please consult a qualified health professional before embarking on any new diet or exercise regime.



Members of the 2009 BCTF "Run for the Cure" team meet at BC Place on a sunny October morning. Congratulations to all who participated in this worthy event, and thanks again to Pat Hamilton for co-ordinating the team.

Bran flax muffins

1-1/2 cups unbleached white flour

3/4 cup flaxseed meal

3/4 cup oat bran

1 cup brown sugar

2 tsp baking soda

1 tsp. baking powder

1/2 tsp. salt

2 tsp. cinnamon

1-1/2 cups shredded carrot

2 apples peeled and shredded

1/2 cup raisins (optional)

1 cup chopped nuts, (optional)

3/4 cup milk

2 eggs, beaten

1 tsp. vanilla

Mix together flour, flaxseed meal, oat bran, brown sugar, baking soda, baking powder, salt and cinnamon in a large bowl. Stir in carrots, apples, raisins (if desired) and nuts (if desired).

Combine milk, beaten eggs and vanilla. Pour liquid ingredients into dry ingredients. Stir until ingredients are moistened. Do not over mix. Fill muffin cups 3/4 full. Bake at 350 degrees F. for 15-20 minutes, yields 15 medium muffins.

—Pat Hamilton