

THE PORCELAIN PRESS

Special Points of Interest

- Sign up for WDRS 10K Steps program, fitness classes and employee discounts @ <http://wdrs.fnal.gov>
- Remember, if you have a vehicle accident on site, you need to go to medical.

ES&H Concern or Suggestion?

- Talk to your SSO or submit ideas from the ES&H homepage, click on 'REPORT ES&H CONCERN' located in the right hand column.

Take 5 Challenge

- In July, complete the National Safety Month quiz on the Take 5 webpage for a chance to win a prize.

Current Issues: De-Stress your life

Take charge of your health! Incorporate healthy habits into your routine. Stress impacts our lives on a daily basis.

Some stress is normal and necessary; for example, it can help you win a race or finish an important job on time. But when stress occurs too often and lasts too long, it can have negative effects such as weakening your immune system, making it harder to fight off disease, and may cause moodiness, tension, or depression. To help "de-stress" yourself, consider tips from everyday-health.com to help you feel relaxed and find your inner peace.



Exercise is a sure way to manage stress that doesn't have to add to your financial woes. For example, a 20-minute walk or jog around the site can yield hours of improved mood. The important thing is to find a physical activity that you enjoy

Reminders:

- **Laugh:** Laughter really is the best medicine. It is proven to lower tension, and at the same time, improves blood flow. Rent a funny movie or hang out with that wannabe-comedian friend, and forget about your worries for a while.
- **Eat healthy:** Combined with exercise, a healthy diet will not only help you feel more energetic and lose weight, but it can even help with certain types of stress.

Household Hazardous Waste Drop-off Locations

Naperville --
1971 Brookdale Rd.
Fire Station #4
630.420.4190

Rockford --
3333 Kishwaukee
Rock River Rec. Dist.
815.987.5570

Chicago --
1150 N. North Branch
on Goose Island
312.744.7672

Safety Tip: Bicycle Rules of the Road

Bicycle riding is a great way to get into shape and enjoy the outdoors. To remain safe on Illinois roads, it is important to follow the same traffic safety laws that govern vehicle drivers.

- Ride single file when riding with others.
- Stop at railroad crossings and intersections to ensure that it's safe to cross.
- Ride as far to the right edge of the road as practical.
- Ride in the same direction as the other traffic travels.
- When riding at night, always wear white and/or reflective clothing so that drivers can easily spot you.

