# THE PORCELAIN PRESS

December 2011 - Weeks 1 & 2

## Special Points of Interest:

Make sure your contact information is up to date. To do this on-line, go to the WDRS website > System & Records > Employee Self Service Site.

## ES&H Winter Fair

The ES&H Section will host a mini version of the Winter Fair on December 14th from 11:30 -1:00 on the WH15 Crossover. Topics include: slips/falls, health tips, traffic safety & more. There will be give aways and raffle prizes too! Additional details are covered on the fair posters located in your area.

## ES&H Concern or Suggestion?

Talk to your Supervisor, SSO or go to the ES&H homepage & click on 'Concerns & Suggestions'.

## Holiday Stress

Welcome to the holiday season -- that whirlwind of gift-giving holidays, marketing blitzes, holiday parties and activities that begins right after Halloween and continues gaining momentum through the end of the year. While this season is meant to bring feelings of love and cheer, it also brings stress for many. There are several issues that contribute to holiday stress. **Doing too much** - the problem with the holiday season is that we often experience too much of a good thing. While stress itself is necessary for our survival, too much stress has a negative impact on our health, both mental and physical. **Eating, drinking and spending too much** - an overabundance of parties and gift-giving occasions lead many people to eat, drink, and be merry (often to excess). The temptation to overindulge in spending, rich desserts or alcohol can cause many people the lasting stress of dealing with consequences that can linger long after the season is over. **Too much togetherness** - the holidays are a time when extended families tend to gather. While this can be a wonderful thing, even the most close-knit families can overdose on togetherness, making it hard for family members to maintain a healthy balance between bonding and alone time. **Not enough togetherness** - for those who don't have these family issues, loneliness can be just as much of a problem.

Here are some tips you can try to help reduce holiday stress before it begins:

- **Set Priorities** - Before you get overwhelmed by too many activities, it's important to decide what traditions offer the most positive impact and eliminate superfluous activities.
- **Be Smart With Holiday Eating** - Plan ahead by being aware of your triggers, do what you can to have some healthy food at hand for each meal, be aware of your intake, and practice mindful eating.
- **Change Your Expectations For Togetherness** - With family and friends, it's important to be aware of your limitations. For those who experience loneliness during the holidays, consider inviting a group of friends to your home or volunteering to help those less fortunate than your self.
- **Breathe!** - This sounds like a no-brainer, but sometimes we forget to take deep breaths and really give our bodies the oxygen we need. It's great if you can take ten minutes by yourself to do a breathing meditation, but merely stopping to take a few deep, cleansing breaths can reduce your level of negative stress in a matter of minutes, too.

## Slipping on Ice

Slipping on ice or snow is a major cause of winter accidents at Fermilab. It's important that we recognize the hazards of slippery surfaces and keep our level of awareness high.

- Wear boots or overshoes with soles. Avoid walking in shoes that have smooth bottoms.
- Keep walkways clear and salt often.
- Be aware of areas that thaw during the day and refreeze at night.
- Walk cautiously. Your arms help keep you balanced, so keep hands out of pockets and avoid carrying heavy loads that may cause you to become off balance.
- Walk "small." Avoid an erect, marching posture. Look to see ahead of where you step. When you step on icy areas, take short, shuffling steps, curl your toes under and walk as flatfooted as possible.