The Associated Express

HERE'S TO YOUR HEALTH
by Kait Klammer, RN

Nutritional Tips for Stress Management

A few weeks ago, Deb Lundberg reminded us that stress is our bodies' reaction to change. I'd like to add a few more thoughts to her message in this newsletter.

Every time we experience a new situation our bodies produce more of a natural substance called *adrenaline*. Adrenaline is a stimulant which gives us extra energy to deal with the challenges at hand. This energy is fueled by nutrients we store from the foods we eat. Too much stress can drain our supplies of these nutrients, leaving us with little or no fuel for our daily energy needs. This can result in our feeling weaker than usual, fatigued and yes-even more stressed!

The key to eating for less stress, then, is to avoid foods that aggravate our stress response, while increasing our body's stores of the nutrients we need to handle stressful situations. WE are directly in charge of these choices.

LIMIT CAFFEINE AND ALCOHOL

We've all heard this before....but think about it. Like adrenalin, caffeine is a stimulant. Too much caffeine acts in the same way as too much stress. So......caffeine can make symptoms of stress worse. Caffeine is found in coffee, tea, chocolate (bummer!), and many sodas (especially, the colas) . I'm not trying to tell you to always avoid these foods. Just remember to cut back on them when you are really stressed out.

Alcohol has the opposite effect - it is a depressant. All too often, people rely on caffeine to "perk" them up and then get so wired because of the double whamy they get when they are under stress that they use alcohol to bring them back down. It's the proverbial "SEE-SAW EFFECT." Not good .

EAT VITAMIN- RICH FOODS

Our adrenal glands (which produce the adrenalin) use Vitamin C during episodes of physical stress. Illness or injury can also deplete our supplies of Vitamin C. Eating a variety of fresh fruits and vegetables-especially citrus fruits - will ensure that your body has adequate Vitamin C. If you aren't a big fruit fan, there is no shame in investing in a bottle of Vitamin C tablets and taking one each morning before you come to work. Think of it as "preventive medicine"....just like your immunizations, except that YOU are in charge of keeping enough on board to meet your needs. Your body will never get too much Vitamin C - you cannot overdose on it. Your body will simply use whatever amount it requires each day, and let the rest will be filtered out by the kidneys.
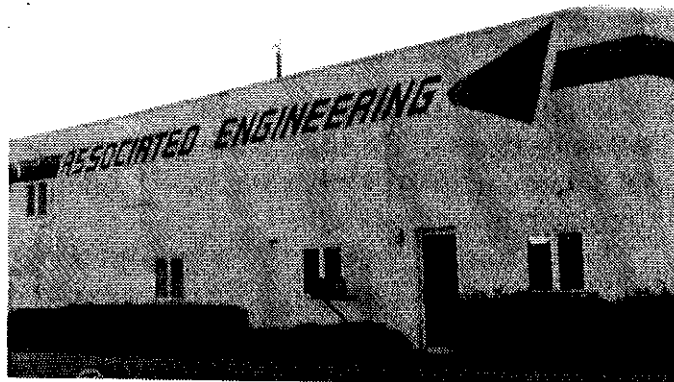
EAT PROTEIN AND COMPLEX CARBOHYDRATES

These are also needed in greater amounts when our bodies are under stress. Good sources of *protein* include: peas, beans, fish, poultry, and lean meats. *Complex carbohydrates* are found in fruits, vegetables, whole grain products such as breads, cereals and pasta (Limit or avoid refined white flour, and sugars....like caffeine, they'll only aggravate the stress response.).

It all boils down to common sense. "Stress-less eating" is healthy eating. There is nothing magical about it. What you eat affects how you feel. You can help your body to handle stress more effectively by simply improving your nutritional health in general. It's a WIN/WIN situation.

Deb Lundberg emphasizes a point at our stress clinic.

Stress in the Workplace
by Jack Madsen

In conjunction with our emphasis on stress management through nutrition, we are also interested in reducing stress in the workplace by trying to deal with some of the things that cause stress. We all have our pet peeves, wherever we work, which often lead to stress. Yet, something that bothers one person may not be a problem to someone else.

In the coming weeks, I will be contacting various employees to find out what they feel is the greatest problem they have to deal with in trying to do their job, and what they think would be the solution to the problem. I will not be looking for a collection of "gripes," exactly. What I want is for people to point out the things that prevent them from doing their jobs effectively — and happily.

I can't promise that we will act immediately on every suggestion and remove everyone's source of stress. But I can promise that your comments will be considered seriously, thoughtfully, and confidentially, and that we will try to act upon them wherever we can. I believe this will be a healthy form of communication, and hope that it will lead to a reduction of stress in our workplace.

Where Credit Is Due

In this issue we give credit to a couple of deserving guys who are often taken for granted. In the course of a normal day, we expect them to be plumbers, welders, electricians, carpenters and mechanics. And they are! We also expect them to be on hand twenty-four hours a day to fix anything that breaks down. And sometimes they are! In addition, we also expect them to handle major construction - to build and add on as need arises. And they did! Thanks, Norm and Del. We don't always say it, but we appreciate you!
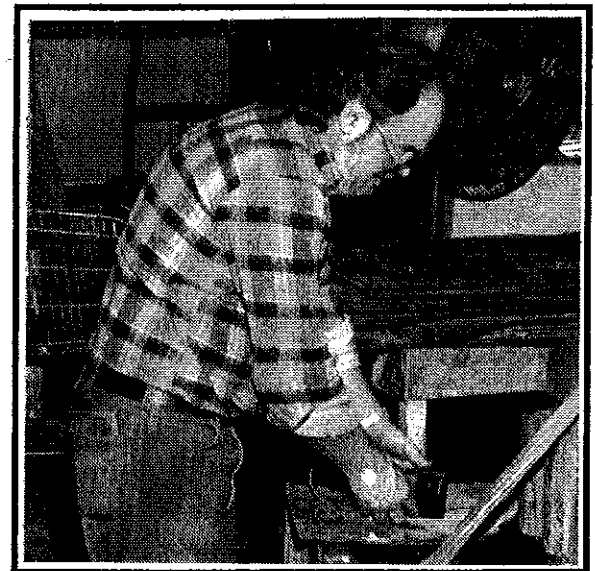
Jax Mind Buster

How well do you know our customers? Use the clues to guess the company's name. A partial list of possibilities is provided below.

1. Bill's music _____
2. Humble beginning of a mighty oak_____
3. *Polaris* _____
4. Three marks _____
5. A very small footprint _____
6. Confederate Commander-in-Chief _____
7. _____ or Consequences
8. To make broader _____
9. Add "N" to get a funny circus person _____
10. A genius is very _____

Art's Way, Acorn, Alexandria Extrusion, Cedarbrook, Clow, Creative, Custom Servo, Donnelly, Ertl, Hiniker, Lee, MET, Mico, Micro Track, Morrissey, Nordic Track, North Star Specialties, Park Tool, Telex, Tri/Mark, Truth, V-TEK, Widen, Williams Sound, Winland, Wrico Answers: 1. smailliW dnuoS 2. nrocA 3. htroN ratS 4. irT/kraM 5. orciM kcarT 6. eeL 7. hturT 8. nediW 9. wolC 10. evitaerC

There wouldn't be much painting done if it weren't for the efforts of Cal Schultz in Metal Prep. Cal sees to it that all parts are clean and ready for painting. Here he checks the Ph. level in the first stage of the washer.