



Staying Active at Work

Staying active can increase productivity and reduce stress. Learn how to stay healthy, even if you spend the majority of your week in an office.

Seasonal Affective Disorder

Seasonal affective disorder, or SAD, is a recurring depression that affects individuals during the cold winter months. Read on to learn more about the disorder and some ways to cope with it.

A monthly safety newsletter from
[C_Officialname]

Staying Active at Work

Staying active can increase productivity and reduce stress. However, as the weather begins to cool, it can become more and more difficult to get up and move around—especially if you're stuck in an office all day.

Luckily, there are a number of exercises and activities you can do at work to ensure that you stay fit and healthy during the winter months, including the following:

During Breaks

- Stand up and stretch during your breaks to help reduce muscle fatigue and to help get your blood flowing.
- Incorporate a short power walk into snack and coffee breaks.
- Walk to your co-workers and have face-to-face conversations with them in lieu of utilizing emails or phone calls. Not only does this get you up and away from your desk, but it can help you build relationships with your peers.

During Your Lunch Hour

- Take the stairs to and from the cafeteria, if applicable. In general, lunch is a great

time to get in some extra activities.

- Sign up for a fitness class that you can participate in during your short lunch breaks. Just be sure to speak with a manager first to ensure that it's OK.

Before and After Work

- Consider walking to work on days where it's not too cold and the walkways are free of ice.
- Park your car far away from the main entrance of your work. This will force you to get in some extra steps before and after the workday.

Whatever methods you choose to utilize, staying active is important for your personal health. Even 10 minutes of activity a day has its benefits.

However, prior to exercising, it's a good idea to speak to your doctor to ensure that you are healthy enough for vigorous exercise. Your doctor will also be able to provide you with additional tips on staying active.

For more workplace wellness tips, contact [B_Officialname] today.

Most experts recommend that adults participate in at least 30 minutes of physical activities every day. This can be done through aerobic exercises like walking, swimming and more.



BALDWIN
KRISTYN SHERMAN

Seasonal Affective Disorder

Seasonal affective disorder, or SAD, is a recurring depression that affects individuals during the cold winter months and then recedes during the spring and summer.

It is estimated that 5 percent of Americans suffer from SAD, with nearly 75 percent of those affected being women. SAD is most common for those in their 20s, 30s and 40s, although it can also occur in children, adolescents and the elderly.

SAD can have a serious impact on your desire to work and your overall well-being. Symptoms of SAD can vary depending on the severity of the condition, but generally include the following:

- Difficulty concentrating
- Low energy and fatigue
- Decreased interest in daily activities, especially social activities
- Moodiness and irritability
- Increased appetite with weight gain
- Cravings for carbohydrates

- Increased desire to sleep, with more daytime sleepiness

If you believe that you or a co-worker are suffering from SAD, it's important to keep in mind the following coping strategies:

1. **Expose yourself to more light.** Increasing the amount of natural light in your home and at work can have a positive impact on your mood.
2. **Get active.** Whenever possible, go outside and get some exercise. This can help reduce stress and anxiety.
3. **Reduce stress.** Managing stress and finding time to relax can help limit the effects of SAD.

If you believe you may be suffering from SAD, it's important to speak to a health care professional. He or she may recommend medication and other SAD-management approaches. Additionally, you should speak with your employer to ensure that they are aware of your condition and can work with you to find ways to assist.



Safety in NUMBERS 123

4 Common Symptoms of SAD

1. Difficulty concentrating



2. Low energy and fatigue



3. Decreased interest in social activities



4. Moodiness



Real-life Case Study

Matt is an employee at a Seattle-based technology firm.

Matt recently noticed that, as the hours of daylight grew shorter and shorter, his mood would greatly diminish. He seemed to have difficulty concentrating at work and felt more moody and irritable.

Growing concerned, Matt spoke to his doctor, who told him that he may have seasonal affective disorder. Matt was instructed to get more exercise and practice some basic workplace stress management techniques, such as taking breaks, eating right and eliminating distracting stimuli.

In addition to this, after speaking with his manager, Matt was able to move his workstation closer to the window where he would be able to receive more natural light, thus improving his mood.

Over time, Matt was able to better manage his seasonal affective disorder to the point where it no longer impacted his daily duties.