THIS EDITION FEATURES:

Stay Safe on the Job

- Mindful Meals
- Five Healthy Base Ingredients
- Give, But Not Too Much
- What is Reiki?
Stay Safe on the Job

Does your work involve lifting, bending, reaching, pushing, or pulling? You may be at risk of a musculoskeletal disorder (MSD), such as carpal tunnel syndrome, tendinitis, or low-back injury.

Job-related MSDs are one of the most common reasons for lost work time — up to 33 percent of all worker injury and illness cases. To learn more, talk to your doctor and visit osha.gov. In the meantime, here are some tips to help prevent injury while on the job:

1. **Mind your posture.** As you stand, walk, carry packages, sit, or kneel, good posture is an important element.
2. **Take stretch breaks.** If you sit all day, get up and walk around for five minutes every hour. Don’t forget to take movement breaks when you’re at home, just like you would at work. Be sure to stretch your arms, legs, and shoulders.
3. **Practice proper lifting.** Carrying heavy items on a regular basis can hurt parts of your body that were not made for lifting, such as the back or knees.
4. **Keep joints, muscles, and bones strong.** Perform strength-building exercises, focusing on core strength (abdominals and back). Make sure to get enough Vitamin D and calcium for healthy bones.
5. **Quit smoking.** Smokers have less oxygen available for their muscle, tissue, and tendons. Smoking can cause a loss of bone mineral content and an increase in fractures.

Mindful Meals

Holiday overeating can easily turn into a habit. It’s time to turn mindless eating into mindful meals. Become more aware of what you’re eating and pay attention to small changes that can make a big difference.

**Plan ahead.** When eating out, select a healthier meal from the menu ahead of time, so you will be less likely to give in to temptation.

**Prepare.** Have healthy snacks readily available when and where you are usually hungry. For example, keep a stash of fruit or nuts at work.

**Be present.** Eat slowly and savor each bite. Your brain will get the signal that you are full more quickly than if you eat while watching TV or using your computer, tablet, or phone.

**Keep a log.** It’s always helpful to keep track of what you eat. Even if you aren’t counting calories or points, simply being accountable goes a long way.

**Identify influencers.** Are there situations (or people) that usually cause you to eat more? Avoid them if you can. If you can’t, try the tactics above to prevent overindulging.
**Ingredients:**

1 tablespoon olive oil  
1/3 cup onion, chopped  
14 ounces (2 cans) salmon  
1/4 cup parsley, chopped  
1 cup wheat bread crumbs or panko  
1 egg, beaten  
Salt and pepper

**Instructions:**

Mix all ingredients except the olive oil and form into patties. Line a baking sheet with foil, and spray with a little cooking spray. Set oven to 250 degrees. Add olive oil to pan and add patties, cooking 2 – 3 min on each side until brown. Place salmon cakes on baking sheet and bake for an additional 20 minutes.

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**Recipe of the Month:**

Simple Salmon Cakes

**Ingredients:**

- 1 tablespoon olive oil
- 1/3 cup onion, chopped
- 14 ounces (2 cans) salmon
- 1/4 cup parsley, chopped
- 1 cup wheat bread crumbs or panko
- 1 egg, beaten
- 1 teaspoon Dijon mustard
- Salt and pepper

**Instructions:**

Mix all ingredients except the olive oil and form into patties. Line a baking sheet with foil, and spray with a little cooking spray. Set oven to 250 degrees. Add olive oil to pan and add patties, cooking 2 – 3 min on each side until brown. Place salmon cakes on baking sheet and bake for an additional 20 minutes.
Give, But Not Too Much

Generosity is important, but what happens when your good intentions leave you feeling… not so good? It may be time to set boundaries. Below are some red flags that helping isn’t helping:

- **Your resources are sapped.** Healthy helping means staying within your means.
- **Your relationship isn’t balanced.** Are you doing more for someone than they do for themselves?
- **You reinforce a problem.** Rescuing someone from the consequences of their behavior will not encourage them to change.

If you find yourself giving too much to a certain cause, organization, or person, see what happens if you step back. You (and the recipient of your generosity) may find out that they’re more capable than you’d realized. Then try being generous to yourself.

What is Reiki?

Reiki is a Japanese technique for stress reduction and relaxation. During a Reiki session, practitioners place their hands lightly on or just above the body to facilitate a healing response.

Though Reiki is spiritual in nature, it is not a religious belief. Rather, it promotes the idea that the mind exists not only in the brain, but also throughout the body. Reiki practitioners believe that negative thoughts and feelings can collect in the body and restrict the flow of energy.

Very little high-quality research has been done on Reiki, so we can’t confirm its usefulness. However, Reiki hasn’t been shown to have any harmful side effects (as long as it doesn’t postpone or replace seeing a health care provider), and may be relaxing. So, if you’re looking for something new, why not give it a try?

Express Feelings without a Fight

1. Use “I” statements without blaming the other person.
2. Communicate what you want before what you don’t want.
3. Be honest about your feelings.
4. Don’t assume confrontation causes conflict.
Self-Care in the New Year

People who help people can fall prey to burnout — so how do you prevent it? Believe it or not, an important step in tackling your responsibilities to others may be to do something nice for yourself. Much like the air travel rule of putting on your own oxygen mask before you attempt to help others, you will be in your best condition to help others if you are strong yourself. Here are three cornerstones of self-care:

- **Eat right.** Be sure to eat healthy, satisfying food — and enough of it.
- **Sleep tight.** Getting enough sleep can help you feel supercharged the next day.
- **Enjoy life.** The world won’t stop spinning if you enjoy your hobbies! Be sure to set aside adequate time.

If taking care of others is part of your daily routine, be sure to make self-care one of your New Year’s resolutions.

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**Monthly Quiz:**

1. Which of the following ingredients can be the base of a healthy meal?
   - a. Pasta
   - b. Beans and legumes
   - c. Beef

2. What is a small change that can help you eat more mindfully?
   - a. Have a cocktail with dinner.
   - b. Eat in large groups.
   - c. View a menu ahead of time so that you can identify a healthy choice.

3. Choose the option that best describes Reiki.
   - a. Reiki is a Japanese technique for stress reduction and relaxation
   - b. Reiki is not a replacement for a doctor’s care.
   - c. Both a. and b.