

Ft Irwin EAP Newsletter

June is National Safety Month

Each June, the National Safety Council encourages organizations to get involved and participate in National Safety Month (NSM). NSM is an annual observance to educate and influence behaviors around the leading causes of preventable injuries and deaths. Each week carries a theme that brings attention to critical safety issues.

2012 Weekly Themes

- Week 1: [Employee wellness and PALA+ Challenge](#)
- Week 2: [Ergonomics](#)
- Week 3: [Preventing slips, trips and falls](#)
- Week 4: [Driving safety](#)

Summer Safety

The goal of National Safety Month is to raise public awareness of safety. June also is an appropriate month to focus our efforts on public safety, as the summer season traditionally is a time of increased unintentional injuries and fatalities.

Additional NSC summer safety and health fact sheets: [Press control+click to open the sheets](#)

[Canoe Safety](#)

[Inline Skating Safety](#)

[Playground Safety](#)
[Safe Bicycling](#)

[Setting up Your Child's Swing Set](#)

[Summer & Alcohol Safety](#)

[Skateboarding Safety Tips](#)

[Sun & Heat Exposure](#)

[Surviving the Hot Weather](#)

[Using Fireworks Safely](#)

[nsc.org](#)



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Special points of interest:

- ASAP annual employee training, 6.4.12; 0830-1030, bldg 573
- ASAP annual supervisor training, 6.5.12; 0830-1030, bldg 573
- In accordance with AR 600-85, all civilians will have a minimum of 2 hours of alcohol and other drug awareness training per year.

Father's Day

Father's Day in the United States is on the third Sunday of June. It celebrates the contribution that fathers and father figures make for their children's lives. Father's Day is an occasion to mark and celebrate the contribution that

your own father has made to your life. Don't forget those special fathers in your lives. Happy Father's Day!!

[Timeanddate.com](#)



Healthy Lifestyle: 6 Great Ways to Start Your Day

A Healthy Lifestyle Starts Each Morning!

The way you spend your morning can add a certain flavor to the rest of your day. Here are some healthy lifestyle habits to incorporate into your morning routine that can leave you better able to handle the stress you experience. Try one or several, and experiment until you find what suits you.

Put On Some Music

Music Therapy has been shown to reduce stress and have a positive effect on health. But you don't need a therapist to enjoy some of the benefits music has to offer. Listening to music as you get ready

and start your day will create positive energy and a soothing sense of peace (or a sense of fun, if you play party music). Music can compliment other healthy lifestyle habits, adding a sense of peace to a yoga workout, putting a spring in your step on a morning walk, or stimulating your mind as you write in your journal.

Stretch in the Shower

The hot water will loosen up your muscles, so it's easier to get a good stretch. The act of stretching will help to release stored tension and enable you to start

the day feeling more relaxed, at peace, and ready to handle what comes your way.

Eat a Balanced Breakfast

For those of you who start the day on a bagel and coffee, *read this!* Breakfast is known as 'the most important meal of the day' for a very good reason: a healthy meal in the morning can balance your blood sugar levels and give you the sustenance you need to handle physical and mental stress. Without it, you will be less resilient, both physically and mentally.

Healthy Lifestyle: 6 Great Ways to Start Your Day, cont'd

Be sure to have plenty of protein and fruit, not just caffeine and empty calories!

Drink Green Tea

Sipping a warm cup of tea is a soothing activity that will help you prepare for the day ahead and feel nurtured. Green tea is loaded with antioxidants, so it's a delicious *and* healthy lifestyle choice.

Write in Your Journal

Journaling has many health and stress

management benefits, and can also lead to increased self-awareness. Writing once a day can help you feel focused, process negative emotions, and solve problems.

Morning Walk

Walking has so many health benefits, the stress management benefits are practically just gravy! A morning walk can get you ready for your day, help you sleep better at night, lower your stress level,

and reduce your risk of numerous health conditions. And if you bring a dog with you, you'll be lavished with attention as well!

Yoga

For a healthy body and peaceful mind, few activities give as much 'bang for your buck' as yoga. Combining all the goodness of several stress management techniques, such as diaphragmatic breathing,

Healthy Lifestyle: 6 Great Ways to Start Your Day, cont'd

meditation, stretching and more, yoga provides some of the best stress management and health benefits you can find in a single technique. A good way to start your morning is by doing a series of yoga poses called Sun Salutations.

By Elizabeth Scott, M.S., About.com Guide



Can energy drinks really boost a person’s energy?

from **Katherine Zeratsky, R.D., L.D.**

Most energy drinks contain large amounts of caffeine, which can provide a temporary energy boost. Some energy drinks contain sugar and other substances. The boost is short-lived, however, and may be accompanied by other problems. For example, energy drinks that contain sugar may contribute to weight gain — and too much caffeine can lead to: nervousness, irritability, insomnia, rapid heartbeat and increased blood pressure. Mixing energy drinks with alcohol may be even more problematic. Energy drinks can blunt the feeling of intoxication, which may lead to heav-

ier drinking and alcohol-related injuries. For most people, occasional energy drinks are fine, but try to limit yourself to about 16 ounces (500 milliliters) a day. If you're consistently fatigued or rundown, however, consider a better — and healthier — way to boost your energy. Get adequate sleep, include physical activity in your daily routine, and eat a healthy diet. If these strategies don't seem to help, consult your doctor. Sometimes fatigue is a sign of an underlying medical condition, such as hypothyroidism or anemia.

There are a few groups for which energy drinks are typically not recommended. If

you have an underlying condition such as heart disease or high blood pressure, ask your doctor if energy drinks may cause complications. Pregnant women and women who are breast-feeding may want to especially limit consumption of these beverages. With the growing popularity of energy drinks, many parents have become concerned about how much caffeine their kids are getting. The American Academy of Pediatrics recommends that adolescents get no more than 100 milligrams of caffeine a day. Younger children shouldn't drink caffeinated beverages on a regular basis.

Mayoclinic.com

This and That



Flag Day

People across the United States celebrate Flag Day on June 14 each year to honor the United States flag and to commemorate the flag's adoption.

Flag Day falls within National Flag Week, a time when Americans reflect on the foundations of the nation's freedom. The flag of the United States represents freedom and has been an enduring symbol of the country's ideals since its early days. During both

events, Americans also remember their loyalty to the nation, reaffirm their belief in liberty and justice, and observe the nation's unity.

Many people in the United States honor this day by displaying the American flag at homes and public buildings. Other popular ways of observing this holiday include: flag-raising ceremonies; Flag Day services; school quizzes and essay competitions about the American flag; musical salutes; street parades; and awards for special recognition.



www.timeanddate.com

Ft Irwin Employee Assistance Program

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Valencia R. Barnes, EAPC

Basic EAP services include free, voluntary, short term counseling and referral for various issues affecting employee mental and emotional well-being, such as alcohol and other substance abuse, stress, grief and family problems, and psychological disorders. EAP counselors also work in a consultative role with managers and supervisors to help address employee and organizational challenges and needs. EAP services are available to DA Civilians including NAF/AF and their family members, military dependents, military retirees and their family members.

Pool Safety at Home

Pool Safety at Home

- If you have a pool at home, install a fence. The fence should be at least four feet high and have a self-closing, self-latching gate that has a locking mechanism beyond a child's reach.
- Cut overhanging tree limbs and remove chairs or ladders from the pool area to prevent children from climbing over the fence that surrounds the pool.
- Keep grates and drain covers in good repair and secured in place. Alert your family and guests to stay away from these devices, as the suction from drain outlets can be strong enough to cause entrapment of hair or body parts, which can potentially cause a person to drown.
- Make sure you know infant and child CPR if you own a pool.



Be Safety Smart While Swimming

- Supervision is a must. Follow the 10/20 rule when you're at the pool. The 10/20 rule states the supervising adult needs to position themselves to be able to scan the pool every 10 seconds, and reach the water within 20 seconds.
- Always have rescue devices, such as UL-LISTED life preservers, nearby.

- Flotation devices, toys and inflatable swimming aids are not safety devices. They are toys and can easily puncture and deflate.
- Always drain wading pools after children are done playing. Infants can drown in just a few inches of water.
- Have a telephone nearby and appropriate emergency numbers posted.
- Remove all toys when you leave the pool. Toys may attract children to the unattended pool.

www.safetyathome.com