



May 1, 2017

May is Mental Health Awareness month

Its purpose is to raise awareness and educate the public about: mental illnesses, such as depression, schizophrenia, and bipolar disorder, the realities of living with these conditions; and strategies for attaining mental health and wellness. It also aims to draw attention to suicide, which can be precipitated by some mental illnesses. Additionally, Mental Health Awareness Month strives to reduce the stigma (negative attitudes and misconceptions) that surrounds mental illnesses.

Mental health is a very important, but largely overlooked aspect of our wellness. It's not something we think to work on. How do we help make ourselves mentally well? One part of it is work/life balance. It makes sense, but with our busy schedules and endless distractions, it isn't always easy. For a lot of people, the pursuit of a healthy work/life balance seems like an impossible goal.

With so many of us torn between juggling heavy workloads, managing relationships and family responsibilities, and squeezing in outside interests, it's no surprise that more than one in four Americans describe themselves as "super stressed." And that's not balanced—or healthy.

In our rush to "get it all done" at the office and at home, it's easy to forget that as our stress levels spike, our productivity plummets. Stress can zap our concentration, make us irritable or depressed, and harm our personal and professional relationships.

Over time, stress also weakens our immune systems, and makes us susceptible to a variety of ailments from colds to backaches to heart disease. The newest research shows that chronic stress can actually double our risk of having a heart attack. That statistic alone is enough to raise your blood pressure!

While we all need a certain amount of stress to spur us on and help us perform at our best, the key to managing stress lies in that one magic word: balance. Not only is achieving a healthy work/life balance an attainable goal but workers and businesses alike see the rewards. When workers are balanced and happy, they are more productive, take fewer sick days, and are more likely to stay in their jobs.

UPCOMING TRAINING

First Aid/CPR/AED

Location: Boise State University, Pioneer Hall 102
Date: TBD

Building Coordinator 101

Location: Boise State University
Date: TBD

Basic roles, responsibilities, and resources for BSU campus building coordinators.

FROM THE INTERNET



[World Safety and Health at Work Day 2017](#)

Source: ehstoday.com



[Top 5 benefits of cycling](#)

Source: Harvard Health Publications

SAFETY BRAIN TEASER

What's wrong with this picture?



Last month's teaser: Guard is improperly positioned. Operator should be wearing respiratory PPE if the guard is not ventilated. Operator should be using a push stick, not his hands, to feed the saw. Operator's body position makes him vulnerable to kick-back. Soda can on the equipment. Tripping hazards present.

MANAGER'S CORNER



SHARE YOUR THOUGHTS...

Please feel free to contact us to provide feedback on the content of this newsletter, or to suggest topics that you would like to see addressed, or inquire about training you wish to participate in.

Reg Pope
Training and Development Coordinator, EHSS
Occupational Safety
(208) 426-3998
regpope@boisestate.edu