

The Key topics this month are:

- Measure your pressure
- Develop a resilience Plan
- Healthy relationships

June
2014



Steps to Protect your Health and Wellbeing

menshealthweek 9th – 15th of June
TE WIKI HAUORA TANE 2014

Latest statistics available tell us that one New Zealand man dies every three hours of a potentially avoidable illness, with death rates for Maori men nearly double that of non-Maori (Statistics NZ).

MINDFULNESS

Mindfulness is the discipline of keeping ourselves focused on the present and enjoying small pleasures in our everyday life – Take time to smell the roses.

- The practice of mindfulness can bring many benefits to your emotional and physical health, as well as to the relationships in your life. Mindfulness is an amazing tool for stress management and overall wellness.
- Mindfulness can be experienced anytime throughout the day, both at work and home.
- Mental health professionals recognize that mindfulness can have many benefits for people suffering from stress.
- You may feel preoccupied with and distracted by these stressors and as a result may find that you have a difficult time focusing your attention on what matters most in life, such as relationships with family and friends or other activities that you used to enjoy.

MEASURE YOUR PRESSURE

Latest research shows that men are at greater risk of suffering a stroke than women, with strokes being the second biggest single cause of death and the largest cause of disability in adults in New Zealand. We've got to get more men taking the simple steps to prevent early death and disability.

- Exercise is the best way to reduce emotional and mental stress. The benefits of regular exercise can be huge for physical, mental and sexual health. Take control of your health with 30 minutes of daily exercise. This could be achieved during lunchtime or after work. Go for a walk instead of turning on the TV.
- Set your goals, making them measurable and achievable.
- That picnic will taste twice as good once you have climbed that hill to see the view.
- Walking is free, convenient and it's good for you: take the stairs not the lift; leave the car at home, get off the bus one stop earlier to walk home, walk to meetings, replace a coffee break with a walk.

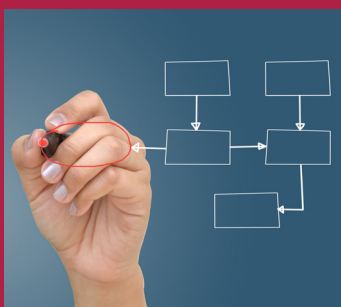
Greg Murphy, ambassador for Mens Health week recently said...

"Just like a car needs regularly servicing, our bodies need an annual warrant of fitness. So take action, check out your health score and take a Men's Health Pit Stop Check. It's free to do and prevention is better than cure," he says.

So gentlemen, start your engines! Are your nuts and bolts in order?

Get online and check your oil pressure/blood pressure have your chassis checked/ BMI body mass index and test your shock absorbers/ stress levels.





Through your Employee Assistant Programme you can speak to a Professional and explore possible strategies that will also help and assist you.

HEALTHY EATING

6 out of 10 New Zealand males are overweight.

- Eating well is important for both mental and physical health. You need to know what foods to eat and what foods to avoid in order to minimise health risks. Look to change portion sizes and snacking habits.
- Simple things such as swapping white bread for grain bread or adding fibre to your cereal are ways you can help.
- Tomatoes are a fantastic food for men who want to decrease their risk of prostate and other cancers, and improve their cardiovascular health. They contain a range of vitamins, minerals, and phytonutrients (nutrients found in plant foods), and are specifically very high in lycopene, an antioxidant that gives them their red colour and may have a role in cancer prevention, particularly prostate cancer.

DRINK WATER

27% of men have potentially hazardous drinking patterns.

- Monitor your alcohol intake, drink less and restrict to special occasions.
- Drink more water rather than juice or fizzy drinks.

STOP SMOKING

Nearly a quarter of New Zealand men smoke.

-  It's the only healthy option.

MAINTAIN HEALTHY RELATIONSHIPS

Depression, stress, anxiety and diseases can all have real devastating effects.

- Close relationships with family and friends are the most important source of love, support and understanding. One of the best things for men to do is make sure they have close mates who they feel comfortable enough to talk to.
- Be active with friends and family. You can have a great time arranging a volleyball game at the beach, adults verse children.
- Releasing your energy with some kick-boxing or relaxing with pilates or yoga techniques.
- Dads are advised to set a good example for their young children by practising a health lifestyle. Children are also encouraged to coach their fathers on how to be healthy – Dad's health belongs to the whole family not just to him.

DEVELOP A RESILIENCE PLAN

Men are at greatest risk of suicide but least likely to seek help. Men accounted for 77% of all deaths from suicide in New Zealand in 2012.

- Keep things in perspective, even when facing very painful events try to consider the stressful situation in a broader context and keep a long-term perspective.
- Avoid blowing events out of proportion. On a scale 1-10, how tough is it?
- Will it matter in a weeks time? Are you sweating the small stuff?
- Maintain a hopeful outlook, take care of yourself. Pay attention to your own needs and feelings. Do what you need to do to be well. Engage in activities that you enjoy and find relaxing. Exercise regularly – preferably with a positive friend.
- Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

HOW DO I ACCESS EAP?

EAP appointments can be made simply by contacting EAP Services Limited anytime 24 hours 365 days by:



SCAN QR

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