



IMPORTANT NUMBERS

Know someone who wants to quit smoking, dipping, or chewing tobacco? Is having a baby? Is stressed over family and job demands?

Here are resources that can help:

Healthy Lifestyles
Quit Tobacco
Diet/Nutrition

Healthy Beginnings
Pregnancy

866-938-0349

Employee Assistance:
www.dhrm.virginia.gov
Employee Programs
Anthem: 800-346-5484
855-223-9277
Aetna: 888-238-6232
Kaiser: 866-517-7042

PAGE 2

**SHORTER DAYS,
HOLIDAYS, AND
THE BLUES**

**PROGRAM
NOTES**



Inside CommonHealth

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Take 10 For You!

Improve Your Health in Just 10 minutes a Day

CommonHealth's new health improvement campaign, Take 10 For You...Improve Your Health in Just 10 Minutes a Day, begins January 6. The program will take a closer look at breaking the "I don't have time" barrier that may be preventing you from making healthy choices. We will address how small changes can add up to big improvements, and learn how we can revitalize, simplify, relax, connect, and take care of ourselves in just 10 minutes a day. Discover ways to lower your stress, reduce clutter, improve your health, give yourself peace of mind, as well as prevent, reduce, and even reverse your risk for chronic disease. Remember to strive for progress, not perfection, and let CommonHealth show you how to start making permanent and positive life changes. Schedule a time with your Regional Health Educator today.

Got Inspiration? Wellness Champions Surround Us.

The stories of success are often known but so rarely told. Be the one who congratulates a colleague on being healthy. Give yourself a pat on the back for making a change. This time of year, especially, we need some support to continue making better choices or even need inspiration to get started.

The CommonHealth Wellness Champion Award is a chance to celebrate the many ways that we work together to create a healthy workplace environment. We invite you to nominate an employee who models a healthy lifestyle, has made significant changes in health behaviors, motivates others to make health improvements, or has implemented a policy to help create a positive wellness culture for the Commonwealth of Virginia.

To be considered for the CommonHealth Wellness Champion Award, nominees must meet the following criteria:

1. Be a current Commonwealth of Virginia employee who is eligible for CommonHealth programs.
2. An employee who has done one or more of the following within 6 months of their nomination: models a healthy lifestyle; has made significant changes in health behaviors; motivates others to make health improvements; implemented a policy, practice, or activity to help create a positive wellness culture for the Commonwealth of Virginia.

Take a few moments to give credit where credit is due! Who do you know who is either living a healthy lifestyle or making changes to work toward one? What are they doing? Self nominations are welcome. Visit <http://www.commonhealth.virginia.gov/wellnesschampions.htm> today!

Inside CommonHealth

Shorter Days, Holidays, and the Blues

While depression can strike at anytime, this time of year there is a distinct increase. Depression does directly affect the workplace and overall production, so recognizing and addressing it can make a world of difference—not just for the employee with the blues but for the whole team too!



- Depression is the leading cause of medical disability for people aged 14 to 44 (Stewart, Ricci, Chee, Hahn, & Morganstein, 2003).
- Depressed people lose 5.6 hours of productive work every week when they are depressed (Stewart, 2003).
- Eighty percent of depressed people are impaired in their daily functioning (Pratt & Brody, 2008).
- In any 30 day period, depressed workers have 1.5 to 3.2 more short-term disability days (Druss, Schlesinger, & Allen, 2001).
- People with symptoms of depression are 2.17 times more likely to take sick days (Adler, et al., 2006; Greener & Guest, 2007). And when they are at work their productivity is impaired—less ability to concentrate, lower efficiency, and less ability to organize work.

Everyone feels sad occasionally, but when a person experiences these emotions intensely and for long periods of time, it can be a signal of clinical depression. Depression is a medical illness that affects your mood, behavior, thinking and health. It does not discriminate and can affect men and women, young and old, and people of all races, cultures, and incomes. **Depression is a common illness, not a weakness.** Just like any other illness, depression must be diagnosed by a health care provider, but research has shown that depressed people often wait the longest to seek treatment. Fortunately, more than 80 percent of depressed people can be treated quickly and effectively.

Symptoms of depression differ from person to person but may include depressed mood or loss of interest for weeks or longer; major weight loss or gain in a short time, overeating or loss of appetite; excessive sleepiness or insomnia; restlessness, irritability, agitation; fatigue or loss of energy; feeling worthless or excessively guilty; difficulty concentrating, remembering, or making decisions; excessive crying; aches and pains that do not resolve; and suicidal thoughts. In the workplace, the following may be signs: decreased productivity, morale problems, lack of cooperation, safety risks or accidents, absenteeism, alcohol/drug use, difficulty getting along with co-workers, presenteeism (working but not fully engaged), and complaints of aches, pains, or tiredness.



Leaders and colleagues can help by recognizing the signs and acknowledging that depression is a common illness that can be treated. Early intervention is key, so discussing depression with employees and encouraging the use of Employee Assistance Programs (EAP) can be worthwhile for everyone.

Program Notes

The **Get Your ZZZ's** training campaign ends on January 3, 2014. This great training provided tips to help with many of the sleep issues commonly reported as well as noting the importance of sleep to overall health. The **Take 10 for You** training campaign begins on January 6, 2014; it is a training designed to help you find quick and easy ways to improve your health in just 10 minutes—perfect for all the employees who feel so short on time!

*Sincerely,
The CommonHealth Team*

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