



**SPECIAL
POINTS OF
INTEREST:**

- **Watch
Wellness
Centre
staff on:
DayBreak
on July 14th
& 28th!**

**Our Offices will
be closed for the
Public Holiday on
July 5th.**

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Stress Management In The Workplace: Handling Work Stress

Stress management in the workplace is a reality that most of us have to face for one reason or another and coping with it is key to long-term career success. Some careers are more stressful than others and some companies and managers you work for might provide you with more stress than you'd otherwise like.

Having some stress can be helpful because it can provide motivation that allows you to work with a bit of a sense of urgency and purpose.

When stress in the workplace reaches a high level and carries over to your personal life in a negative way, this is a sign that you need to do something to properly manage it so that it doesn't spiral out of control.

Here are some suggestions for successful stress management in the workplace:



1. Try to address issues that might be affecting your stress level that you might not readily think of, especially the ones you can change. Do you drive to work each day and feel beaten up by the time you get into the office each morning? Are there ways you can lighten your workload? Do you need to learn how to say "no" to certain requests from time to time? Look for ways of changing how you'd to things especially ones you have some control over.
2. Look for ways to improve your time management. Often, stress is a result of simply not having enough time to complete everything you need to do. Stop wasting time talking with colleagues and making personal phone calls, stop surfing the Internet for personal reasons, and eliminate other time wasters. Shut your office door if you have trouble with people walking in and distracting you or find a quiet office where you can work undisturbed if necessary.
3. Find some sort of athletic endeavor to take part in. If you don't like working out at the gym you might find jogging, playing squash or taking yoga classes will help. Try something athletic that gets your mind off work. Start by going for a walk at lunchtime just to get out of the office for a bit.
4. Don't neglect your personal life. Remember to try to find the proper balance between your work life and your work outside of work. Try when possible to leave work at work. A separation between work and personal life is paramount.
5. Carefully consider whether or not you are in the right job. If successful stress management at work is just not possible and if you yearn for your time with a previous employer when things were better, maybe you're in the wrong job. Do you like what do you or is it simply a job to you? If it's simply a job there might be other jobs that are less stressful that are better suited to your personality.

Stress management in the workplace is critical to your career and long-term health. When stress management is simply not achievable through change, consider consulting a doctor for a medical opinion in case you are suffering from more than just stress.

The Wellness Centre in the Community

- ◆ Daybreak June 2nd- "Mid Year Makeover"
- ◆ Daybreak June 16th - "Dealing with Difficult People"
- ◆ Daybreak June 30th- "Living in Transit"
- ◆ Cayman Islands Crises Centre- Staff Training on "Dealing with Difficult Clients"
- ◆ Department of Commerce and Investment- "Annual Retreat"



Quote of the Month

*If you want to be happy,
set a goal that commands your thoughts,
liberates your energy,
and inspires your hopes.*

~ Andrew Carnegie

Farewell to Cassandra

The End of July will mark our farewell to Cassandra Stewart and her time with us at The Wellness Centre as our Office Administrator. Cassandra will be moving back to the United Kingdom to be closer to her family. She will be greatly missed. We wish her well in her next work endeavor and her plans to go on to university.



How To Keep Your Kids Busy During Summer Break



Summer break can be a crucial time for kids and parents. Often time parents become a unorganized mess, running around trying to find places for kids to stay. If parents are not extremely careful, summer can have a huge negative impact on kids. Weather it makes them feel unimportant being thrown around from babysitter to babysitter, feeling neglected at home by themselves, or just bored with nothing to do. These can create major Behavioural problems that can take a long time to overcome.

Plan Ahead

Kids often think summer is a time to be lazy. While we all enjoy being a little lazy from time to time, 2 months is a little excessive especially at such an impressionable time. Encourage your kids to take up a hobby that will require practice.

- Team sports are a great way to learn responsibility and teamwork.
- Learning musical instruments can be fun and rewarding for kids, but let them decide what they would like to play.
- Search for summer camps in your area. Summer camps offer a lot of benefits for kids and a welcome break for parents.



Chores

Sit down with your child and decide on a list of chores to do on a daily basis. Don't just make this about them, let them know that everyone in the family plays an important part in running the household. Give them a certain time frame that chores need to be completed. This will only be effective if you as the parent are consistently performing your chores, and monitoring to make sure they are all completed.



Freshen up on homework

Kids quickly want to get their mind off of school when summer rolls around, however the last thing we want them to do is forget what they worked so hard learning. Take some of the completed worksheets from the school year and make them some worksheets to complete. This will keep what they have learned fresh in their minds.



Organization is important all through life. The more organized a person is the more successful they are with work, finance, house cleaning, and all aspects of life. Lets teach our kids the importance of organization in this impressionable time in their life, and have a little fun while doing so!