The spring season has arrived, and class projects and exams are coming due. Some students are preparing to sit for the MPH comprehensive exam in June, while others are completing their field experience requirements and planning for graduation and beyond. Amongst these events, we must remember to balance our health and personal life with our professional roles. The aim of this month’s Monday Dose is to support your efforts in this regard. We are including tips to help balance your personal and professional life, as well as information to help you achieve a state of total wellness.

Hope you enjoy this issue. Please be sure to check out the Events section on page 8.

“A Few Quotes for Your Thoughts”

“Rest when you’re weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work.”
- Ralph Marston

“I believe that being successful means having a balance of success stories across the many areas of your life. You can’t truly be considered successful in your business life if your home life is in shambles.”
- Zig Ziglar

“Time and health are two precious assets that we don’t recognize and appreciate until they have been depleted.”
- Denis Waitley
This article provides tips on how to stay healthy during winter. It covers a myriad of topics from the best ways to avoid the flu to why we crave warm foods during winter. Some of the highlights of this article include the fact that the TV remote carries the most bacteria – even more than the toilet handle. Another interesting tidbit based on recent research is that people who drink tea instead of coffee appear to have immune systems which are more efficient at fighting germs.

Staying Healthy During Winter. Heal India. (2012)
http://galenet.galegroup.com/servlet/HWRC/hits?r=s&n=10&searchTerm=2NTA&l=16&authRedir=true&index=BA&c=1&finalAuth=true&s=16

This article helps to explain some of the reasons behind individual and age differences in sleeping patterns. Scientists, at the University of Surrey, have identified the Period 3 gene which relates to ones’ tendency towards waking-up-early or staying-up-late. This article also examines how some schools have integrated what we know about adolescent sleeping patterns into their curriculum – the Minneapolis school district has pushed back their starting time by over an hour to accommodate known adolescent sleeping patterns.

http://galenet.galegroup.com/servlet/HWRC/hits?r=s&n=10&searchTerm=2NTA&l=16&authRedir=true&index=BA&c=1&finalAuth=true&s=16

This article provides key recommendations on how individuals can reduce their risk of developing cancer. The article also highlights important ways in which communities can take action to improve the health of their residents.

As Public Health Professionals, we may already know about healthful practices. But the question is: how much of this knowledge do we actually use for our own health? This segment of the Monday Dose will remind us about what we already know about healthy behaviors and add a little more. More importantly, it will provide some useful tips on how to fit those behaviors into our daily routines. While a healthy lifestyle encompasses a wide range of practices, we focus here on three key components of health: sleep, diet and physical activity.
Sleep Hygienic Tips

1. Go to bed at the same time each night and rise at the same time each morning.

2. Make sure your bedroom is quiet, dark, relaxing, and neither too hot nor too cold.

3. Make sure your bed is comfortable and use it only for sleeping not for other activities, such as reading, watching TV, or listening to music. Remove all TVs, computers and electronic gadgets from the bedroom.

4. Physical activity may help promote sleep but not within a few hours of bedtime.

Sleep Facts

- 7-9 hours of sleep is recommended for the average adult.
- Sleep is a phase for renewal and repair of the body.
- Inadequate sleep not only diminishes our ability to think and learn but can also make us irritable.
- Lack of sleep for several days can be detrimental, as it lowers our immunity and increases our susceptibility to illness.
- As a general rule, little productive effort occurs after midnight.

Centers for Disease Control and Prevention. http://www.gov/sleep/about_sleep/sleep_hygiene.htm
March 2013

Diet and Physical Activity - How Healthy is your Diet and how Active are you?

Physical Activity: it is recommended that you build at least 30 minutes of aerobic, muscle strengthening and stretching exercises into your daily routine.

Diet and Eating: Nutritionists recommend that we eat from all the major food groups when we have a meal.

It can be difficult to build physical activity and healthy dietary practices into our busy schedules. Here are some tips to help you do that.

Getting Active

• Taking the first step is the hardest part; it might be easier getting active with friends and family.
• Choose a physical activity that you like to do.
• Start at a comfortable level and add a little more as you go along.
• For students on campus, plan to take advantage of the CPA (Center for Physical Activity) facility.
• Pass the elevator and use the staircase.
• Don’t just listen to your favorite music, dance to it; it all adds up.

Healthy Eating

Take Control of what you eat

• On weekends, cook to last the whole week; make a lunch pack out of that each day.
• Pre-cut your fruits and vegetables and store in the refrigerator.
• If you have to buy meals, choose carefully: avoid deep fried foods and high-calorie sauces.
• Remember to eat and honor your break time.
• Drink a minimum of 8 glasses of water each day for a healthy skin, to cleanse the body, and to quench thirst.
• Limit caffeine intake to no more than 400 mg each day; this would be equivalent to three 8 oz cups of coffee.
• Always wash your hands!

Sources:
2. Dr. Dee M and Dr. Pamela J. Healthy Living on Campus: How College students can stay fit. http://cbn.com/family/youth/ff_collegehealth.aspx
Our professors have had to juggle the responsibilities of being students, their professional lives, and their lives outside of the academic/professional sphere. Therefore, they have first-hand experience in what it takes to achieve a healthy balance, as well as tips on how they promote wellness in all aspects of their lives.

Question: “What advice would you give on how to properly balance work and life? What are some things that you regularly do to stay healthy and promote wellness?”

Answers: Balance to me is about “working hard and playing hard.” This means that I give 100% to my work, and simultaneously engage in family life and spend quality time with family members. While it is not easy to balance personal and professional life, it is certainly doable, desirable and healthy. My commitment to one does not detract from my commitment to the other. In fact, I fully believe that my roles as a spouse, mother, daughter and sister are significantly enhanced by my career, and similarly that my job performance is driven, in large part, by my family grounding and support.

To maintain the level of energy and focus required for my busy lifestyle, I make sure to take care of myself and my health. This means sleeping and resting, eating a healthy diet, and using every opportunity I have to be active. I believe I am famous for keeping a water bottle by my desk and for carrying it with me to class, meetings, and other events. My students also know that I keep a bag of natural almonds in my purse for a quick, healthy snack. Green salad (minus the heavy dressing) is one my favorite foods, and I honestly (not making this up) enjoy it. And why use the elevator in Lamb Hall when we have access to stairs? Also, while we sometimes complain about parking, it is a privilege to walk 10 minutes across campus and enjoy everything that the campus life has to offer. Little things make a big difference!
I would say that balancing work/life really depends on what needs to be done in any given day/week. Prioritizing what needs to get done immediately and figuring out what you can handle with the amount of time you have is the first way I approach things. Probably the best three things you can do for yourself to keep stress at bay are eat, sleep, and exercise. I can definitely tell that the quality of my work diminishes when one of these things is off. I try to take advantage of resources in the area, such as taking walks in the mall or going on hikes when the weather is nice. There are many natural and free resources in the area, so why not enjoy them?

This is an issue that can be a 'silent killer', with a list of potential victims that includes health, personal relationships, and quality of life. It is also an issue that cuts across all disciplines and "levels" of professionalism. Needless to say, early recognition and a sound strategy to manage work and life are extremely important. As the good folks at Nike would say, "Just do it!" Take an inventory of what is important to you and adjust your work/life balance to reflect those values. Every once in a while take an inventory of how you spend your time - literally writing it down or charting it - so that you can make sure you’re doing what you think you’re doing.

I periodically reflect on why I'm here in the first place - it's more than just to occupy space and take in air, right? In our management terms, what is my “mission?” Spiritual health is very important to me. My family is often my necessary grounding, and I would place maintaining personal relationships high on my list. Let's face it, we all need other people, and all have a desire to be needed. I also like to stay active, including physical exercise and mental challenges. A good friend once told me that the older you get, the less likely it is to do/learn/see something new in your life - I look for those opportunities and cherish them.
### March 2013 Upcoming Events

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SPRING BREAK! (11th—15th)**

- **March 5:** Breakfast with the Expert: Dr. Tom Lundquist “Community-Based Disease Management” (Lamb Hall 116)
- **March 18:** Film—Daisy Bates: First Lady of Little Rock (Culp Auditorium at 7pm)
- **March 21:** Film—Sun Come Up. (Forum, Culp University Center at 7pm)
- **March 28:** Storytelling—Jay O’Callahan’s ‘Forbidden Stories’ (must buy tickets: $5 with student I.D.)
- **March 31:** Leading Voices: Dr. Roberta Ness “Reimagining Innovation: Caution’s Erosion of the Modern Research University” (Millennium Center, 2nd Floor Ballroom at 7pm)