



Employee Wellness

*Health Road Trip*



*New Balancewick*  
Canada



## *The Most Relaxing Place on Earth!*

**Newbalancewick became famous in the 1970s when researchers came here to study why individuals from this small region of the world were not suffering from modern-day, stress-related health problems like heart attacks, headaches, cancer, being overweight and stroke.**

Instead of viewing stress as a negative force, Newbalancewickers have learned that life without stress wouldn't be too exciting. In fact, stress in the right amount is what fuels our lives each day. It is only when we have too little or too much stress in our lives that calm waters turn into tidal waters!

The goal of navigating your way through life is to identify how much stress is right for you and then work to maintain that healthy level by:

- Developing a positive attitude about stress; and
- Learning to cope effectively with excess stressors.

This could be done by:

- **Prioritize and be realistic with your time.**
- **Put some humor and laughter in your life.**
- **Take ten deep breaths.**
- **Music takes our mind off of daily stressors and relaxes the body.**
- **Take care of your body.**
- **Develop hobbies.**

### **Distress**

Characterized by having too many stresses and demands, confused thinking, low motivation, or feeling overwhelmed or overly emotional.

### **Eustress**

Having just the right amount of stress, a high level of motivation or energy levels, constructive creative thinking and balanced emotions.

### **Subtress**

Not having enough stress causes low motivation, low energy levels, lack of thinking and dull emotions.

**Hopewell Rocks, a unique feature of the Tides of Change, appear on the shoreline when the tides are low. Visitors can actually walk around — and under — these towering structures. When the tide comes in, however, these giant monoliths disappear under the water and appear to be small, insignificant islands peeking out.**

The Hopewell Rocks teach a simple yet important lesson about stress and change — one of perception. How we view a situation can greatly determine whether the stressor will be a mountain or a molehill! One way to reduce the amount of stress in our lives is to change our minds about how we relate to people and situations.

Challenging personalities, long lines, unrealistic deadlines, accidents and other

stressors are a part of daily living for most individuals. Eliminating these stressors from our lives is unrealistic, but learning how to change our response to these stressors is the key.

Often, stressful situations elicit negative self-talk. Replacing negative self-talk with more positive self-talk is one technique that is often effective at helping individuals change their response to stressors.

INSTEAD OF...	TRY THIS SELF-TALK
“There is no way that I can finish this project in time. I can’t work that quickly!”	“This project is a great opportunity that is going to put my time management skills to the test.”
“Things never go right for me.”	“Looks like I need an alternative plan.”
“I can’t believe he said that about my idea. He has always had it in for me.”	“I thought through this idea carefully and did the best job I could to present it. It is okay that not everyone agrees with it.”

### EXERCISE YOUR POWER

Another powerful tool for managing stress is to take steps to lessen its impact. In other words, don’t wait for the tide to come in before moving to higher ground. Begin to exercise power over your main life choices and take action to build your resilience to stress.



# WELLNESS CHALLENGE NEW BALANCEWICK, CANADA

## Joie De Vivre:

All across Newbalancewick you will find folks enjoying themselves at festivals featuring food, frolic and fun. Residents know the value of adding play and fun to their lives as a way of keeping stress at healthy levels. Play and fun are as vital to life as bread and water.

Play is essential to stimulating energy, creating thinking, and problem solving. Play helps relieve tension and releases hormones that boost our energy levels while improving our mental outlook on life.

This month, HealthTrip travelers are challenged to discover the “Joie de Vivre” or *love of life* for themselves. Newbalancewickers suggest any of the following activities to get started. You can choose from this list or create your own list of favorites.

- **Read the comics.**
- **Listen to music.**
- **Play with a toy like a yo-yo or kaleidoscope.**
- **Watch a sunset.**
- **Take a walk.**
- **Play cards or a board game.**
- **Plant a flower.**
- **Visit with a neighbor.**

Discover the “Joie de Vivre” and aim to complete one fun and relaxing activity each day.

Don't forget to download your tracking sheet here:

<https://www.weber.edu/wsuiimages/employeewellness/Challenges/Health%20Road%20Trip/Tracking%20Sheets/New%20Balancewick%20Travel%20Log.pdf>