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BENCO NEWSLETTER

A Newsletter for Benco Staff



Taking Care of Your Body From the Inside Out

When many people think about health, they think about physical appearance. It's easy to understand why this is the first thing that comes to mind. Health equals fitness. But that's not always how it works. The truth is that those who are in the best health actually heal their body from the inside out. Here are some tips will help you get started on your journey to better health.

Drink More Water

Water is so important and so powerful when it comes to health. Dehydration can wreak absolute havoc in your body. But making sure you're hydrated well can heal, empower, and soothe from the inside out. Getting enough water may mean a healthier immune system, better digestion, improved cognitive function, and multiple other benefits.

Get More Sleep

The body cannot function properly without good sleep. If you want to improve your health, improve your sleeping habits. Go to bed on time, sleep in the dark, and ban technology from the bedroom. Good quality sleep allows your body to rest and recuperate and brings about a more balanced state of wellness every day.

Fuel It Well

If you eat junk, you'll feel like junk. It's actually very simple. If you want to heal your body and boost health, it's crucial that you fuel it properly. Eat plenty of vegetables, fruit in moderation, and add a lean protein to every meal. Skip the sweets, chips, and other junk food, and you'll be on your way to a healthier body in no time.

Here are some sites that make eating healthy simple:

<https://familydoctor.org/nutrition-made-simple/>

<https://www.healthline.com/nutrition/healthy-eating-tips>

<https://www.redbookmag.com/life/g30472464/healthy-eating-hacks/>

Many jobs require a 40-hour work week, which, taken over a long enough period of time constitutes a significant portion of a worker's life. Poor ergonomics can result in overstraining the body over time, causing discomfort or injury, potentially for life. Injuries like carpal tunnel syndrome can be caused by poor posture and lead to potentially irreversible nerve damage in the arm or wrist. Ergonomics can help prevent injuries by providing tools to reduce strain and keep the body in a healthier posture.

Proper ergonomics is important in the workplaces of any industry. In addition to reducing the risk of injury, ergonomics positively impacts productivity and job satisfaction. Employees are more likely to be engaged with their work and perform at a higher caliber when they feel comfortable and supported in their workspace. These benefits reach beyond industrial workspaces and prevention of bodily injury. Ergonomic workstations in office settings can also help reduce eye strain, headaches, and other common workplace discomforts, improving employee satisfaction, performance, and productivity.

Poor posture can cause headaches, neck pain, shoulder pain, and stiffness. For example, if a desk or chair is at the wrong height, it can cause the employee to hunch over, leading to poor posture and pain over time. Poor placement of a computer monitor or inadequate lighting can cause eye strain, headaches, and even vision problems.

Alongside physical consequences for workers, ignoring workplace ergonomics safety can also have negative consequences for employers.

Discomfort and pain caused by poor ergonomics can reduce productivity and increase absenteeism.



Creating an ergonomically sound workspace is essential for promoting the health and safety of employees who work in an office setting.

- **Chair Height** – Improper chair height can cause discomfort and pain in the hips, legs, and lower back. To achieve a proper sitting posture, individuals should raise their chair high to allow the feet to rest flat on the floor, thighs to be parallel to the floor, and hips to be level with the knees.
- **Desk Height** – To avoid wrist strain, which can lead to carpal tunnel syndrome, users should maintain desks at a height that allows them to keep their forearms parallel to the floor and their wrists in a neutral position. In the event the desk is too high, the user should utilize a footrest to adjust the seating position. If multiple individuals with different heights share a desk or workstation, a height-adjustable desk could be an ergonomic solution.
- **Monitor Placement** – Position the computer monitor so the top of the screen is at or slightly below eye level, which will help reduce neck and eye strain.
- **Keyboard and Mouse Placement** – Place the keyboard and mouse in a position that allows elbows to be at a 90-degree angle and wrists to be straight. Avoid placing these items too far away, which can cause overreaching and shoulder strain.
- **Lighting** – Use adjustable lighting to reduce glare and prevent eye strain and discomfort. Avoid positioning a screen in front of a bright light source.
- **Ambient Noise Reduction** – Ambient noise can be distracting and cause stress in the workplace. Consider using noise-canceling headphones or white noise machines to reduce distractions.

Desk Stretches and other resources

<https://www.linkedin.com/pulse/make-your-workspace-work-you-jennifer-bruce>

<https://www.themuse.com/advice/how-to-make-your-workspace-work-better-for-you>

<https://www.wellics.com/blog/workplace-ergonomics>

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>

Videos

<https://www.youtube.com/watch?v=vRQdJQ3Xhzk>

<https://www.youtube.com/watch?v=kdLSJuzRNUw>

<https://www.youtube.com/watch?v=-HRSxAxMJO8>

<https://www.youtube.com/watch?v=Hk5-7RFSsRO>

Resources for mental and physical health:

Have you logged onto **Open Future Learning** lately?

Check out these modules on ways we can understand and foster mental and physical health for those we support.

<https://www.openfuturelearning.org>

Sleep Resources

<https://sleepdynamics.com/sleep-better-with-the-10-3-2-1-0-sleep-rule/>

<https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips>

How to Fit Exercise Into Your Busy Life

Not everyone has a routine. Every day can be different. You might have a block of time on some days for exercise, but on other days it might be short and when you can fit it in. Whatever the day brings, here are some suggestions you can try.

Exercise in a block of time

Perhaps you prefer the idea of a half-hour or hour-long exercise session.

- Try exercising early in the morning before you get busy.
- Commit to exercise with someone else. It's much harder to cancel when you feel you're letting someone down.

Exercise throughout the day

Combine physical activity with something you already do, such as walking the dog, shopping or doing household chores.

- When you unload your shopping, strengthen your arms by lifting the milk bottle a few times before you put it away.
- When you go shopping, park at the far end of the carpark and walk briskly to the shops.

Most Importantly Choose an Exercise you enjoy

- Did you know 'fidgeting' (aka "small micromovements") can account for up to 350 additional calories burned per day?
- Dancing –The truth is, it doesn't matter if you stomp it out at a studio hip-hop class or jam to your favorite tunes in your living room: If your heart rate hastens (and you start to sweat), whatever type of dance you're doing (and wherever you're doing it), you're working out.

<https://www.healthline.com/health/fitness-exercise/10-best-exercises-everyday#start-here>

<https://www.youtube.com/watch?v=fMzNQlmWCJw>

<https://www.youtube.com/watch?v=PG2f3GF5Rll>

<https://www.betterhealth.vic.gov.au/health/healthyliving/Physical-activity-how-to-get-active-when-you-are-busy>

<https://www.nerdfitness.com/blog/25-ways-to-exercise-without-realizing-it/>

April Dates to Remember



Happy Anniversary

4/11 Deborah S
4/12 Danielle H
4/17 Bryn W
Kayla M
4/20 Brandon D
4/21 Dalton R
4/25 Erin L
4/26 Emma N

Congratulations!

DSP I
Iolanda W
Amy G
DSP I
Jen Huff
Employee of the Month:
(February) Kaitlyn D
PC of the Quarter:
Patricia M.

2 year Benco-versary
Emilia D
3 year Benco-versary
Rachel L
Avery G
4 year Benco-versary
Ian O
5 year Benco-versary
Devon W
6 years Laurie M
7 year Benco-versary
Aimee M
8 year Benco-versary
Cynthia N
Jesse Warnock
15 year Benco-versary
Dalton R
23 year Benco-versary
Susan Cleveland