



Sinus Cluster Tension Migraine



QUICK NATURAL RELIEF FOR HEADACHES

Relieve sinus headaches with spicy foods such as horseradish, daikon or wasabi. Hot peppers, garlic and cayenne which all loosen mucus to help relieve congestion.

Cluster headaches are very painful but can often be eased through acupuncture.

Tension headaches may be relieved by placing your fingers at the top of your spinal column where your neck meets the skull. Move fingers 1-2 in along the base of your skull and apply some pressure with small rotating motions. Try a couple drops of lavender oil on temples for tension.

For a migraine headache mix a third of a teaspoon powdered ginger into a glass of water to drink. Of course if the headache last for a few days, please seek medical advice.

Holiday Food Safety



- 1) Think ahead, have enough ice for coolers or fridge space for large amounts of food.
- 2) Use a food thermometer to cook Turkey. Keep hot food hot and cold food cold.
- 3) Refrigerate left overs within 2 hours of preparation.
- 4) Use a separate cutting board for raw food preparation.
- 5) Cool food quickly, when it stops steaming cover and put in fridge. Don't let spores germinate and multiply.
- 6) Thaw most food in the refrigerator.
- 7) Wash hands frequently to avoid cross contamination.
- 8) When preparing poultry sanitize kitchen counters with a solution of 3 cups water to 1 tsp of bleach.

10 Ways To Be More Positive At Work

1. Commute

Begin the day by doing something you enjoy to create a positive vibe. If you are driving or bussing, choose your favourite playlist to listen to. Or try riding a bike to work, it can refresh you even before you start your day.

2. Pace Yourself

Pace yourself and concentrate on completing the task in hand to a high standard.

3. Break Time

Taking breaks is proven to increase your productivity as they allow you to mentally recover and re-focus on the task in hand. If possible, try to move away from your workstation and into a comfort zone.

4. Attitude

Infuse positive emotions with your work and colleagues and enjoy the contagious nature that it brings throughout the office environment.

5. Support Others

Be supportive of others achievements and realize that every success promotes the business that you are part off.

6. Criticism

From time to time others will criticise your work either formally or informally. Rather than rejecting these opinions or taking them personally, understand what is being said and use as a base to improve your own work.

7. Negativity

Okay, we all have those co-workers that no matter what seem to suffer from a never ending irrational sense of negativity. However, usually people are negative for a reason and whether this is professional or personal it is important to remain compassionate. Rather than being influenced by negativity, ensure that your positivity influences the other person.

8. Conflicts

Don't get caught up in 'being right and proving others wrong', focus on what is needed to move away from the conflict and towards making progress.



9. Collaboration

Make sure you collaborate with others to achieve mutual goals and influence the business with greater results. Never be afraid to ask for help and realise that in doing so you are learning skills and improving your own work.

10. Health & Wellbeing

Exercise is proven to reduce stress and the resulting feel good factor can boost productivity by leaving you with a healthy and focused mindset. So next time you have a spare evening or weekend, get up and get active!

Chronically Tired?

Fatigue is a feeling that you're chronically tired - mentally and physically. It can be caused by a number of factors, including unhealthy lifestyle choices, workplace problems and stress.

Here are a few quick tricks to boost energy;

- Have a good breakfast
- Combine protein and carbohydrates for lunch, like a tuna sandwich
- Drink lots of water
- Don't over eat, mini meals throughout the day
- Get out for a brisk 10 minute walk
- Have more fun, don't sweat the small stuff
- Get 8 hours of sleep each night



New Yoga Class

Due to staff requests an early morning yoga program will commence on January 8th and run thru February 12 (6 sessions). Registration for this program is open now.

Thursdays

6:30 am to 7:30 am

Upstairs Room C

\$33.75 +gst staff (must hold an employee wellness card)

\$45 + gst public

Warm Up To An Onion It Just May



Be Your New Best Friend

Onions originated in Asia and the Middle East and have been cultivated for over 4 thousand years. They were revered by Egyptians and even placed in the tombs of kings to be carried with them to the after life. The health benefits of onions are many, they are loaded with vitamin C, sulphuric compounds, flavonoids and phytochemicals. Phytochemicals are naturally occurring compounds in fruits and vegetables that trigger healthy reactions in the body. Quercetin is a flavonoid that may help to prevent some cancers. Onions have been linked to promoting prostate health, reducing symptoms of bladder infections and lowering blood pressure. Onions also contain chromium which aids in blood sugar control. Onions can be used topically for quick relief from a bee sting by rubbing raw onion on the spot. To reduce salt intake, cook with onions for more flavour.

To contribute ideas to the Wellness Newsletter please contact Sue Tompkins
stompkins@comox.ca



Fit Gifts

One of the kindest things we can do for our loved ones is to give gifts that encourage good health.

Here are a few ideas to get that special someone active:

- Yoga mat with certificate for a class.
- Enter you and a friend in a running clinic.
- Childcare coupons to a new Mom so that she can go to Zumba or other fitness classes.
- Fitness consultation for a Senior who needs an extra bit of help.
- Gift basket with sports towel, power bars, water bottle, hand weights etc.
- Gift certificate for golf.
- Toque with a 1 day pass and rentals to go snow shoeing.
- Bicycle accessories, lights, tool kit, panniers, reflectors.
- Certificate for kayaking and brunch.
- Map of hiking route, with a coupon to go with friend on a hike which includes a packed lunch.
- Fitness Tracker or heart rate monitor.
- Gift certificate for massage therapy.
- Workout bag, head band, socks, skipping rope.
- Blender with to go cup for healthy sports smoothy.
- Books on fitness, such as weight training, yoga, tennis or running.
- Passes to play squash or fitness



Recipe

Broccoli Raisin Salad

- 6 cups chopped broccoli
- 1 cup raw sunflower seeds
- 1/2 cup red onion finely chopped
- 1/2 cup raisins

Cashew Dressing

- 1 cup raw cashews soaked 2 hours
- 1/3 cup water
- 11/2 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tbsp maple syrup (or honey)
- 1 tbsp chopped shallot
- 1 clove garlic mashed
- 1/2 tsp salt
- 1/2 tsp dijon mustard

Blend all dressing ingredients until smooth. Pour over broccoli, sunflower seeds, red onion and raisins, toss.



Kettle Bell



Try something different! A fun, skill-based workout that will provide whole body strength and cardiovascular conditioning in one workout! Kettlebell workouts will help you build a strong, dynamic core. Break out of your routine and get fitter than you imagined!

Mondays and Wednesdays

6:15am-7:15am

Jan 5-Feb 4

Feb 16-March 25

2015 Wellness Memberships

Town of Comox employees don't forget to update your Wellness Memberships which expire December 31st.