July 2021

Workplace Wellness

GroupBenefitz

Develop the Habit of Active Listening

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Can Exercise Prevent the Worst of COVID-19 Illness?

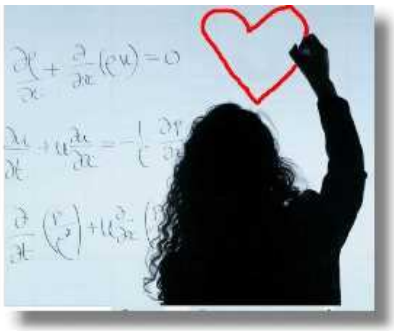
Here's another reason to exercise—surviving COVID-19 or a similar illness in the future. A study of nearly 50,000 people hospitalized for COVID-19 examined those who were consistently physically active, especially with regard to the officially recommended 150 minutes per week. Patients who *were not* consistently active had a greater risk of hospitalization and death. Regular physical activity reduces the risk of systemic inflammation. It's this inflammation that makes the lungs more vulnerable to damage caused by COVID-19. Exercise also improves heart health, lung capacity, and chest wall strength! Result: Reduced risk for the worst outcome.

Source: www.bjsm.bmj.com [search: physical inactivity covid].

Caregiving Apps Make It Easier

Being a caregiver is about more than grocery shopping and providing companionship. It's a constant stream of issues, concerns, interruptions, and crises related to medications, surgeries, rehabilitation, appointments, and dozens of personal care issues. It can equate to an exhausting second job. If you're a caregiver, discover apps that can help you reduce the stress of keeping up with it all. Start by taking a look at six such apps at www.caring.com/caregivers/caregiver-support. You will find more caregiving apps by Google-searching for "list of all caregiving apps."

Finding Your Emotional Intelligence Gap



Emotional intelligence (EI or EQ) is your ability to identify, understand, and "regulate" or control emotions. This includes the ability to respond to feeling states in ways that are helpful or constructive. The result: You communicate more effectively, demonstrate empathy, and solve problems more successfully. As with IQ, it's possible to measure EI, but the score is not as important as discovering areas where you can make improvements to help yourself personally and professionally. Many EI tests are job-specific for leadership, teaching, caregiving, and even dentistry! Questions are usually very similar. Discover these EI tests online, but add "pdf" to your search to discover one you can print. Example: "EI test PDF".

www.nodc.org/images/stories/2018/Handouts/EI-ASSESSMENT.pdf.

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Bates TECHNICAL COLLEGE

July 2021

253.680.7181
www.bates.ctc.edu/HR

HR NEWS-N-STUFF

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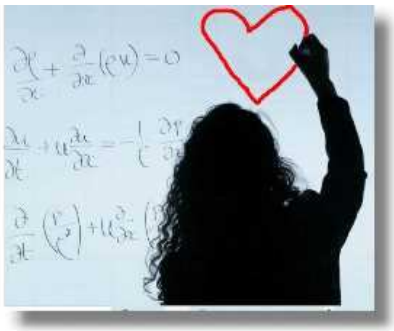

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McLeod
Employee Assistance Program
July 2021

Tips for the Month

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Pee Dee Area EAP Contact:
(843) 317- 4949 or 1-877-317-4949
Location: McLeod Medical Park West
101 S. Ravenel Street, Suite 140
Florence, SC 29506

The Center for Counseling and Wellness
(843) 663-0770
Location: 110 Ye Old Kings Highway
North Myrtle Beach, SC 29582

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