



Mental Health

Staying Positive

Every day has something positive in it; some days you just have to look a little harder. Here are six things you can do to bring positivity and happiness into your life.

Write in a gratitude journal every day. A number of studies have found gratitude to be linked with positive emotions, and overall well-being and life satisfaction.

Share positivity by sending one thank-you email or doing one kind act every day.

Challenge your negative thinking. Ask yourself, "Is there another more positive way I could view this?"



Follow your passion. Do something you feel excited about. Volunteer or sign up for a class to learn something new.

Meditate. Even just seven minutes of meditation a day can improve mood, decrease stress and improve sleep.

Smile. It might sound simplistic, but research has shown that feedback sent to the brain from facial muscles may impact the development of emotions.

Business Advisory Meeting

Join us Thursday, Oct 22 at 7:30AM for our next virtual meeting. Check your email for the meeting link.

Upcoming Classes

Basic Life Support

Oct 10 or Nov 14

Heartsaver CPR/AED

Oct 22 or Nov 18

Heartsaver First Aid/CPR/AED

Nov 18 and 19

Visit woodcountyhospital.org for more information and to register.



Physical Health

Obesity in the Workplace

Obesity is one of the most significant health issues facing the American population today. In 2017–2018, the age-adjusted prevalence of obesity in US adults was 42.4%

"Obesity is a recognized disease and directly associated with at least 236 medical problems. It has enormous health consequences and associated costs that burden the individual and our health care system. Obesity increases cancer risk and even shortens lifespan by a minimum of 2-4 years.

It is easy to see how this disease would influence disability, economic productivity, absenteeism, and overall health care costs for all businesses.

A multidisciplinary approach to the treatment of obesity by an experienced team is the key to better individual outcomes and will ultimately reduce healthcare costs," says Peter F. Lalor, MD, FACS from the Center for Weight Loss at Wood County Hospital.

Hear more about addressing obesity in the workplace from Dr. Lalor at the October 22nd Business Advisory meeting .



Employee Assistance Program

Are your employees feeling overwhelmed, frustrated or sad? Are they struggling with relationships, concentration, financial issues, family related stress, or alcohol, drug or gambling addictions?

Lifepath at Wood County Hospital in partnership with A Renewed Mind can help with these services. Contact Teri Laurer or Mike Ariss for more information.



Nutritional Health

Fruits & Veggies—More Matters

Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough. This September, up your intake during Fruits & Veggies – More Matters Month.

Eating a healthy diet with plenty of vegetables and fruits can help you:

- Lower your risk for heart disease and some types of cancer
- Maintain or reach a healthy weight
- Keep your body strong and active

Here are some ideas to help you and your family fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy where the whole family can see it.

- Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.



- Challenge your family to try a new veggie or fruit every week.
- Visit the local Farmer's Market and let each family member pick an item.



Social Health

Promoting Mask Wearing at Work

Scientists agree that wearing a mask can reduce the risk of catching or transmitting the coronavirus, but for some people, wearing one can be uncomfortable or feel like an attack on personal choice and freedom.

To reduce friction, consider the five strategies below:

1. **Create a Mask Policy**—Mask conflicts often start when there isn't a clear company policy. Make wearing a mask part of the official company dress code so there is no ambiguity.
2. **Get Executive Buy-In**—Ensure managers are clear on the policy and why it was being implemented.

3. **Communicate the Policy**—You can't overcommunicate when it comes to mask policies or expectations. Host a meeting to explain the policy and send out written guidance asking all employees to sign off on mask-wearing requirements.

4. **Hold People Accountable**—Managers aren't the only ones who should get involved if an employee

forgets to wear a mask or is wearing it incorrectly. Ask employees to gently remind each other to put on the mask.

5. **Listen and Understand**—Often the best way to deal with people who aren't wearing their masks, is for the manager to calmly bring it to their attention and ask questions about what's keeping them from complying with the mask mandate.



Life Path: Your Guide to a Healthy Workforce

With all employers, regardless of industry, being challenged to maximize revenue and reduce expenses due to COVID, spend on health care is something that should not be overlooked.

By finding a partner to guide your employees to better health, health care expenses not only go down but productivity, engagement, and retention go up.

For a low monthly per participant fee, you could ensure convenient, timely access to personalized care including:

- Unlimited Primary Care
- Exercise Programs
- Laboratory
- Nutrition Counseling
- Health Coaching
- Pharmacy
- Workplace Safety
- Tobacco Cessation
- EAP

Many of the services are now available virtually to stay COVID safe. Contact Teri Laurer or Mike Ariss today to learn more.



at Wood County Hospital

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