Stress Less

Are the demands of work and family life getting you down? Can you remember the last time you had a good laugh? Nip stress in the bud with these stress-busting tips, from the authors of the book *You won’t die laughing! (How to have less stress and more fun in your life)*.

Remember to breathe
Try this now. Take a deep breath and slowly exhale. As you do, your brain registers that your life is not under threat and instructs the body to turn off the secretion of stress hormones. Write “Breathe” on a post-it note and place it in a visible place as a reminder.

Learn to say “no”
When someone asks you to do something, before you agree to do it, ask yourself: Have I got the time? Have I got the energy? Have I got the skills? Do I want to do it?

Don’t stay up late
Not enough sleep increases the effect of stress on your body. We need sleep for mental and physical renewal. For a better night’s sleep invest in a good mattress, cut out the caffeine six hours before bedtime and exercise so that you are physically tired.

Be in the moment
Wherever you are, be there now. Too often our minds jump into the future or into the past, causing anxiety and stress. When we allow ourselves to be fully absorbed in the present, we are more likely to feel content and relaxed.

“My son has taken up mediation”, said the father. He then added, “Well at least he’s not sitting around doing nothing!”

Get the joke
Be an easy laugher. You can’t be stressed and laugh at the same time. Here’s one!

“The boss said I would get a rise when I earned it. He’s crazy if he thinks I’m going to wait that long.”

Readers Digest.

Allow distraction
Distractions can act like circuit breakers for stress. They give you “time out” and new thoughts to think. Ideas include a short walk, a new location for a tea break, five minutes of a funny DVD, visiting a friend in another department, listening to music, or sharing a riddle.

Q. What’s the best thing to take when you’re run down?
A. The license number of the car that hit you.

Keep things in perspective
Global warming is serious, the drought is serious, starvation in the Third World is serious, but the sun will still rise tomorrow if you don’t meet that time-line. Once you relax, you’ll be more productive. ♥

Patricia Cameron-Hill Ba. App. Sc. and Dr Shayne Yates M.B.B.S. are experts on stress and humour and the authors of the book *You won’t die laughing! (How to have less stress and more fun in your life)*. Find out more at www.chy.com.au.
It’s Time to Get Walking!

Walking is one of the best ways for people of all ages to keep physically active. During Get Walking Tasmania Week from 8-14 November, get your community up and walking by planning a staff activity or whole of community event in your municipality.

By coordinating a Get Walking Tasmania Week event, members of your staff or community will enjoy the positive rewards that walking can bring and will be encouraged to make walking part of their everyday life.

Suggestions for walking activities include:

- Coordinating a lunchtime walk
- Holding a walk to work day
- Wearing a pedometer during the week to see if you and your associates can reach the recommended 10,000 steps per day.
- Coordinating a treasure hunt or walkathon
- Leading a bush walk, historic walk or scenic walking tour
- Coordinating a dog-walking event for community members
- Arranging a walk for seniors, or parents with prams
- Setting up a regular walking group

In previous years, councils around the state have coordinated a range of successful Get Walking Tasmania Week events including Hobart City Council’s Dogs on the Domain, Waratah-Wynyard’s School Walking Relay, and the Huon Valley Council’s Corporate Walk.

Registered walk organisers will receive a free T-shirt an information pack, prizes, giveaways, and a certificate of appreciation. Get Walking Tasmania Week is a statewide initiative of the Premier’s Physical Activity Council and is being coordinated by the Heart Foundation.

For further information or to register your participation, phone 1300 550 282 (free call).

Exercise Cumpston Evaluation Report

The Commonwealth Government has released the evaluation report of Exercise Cumpston 2006, the four-day live health simulation exercise conducted in October 2006, testing Australia’s preparedness for a pandemic influenza outbreak.

Exercise Cumpston 2006 was Australia’s largest ever health exercise and was one of the first major exercises on pandemic influenza conducted in any country. The exercise simulated the arrival of an international flight carrying sick passengers, the emergence of the pandemic in the community and trialed the health system’s capacity to contain and manage a pandemic.

Commonwealth, state and territory governments, medical associations, medical colleges and a range of non-government and private sector organisations participated in the exercise which demonstrated that should a pandemic emerge, Australia’s health system is well placed to respond effectively.

The report recommends a number of areas for refinement including crisis and communications coordination, information systems and the sustainability of response.

Did you know that coronary heart disease (mainly heart attack) is the leading cause of death and one of the leading causes of disability for Australian men and women? In 2004, 25,000 lives were lost to the disease (ABS, 2006). More than 50% of deaths from heart attack occur before people reach hospital and less than 15% of Australians get to hospital within an hour of experiencing heart attack warning signs.

Chest pain and the other warning signs of heart attack are serious and life threatening and delay can kill. The warning signs of heart attack vary. Although chest pain is the most typical symptom of heart attack, up to 47% of patients experiencing heart attack may not experience chest pain.

Regular symptoms include discomfort in the upper body, difficulty breathing, nausea or vomiting, a cold sweat or a feeling of being dizzy or light-headed. If you, or someone you know is experiencing heart attack warning signs that last for 10 minutes or that are severe, phone (000) and ask for the ambulance service immediately. If (000) does not work on your mobile phone, try 112. Immediate action by patients, bystanders, loved ones and health professionals can save lives.

For information about the prevention of heart disease, please contact the Heart Foundation on 6224 2722 or Heartline on 1300 362 787.

1 Heart Stroke and Vascular Disease: Australian Facts 2004. AIHW.
2 Dracup, et al., 1997 (a)
Food at Your Fingertips

Did you know that there are 24.9 grams of protein in every 100 grams of Vegemite; that a typical meat pie comprises 13.7% fat; or a banana has about 340 milligrams of potassium in it? All this information is now available at your fingertips in NUTTAB 2006 Online on the Food Standards Australia New Zealand (FSANZ) web site.

You can look up 2,600 different foods on NUTTAB 2006 and view data for up to 169 nutrients per 100 g for these foods. You can search ten different factors including the food name, description or food group, as well as nutrient data per 100g. The food composition information contains some interesting facts. For example, many cuts of the meat are lower in kilojoules and fat than they were ten years ago because butchers are now trimming them leaner.

Having information about what we eat helps us make healthier food choices. Already, most packaged foods must have a nutrition panel on the label showing kilojoules, protein, fat, saturated fat, carbohydrate, sugar and salt. The additional information in NUTTAB online gives us access to even more detail about the food we eat.


Together, we can create a better Tasmania

Councils and Transend working together

Transend – a vital link in your municipality
- Population is growing, outlook is positive
- Growth increases demand for electricity
- Transmission capacity needs to keep up with demand
- Sometimes we need to build new infrastructure
- Councils: consider electricity infrastructure in your planning processes

Easements affect development
- We restrict activities within transmission line easements:
  - for public safety
  - to manage the transmission system
- Buildings cannot be constructed within easements
- Developers need to be aware of easement restrictions

Who is Transend?
- We own and operate the electricity transmission system in Tasmania
- We transmit electricity from power stations to Aurora’s distribution network
- Our transmission lines cross private and public land
- We have easements over land along transmission line routes

Phone: 1300 361 811 Email: reception@transend.com.au or visit our website www.transend.com.au
Asthma in Australia

The Australian Bureau of Statistics recently released the 2004-05 National Health Survey providing the only nation-wide source of self-reported experiences with asthma including prevalence, management, quality of life and health-related behaviours.

The report makes comparisons between people with and without asthma, investigates the effect of social and demographic characteristics and compares the findings from this, most recent, survey with those the previous National Health Survey conducted in 2001. The information will be of value to all those interested in having updated information on the status of asthma in Australia.


LGAT Girls Give it a Tri

It’s the start of something new at LGAT...in 2007, we’re getting active!

For the first time LGAT entered a team in the Premier’s Physical Activity Council Corporate Triathlon, held on 18 March. In a feat that surprised us all, the team of Harriet Close, Adele Peck and Jenni Rigby came in at second place in the Challenge 1 women’s category.

LGAT also entered a corporate team in the City to Casino Fun Run in May and office chit-chat indicates that there is some enthusiasm to participate in similar events into the future. While we’re quite proud of our achievement, the triathlon was the start of something bigger and better - a physically active workplace!

Veolia Environmental Services provides a full range of waste management, resource recovery, environmental and industrial services to councils across Tasmania.

Specialising in waste and recyclables collection, we work closely with local government and have assisted many Tasmanian councils to develop waste management solutions that meet local requirements.

Veolia can help design and implement collection systems for the entire recyclable and general waste streams.

Council-specific waste and resource management plans may incorporate options for resource recovery, waste minimisation strategies, hard and green waste services, collection and recycling services, as well as supporting education initiatives.

To talk about your waste management solution, contact

1300 134 242

www.veolia.com.au