

# FrontLine Employee

Wellness, Productivity, and You!

## Know Your Employer's Values

Are you aware of your employer's core values? Check your employer handbook or new-employee materials. Values shape a work culture, wow customers, help an organization compete, and may influence the world at large. One well-known online real estate company, for example, includes these values (among others) in its online mission statement: "Customers are our 'north star'" ... "better together" ... "do the right thing" ... "include and empower everyone." Value statements typically apply to everything an organization does, but understanding how they apply to your job may elevate your position and advance your career. And taking them to heart can help you be more engaged and productive.



## Time to Start a Healthy Nutrition Habit

**Ultra-processed foods (UPFs)**—prepackaged, easy to prepare, tasty. We've all eaten them, but research shows too much of them can shorten your life. Research also shows that children consuming too much ultra-processed food show drops in physical fitness. And it's not just the sugar and the carbs anymore. More hazardous are the way UPFs are made, which creates their harmful composition and effects. To eat healthier, see the research below, understand what ultra-processed foods are, and find the extra minutes to prepare healthier foods that may add extra years to your life.



<https://www.eurekalert.org/news-releases/487842>

## Fight Inflation with Frugality

The 2022 inflation crisis is the worst in decades, but ways exist to save money, and one is living frugally. Frugal doesn't mean "cheap." Frugality is a lifestyle, and those who live it argue they live about the same as they did before, but for less! Big savings can follow years of living frugally. One key principle of frugality you can start using today is, before making any purchase, asking "Is this a want or a need?" This awareness eliminates a ton of impulsive purchases—things you buy without much (or any) prior thought. Learn more by searching online "how to live frugally."



## Do You Need a Social Media Break?

Could you stand to be away from all your social media apps for a week? You may reap positive mental health benefits that include less anxiety and depression and increased mental well-being. That's what 154 research participants experienced after abstaining from social media of any kind for seven days. Participants were randomly chosen, but each previously used social media an average of eight hours a day. How much time do you spend on social media? Another study identified 46 harms from social media use, most being some psychological harm or impact. The point of taking a week's break isn't quitting altogether but gaining awareness of the impact and benefits that can come from moderation.



Source: <https://www.bath.ac.uk/> [social media break]  
<https://www.uts.edu.au/> [search "dark side social media"]

# Personal Effectiveness: Discover Your Maximum Potential



**Personal effectiveness** is the practice of getting the best out of yourself. Have you made an effort to assess your life by examining your goals and what's truly most important to you and then acquiring skills to achieve your potential and your best life?

Focusing on personal effectiveness allows you to gain insight into your strengths, weaknesses, and values. You increase your self-awareness, which helps you overcome roadblocks and take action to reach your most exciting personal goals. An entire industry on personal effectiveness exists, with education and training products. Nearly all can be purchased or found online. Be cautious, however. Many self-help and self-improvement materials are not scientifically sound, despite their online recommendations. Some may claim you have psychological problems or deep-seated "personal issues" that you really don't. Still, many personal effectiveness materials have stood the test of time and are effective and powerful. To get started, seek opinions and guidance from professional counselors, your employee assistance program (EAP), or other licensed medical and mental health professionals. They can help you find the right resource for self-help that can help you get to that "next level" in your life.

# Your Self-Care Checklist

**When stress** strikes, do you have a set of wellness practices you can turn to manage pressure, stress, and strain—ones tailored to how your body and mind uniquely respond to tension? Start and develop such a checklist, and over time, add to and amend it until you have the support tactics that will keep you resilient. Include whatever works for you—from lighting a scented candle to doing laps around the track. Then make this tool your personal action plan during periods of unusual personal stress. Don't waste time dreaming up stress-management ideas for your checklist. Pick and choose from a menu of hundreds of strategies by searching for "100 ways to manage stress." Many pages with hundreds of ideas will appear, and you can consider which ones feel right to you. Then keep your checklist at the ready for when the going gets tough.



# Stress Tips from the Field Managing Workplace Stress Before It Starts

**Start your day** with a low-stress mindset to better manage work pressure and be more productive. Remember the last time you arrived at work in a calm and relaxed frame of mind? Was the commute less stressful? Did you have a plan for the day? Was getting out the door less rushed? Were you more aware of the quiet streets and the morning sun? Did you have a few minutes to stroll or get a cup of coffee? This series of events can influence your state of mind. Keep a diary and experiment with 1) planning your day the night before, 2) going to bed earlier and waking earlier, 3) eating lightly but properly in the morning, 4) arriving at work earlier, and then 5) recording whether you feel more control over your day. If you connect this routine with experiencing a more positive day, you are more likely to make it a habit that will help you manage stress better so you can enjoy your job more.



# Summer Safety: Prevent Head Injuries This Summer

**As you head outdoors** to recreate, follow safety rules and precautions. Summer naturally has higher rates of accidents. Head injuries in particular increase in summer. Can you guess the sport with the greatest risk of serious injury? It's horseback riding. It beats motorcycling, skiing, and even football for the rate of serious injuries, especially of the head and chest. Use safety equipment, be properly trained, and ride within your limits.

