

Wellness Wire

Newsletter sponsored by
the Campus Assistance Program & Wellness Center



Laughter *IS* the Best Medicine

Have you laughed today? You don't need jokes, a sense of humor, or comedic motivation to reap the benefits of laughter. Laughter is a powerful antidote to stress, pain and conflict, and "fake" laughter has just as many emotional and physiological benefits as "real" laughter. In fact, laughter groups have popped up all over the world, bringing together people who know that a good chuckle really is the best medicine.

Do you think that regular laughter can reduce your medical bills? The research says yes... Laughter decreases stress hormones and increases immune cells and infection-fighting anti-bodies, thus improving your resistance to disease. Laughter relieves physical tension and releases endorphins, the body's natural feel-good chemicals, promoting an overall sense of well-being and even temporarily relieving pain. Laughter saturates your lungs with fresh oxygen and increases blood flow, which can help protect you against cardiovascular problems.

Can laughter make you more productive at work or school? High stress levels can cause individuals to be less efficient and less productive than normal. Regular laughter has been shown to improve mood, relieve anxiety and fear, improve and strengthen relationships, defuse conflict and increase energy levels.

In conjunction with other healthy habits such as exercise and a healthy diet, a regular laughter routine can improve your quality of life.

For more information about the benefits of laughter and how to incorporate it into your life, visit the following websites:

American School of Laughter Yoga
<http://www.laughteryogaamerica.com/>

Laughter Yoga International
<http://laughteryoga.org/>

Help Guide: Laughter is the Best Medicine
http://www.helpguide.org/life/humor_laughter_health.htm



Stress Reduction Tip

Breathing exercises are often recommended as a stress reduction technique, but these exercises may seem too complicated for some. Instructions for such exercises include sitting in a certain position or a certain environment, and counting or timing your breaths. However, an article found on www.mindbodygreen.com states that simply exhaling for a few counts longer

than your inhale will send a message to your parasympathetic nervous system, which controls your rest and relax response. This can help reduce your heart rate, lower your blood pressure, and contribute to general health and healing processes in your body. So take a deep breath, exhale slowly, and *relax*. See <http://www.mindbodygreen.com/0-4386/> for the full article.

Inside this issue:

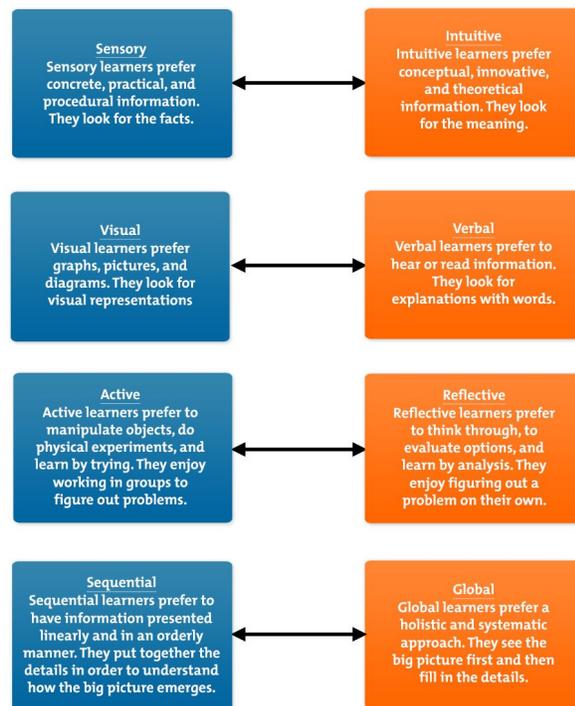
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Student Highlight: What is your Learning Style?

Are you feeling overwhelmed as a student in professional school? Have you been an excellent student in the past, but now find yourself struggling to keep up? These are common themes for professional school students. If you can relate to these feelings, have you considered learning more about your learning style?

Knowing your own personal learning preferences can allow you to expand the ways that you learn and create a more balanced approach to learning.

According to the Index of Learning Styles, developed by Richard Felder and Linda Silverman in the late 1980's, there are four dimensions of learning styles, and everyone falls within the continuum of each dimension. See the chart at right, or visit <http://www.mindtools.com/mnemlsty.html> to complete a questionnaire and get further tips on maximizing your learning potential.



Employee Highlight: Exercise Can Help Reconcile Work/Life Balance

You have probably heard about the numerous benefits of exercise: increased energy, weight loss and maintenance, decreased medical and health problems and complications, improved mood, better sleep, etc. But can it help you in the workplace? Past studies have shown that individuals who engage in regular exercise have lower stress levels, and a new study suggests that exercising regularly can promote an appropriate balance between work and home life. A researcher stated that these

individuals expressed more confidence that they could handle the interactions between home and work pressures, and were less likely to feel stressed at work.

More details of the study are available at: <http://psychcentral.com/news/2014/01/10/exercise-can-help-reconcile-worklife-balance/64320.html>.

LSUHSC-NO employees can exercise at the Wellness Center in Stanislaus Hall. Free fitness classes and cardiovascular/weight equipment are available. Call (504) 568-3700 for more information.

Manager Highlight: Are your Employees Affected by Depression?

Clinical depression is one of the costliest illnesses in the U.S., causing more days of missed work and more work impairment than any other chronic health condition, including asthma, arthritis, diabetes and heart disease. Early recognition, intervention, and support are important factors in helping employees overcome depression, which can result in healthier, more productive employees, decreased disability costs, and improved retention of valuable employees. Educate your employees and managers about the signs of depression and other mental health disorders, and promote the use of employee assistance and wellness programs to

ensure that affected individuals are aware of the available resources.

Depression is a medical illness that affects nearly 1 in 10 Americans each year.

More information for managers can be found at: <http://www.workplacementalhealth.org/Topics.aspx>.

LSUHSC-NO employees and managers can also contact the Campus Assistance Program at (504) 568-8888 for more information or to schedule an appointment.

CAMPUS ASSISTANCE PROGRAM

CLINICAL EDUCATION BUILDING (CEB)
1542 TULANE AVE., OFFICE 866
NEW ORLEANS, LA 70112

<http://www.lsuhs.edu/orgs/campushealth/cap.aspx>

(504) 568-8888

cap@lsuhsc.edu

Hours: 8:30am-5:00pm

On-call counselor available 24/7

A free, confidential service available to all faculty, staff, residents, students and employees to assist in the resolution of personal, academic, or work-related problems.

WELLNESS CENTER

STANISLAUS HALL
450-A S. CLAIBORNE AVE., 3RD FLOOR
NEW ORLEANS, LA 70112

<http://www.lsuhs.edu/administration/wellness/>

(504) 568-3700

wellness@lsuhsc.edu

Hours: Mon-Thurs 5:30am-10pm

Fri 5:30am-9pm Sat 9am-4pm

Promoting health and well-being by offering cardio equipment, weight equipment, and fitness classes. Locker rooms with showers and a lounge area also provided.

February is...

American Heart Month

Learn the warning signs of cardiovascular disease.

<http://www.heart.org/>

National Wear Red Day (7)

Wear red to bring attention to women's heart health.

<http://www.nhlbi.nih.gov/educational/hearttruth/>

National Donor Day (14)

Sign up to donate and save lives.

<http://www.organdonor.gov/>

March is...

National Nutrition Month

Learn how to make informed food choices.

<http://www.eatright.org/nnm/>

National Patient Safety Awareness Week (2-8)

Promote awareness and prevent patient harm.

www.npsf.org/hp/psaw/

National Sleep Awareness Week (3-10)

Learn about the health benefits of sleep.

<http://www.nsart.org/>



April is...

Alcohol Awareness Month

Promote awareness & reduce stigma of alcoholism.

<http://www.ncadd.org/>

Sexual Assault Awareness Month

Promote awareness & prevention of sexual violence.

<http://www.nsvrc.org/saam/>

National Child Abuse Prevention Month

Promote the social & emotional well-being of children.

<https://www.childwelfare.gov/preventing/>