Three out of every four American workers describe their work as stressful. Stress is not always a bad thing. It can stimulate creativity and productivity. According to Robert Ostermann, professor of psychology at FDU’s Teaneck-Hackensack Campus, “No one reaches peak performance without being stressed, whether an athlete, an office worker or a manager.” The natural pattern of human behavior is to experience a stress-causing event or situation, react to it with increased tension and then return to a normal, relaxed state.

Ostermann has found that the level of occupational stress is determined by three dimensions – life situations, work and self – and that the balance between the causes of stress and available systems of support must be considered.

The physical effects of excessive stress have long been recognized: heart attack, stroke, ulcer, other gastrointestinal disorders, immune system distress causing frequent colds and other illnesses.

Psychologically, stress can lead to: depression, anxiety and even panic attacks.

Sixty percent of lost workdays each year can be attributed to stress.

The bottom line: Take care of yourself.

1999, Fairleigh Dickinson University

Take the Challenge!
IPFW Health and Wellness is challenging employees to focus on healthier habits and create a “Healthier U!”

Beginning in April, take the challenge to focus on a healthy habit, earn points and win! With simple consciousness about our daily health habits, healthy choices can be easy, effective, & rewarding.

♦ April: Stress Management
♦ May: Move More!
♦ June: H2O
♦ July: Fruits and Veggies Matter!
♦ August: Making Time!
♦ September: Make September STEPember
♦ October: Take a Mental Note
♦ November: Dump the Sugar!
♦ December: 12 Days of Wellness

April 11-30: De-stress! Take a minute!
♦ Want to receive a daily, one-minute reflection? Register by emailing rohertyj@ipfw.edu
♦ All employees on campus will receive an April Healthier U Challenge bookmark.
How Does Alcohol Impairment Happen?

When a person drinks alcohol, it can enter the bloodstream as soon as you begin to drink. The molecular structure of alcohol (or ethanol) is small, so the alcohol can be absorbed or transferred into the blood through the mouth, the walls of the stomach, and the small intestine.

The stomach actually has a relatively slow absorption rate; it is the small intestine that absorbs most of the alcohol. That’s why we want to keep the alcohol in the stomach as long as possible by eating food, which dilutes the alcohol and keeps it from entering the small intestine so quickly. Once alcohol gets into the bloodstream it moves through the body and comes into contact with virtually every organ. However, some of the highest concentrations, and certainly the highest impact, are caused by the alcohol that reaches the brain.

We need to know that the body is quite efficient when it comes to dealing with alcohol. The liver is designed to metabolize the alcohol as we drink it. Enzymes break down the alcohol into harmless products and then it is excreted. However, the liver can only handle so much alcohol at a time. For a person of average weight and body type, the liver and small intestine can handle alcohol at a rate of about one drink per hour.

If a person drinks at a faster rate than one drink per hour, the alcohol simply stays in the body, waiting its turn to be metabolized. Since there is more alcohol in the body than can be metabolized, the result is increasing levels of intoxication.

Abusing alcohol has negative health affects, diminishes decision making skills, can effect academic success, and more. You owe it to yourself and to your friends to make safe and healthy decisions regarding alcohol use.

http://www.bacchusgamma.org

Ingredients

- 3 pounds fresh asparagus
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 3/4 teaspoon salt, optional
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup slivered almonds, toasted

Preparation

1. Snap off and discard tough ends of asparagus; place asparagus on a lightly greased baking sheet. Drizzle evenly with olive oil; sprinkle evenly with garlic, salt, and pepper.

2. Bake at 350° for 10 minutes or to desired degree of tenderness. Transfer asparagus to a serving dish; sprinkle with almonds.

Melanie Reid, *Southern Living*, MARCH 2005