

March 2, 2012

**MEMORANDUM #016-12HR**

**TO:** Agency Administrators

**FROM:** Bobbie Chappell, Director of Human Resources

**VIA:** Rip Colvin, Executive Director

**RE:** Safety Notes from February 2012

Please find attached the February issues of Safety Notes from Risk Management. I am sure you will find them to be informative. Please feel free to distribute to other interested parties. Thank you.

*Please note my email address has changed to [Andy.Snuggs@jac.myflorida.com](mailto:Andy.Snuggs@jac.myflorida.com).*

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“Adopting the right attitude can convert a negative stress into a positive one.”

~Hans Selye

### Quick Tips to Help with Stress

- Don't be afraid to take a break.
- Have an exercise routine that can take your mind off stress.



- Get social support from somebody who is close to you.
- Meditation can be a great tool to help relax both the mind and body.

# Safety Notes

VOLUME 2, ISSUE 5



## Stress Management & Employee Wellness

**Stress is when people see the demands they face as greater than their ability to cope with them. A small amount of stress can bring motivation to encourage employees to be more efficient; however, an excessive amount of stress can be harmful.**

**Many state employees experience both good and bad stress from work and home. Being able to handle or divert excess stress can make work more productive and daily life more enjoyable and more healthy.**

**Stress levels of different individuals can vary and have different effects so it is important employees are able to balance stress in their lives .**

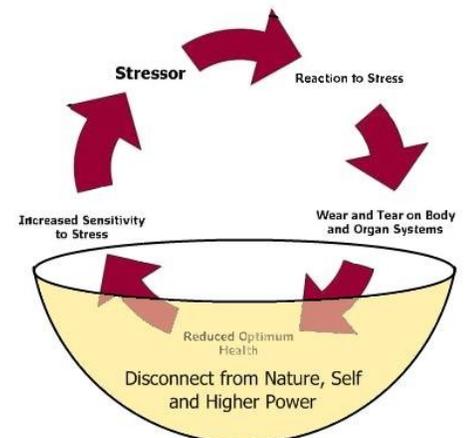
**Below is a link from the Centers for Disease Control which provides common causes and solutions to help employees deal with stress in the workplace.**

[CDC Stress at Work](#)

### Burnt Out?

**Are you or someone you know feeling like you can't continue with your normal day-to-day activities? This survey can help to determine if you are on your way or already burnt out.**

[Burn Out Survey](#)



#### Disclaimer

The links that are posted within the Safety Notes are for educational purposes only. The State of Florida does not endorse or promote any brands, products, or services therein.

“Health is a large word. It embraces not the body only, but the mind and spirit as well.”

-James H. West

# Safety Notes

VOLUME 2, ISSUE 6



Are you socially well? Answer these questions honestly:

- Do you plan time to be with family and friends?
- Do you enjoy the time you spend with others?
- Are your relationships with others positive and rewarding?
- Do you explore diversity by interacting with people of other cultures, backgrounds, and beliefs?

## Social Wellness

Social wellness is an aspect of wellness that is often overlooked. Social wellness refers to the ability to develop and maintain supportive relationships in our lives. The main focus of social wellness is on connecting with others and with nature.

Socially isolated people are more susceptible to illness. Remember to encourage employees to improve their health by developing a strong social network. These positive and strong social networks can create good moods and enhance an employees' self-esteem. Employees who have strong support systems cope better with stress. Increasing social wellness can help out employees while also helping out their friends and family in and outside the workplace.



Below is a PowerPoint on social wellness that you can share with employees.

[Social Wellness PowerPoint](#)