



MAYFAIR
WE CARE

Mayfair cares

**HEALTH & SAFETY
NEWSLETTER**

[Click here to visit our blog](#) for more helpful tips and advice across a range of topics.

October 2020

Stroke's early **warning signs**

It kills more women than breast cancer and more men than prostate cancer. Yet how much do you really know about stroke?

Every year, over 15 million people globally suffer stroke.. That person could be your friend, workmate, family member, or even yourself.

Use the **FAST** test

Being able to quickly identify the signs of stroke is essential, because the faster you get to hospital for treatment, the better your chance of survival and of making a good recovery.

To help you recognise stroke symptoms and act quickly, there's a simple acronym everyone should learn, says the Stroke Foundation – the word FAST:

Face: Check their face. Has their mouth drooped? Can they smile?

Arms: Can they lift both arms?

Speech: Is their speech slurred? Do they understand you?

Time: Is critical. If you see any of these signs call emergency services straight away.

The most common signs of stroke are facial weakness, arm weakness and difficulty with speech. But they are not the only signs.

Other signs that may occur alone or in combination include:

- weakness
- numbness or paralysis of the face, arm or leg
- dizziness
- loss of balance, or an unexplained fall
- loss of vision
- sudden blurring or decreased vision
- headache, often severe and abrupt
- difficulty swallowing.

A stroke is always a medical emergency. Don't put off calling an ambulance, even if you think you're making a fuss over nothing, or the signs disappear within a short space of time. If you suspect stroke, no matter how long the symptoms last, call emergency

services immediately. The longer a stroke remains untreated, the greater the chance of stroke-related brain damage. ✕

Over 80% of strokes can be prevented

High blood pressure is the most important known risk factor for stroke. Reduce your risk by making time for a health check with your GP for all stroke risk factors. Take charge of your health, too, by living a healthy lifestyle – being active, eating well, quitting smoking and drinking alcohol in moderation. Learn more by visiting strokefoundation.org.au/about-stroke/prevent-stroke



WHAT'S INSIDE

Eat more, bin less	2
Do we need to walk 10,000 steps a day?	4
Take the sting out of your inner critic	5
Does your weekend drinking affect your work?	6



10 October is World Mental Health Day. This year, the theme is Mental Health for All.
The goal is to make mental health a reality for all – for everyone, everywhere.

Eat more, bin less

You start the week with good intentions, stocking up on fruit and vegetables to get your daily recommended servings. Then life gets in the way. By Friday you find yourself binning not only fruit and vegetables, but excess bread, milk and eggs.

Globally, an estimated 1.3 billion tonnes of food is wasted each year. That's a staggering one-third of all food produced for human consumption, according to the Food and Agriculture Organization (FAO) of the United Nations. And it doesn't just damage our household budget, it affects the planet too.

Food in landfill

Fewer than three out of 10 of us recognise the impact food waste has on the environment. When food goes into landfill it decomposes and produces methane, a greenhouse gas 25 times stronger than carbon dioxide. If you can, compost your food waste (even small balconies can accommodate a worm farm) or investigate whether your local council collects food scraps for compost. According to the FAO, home composting has the potential to divert up to 150kg of food waste per household annually.

What are we doing wrong?

1. We cook too much food.

Solution: Unless you'll be eating the leftovers within a few days, or plan to freeze them, cook for your needs.

2. We throw out perfectly good food.

Solution: You don't necessarily have to throw out foods as soon as they reach the 'best-before' date. There's a difference between use-by dates and best-before dates. Foods stamped with a use-by date should be eaten or frozen

by this date as they are more perishable. But foods with a best-before date can be eaten after this date, as they are less perishable and usually perfectly acceptable.

3. We don't know how to use food that's past its best.

Solution: Revive wilted vegetables by plunging them in a bowl of iced water. Use them to make pesto, curry or soup, fry them up with garlic, blend them into a smoothie, or make them into a vegetable stock. Lightly cook fruit that's gone soft, then use to top your morning muesli or weekend pancakes, layer with natural yoghurt, make into muffins or crumbles, or use to fill a fruit tart.

4. We buy takeaways at the last minute before cooking the food we have at home.

Solution: Search online for recipes that take 20 minutes or less – and plan them in advance.

5. We buy too much food.

Solution:

- check the cupboard and fridge before shopping so you don't double up.
- shop with a meal plan and a list and stick to it.
- only buy in bulk if you can use it before it spoils.
- don't shop when you're hungry, as studies show you'll buy more food than you need.

Want to learn more? Visit reset.org or lovefoodhatewaste.nsw.gov.au ✕



Do we need to walk **10,000** steps a day?

It's become something of a magic number. Walk 10,000 steps a day we're told, to reduce your risk of cardiovascular disease, diabetes and cancer. But can we still get fit by doing less?

Thanks to activity trackers, step counters and smart phone apps, we're seldom in the dark about how many steps we've clocked up. Many of us don't have time to fit in 10,000 steps (the equivalent of eight kilometres), and for the one in five of us who don't reach this number, there's some good news.

First, there's not much science behind 10,000 steps. It was part of a marketing campaign for a Japanese pedometer company in the 1960s, a way of encouraging people to increase the time they spent walking every day. Being a nice round number, the idea took off, both in Japan and across the world.

Second, our public health guidelines promote at least 30 minutes of moderate-intensity exercise a day. This translates to between 3,000 and 4,000 steps. The more you do,

however, the more you'll benefit, and you'll notice improvements in your fitness as you increase your daily step count.

Pace may be just as important

As fixated as we get with reaching a target step count, our pace is just as important, says Associate Professor Emmanuel Stamatakis, from The University of Sydney's School of Public Health. "There's a big difference between doing a slow-paced 10,000 steps and a brisk walk of 7,000 steps," he told ABC online.

"To be considered moderate intensity, in general most adults need to take 100 steps per minute," Professor Stamatakis explains.

Moderate intensity is a pace where you're able to notice your breathing but can carry on a conversation without noticeable pauses between words. Many people think of this as a brisk walk. You'll get even fitter if you up your pace to a vigorous intensity. This means you can talk to a friend but will be interrupted with noticeable pauses between words to take a breath. That's about 130 steps per minute, according to Professor Stamatakis. ✕

Aim to be active

TV journalist and doctor, Dr Michael Mosley, was keen to compare the benefits and ease of doing 10,000 steps against another fitness goal called 'Active 10'.

"With Active 10 you don't count steps – instead you aim to do three brisk 10-minute walks a day," Dr Mosley told the BBC.

A small group of volunteers signed up either for the 10,000 steps a day challenge, or the Active 10, and all their activity was monitored. The Active 10 group were also told that their aim was not to amble but to get their pace up so that they would be working their heart and lungs, explained Dr Mosley.

Two out of three of the 10,000 steps group had managed to hit their target, but all had struggled. The Active 10 group, on the other hand, had found it relatively easy.

When the data was analysed, the Active 10 group did 30 per cent more 'moderate to vigorous physical activity' even though they moved for less time. The greatest health benefits come from increasing heart rate and getting out of breath, according to the study designer, Professor Rob Copeland from Sheffield Hallam University.

So, if you're struggling to reach your daily step target, aim instead to up the ante with a minimum of three shorter brisk walks and you'll still reap the benefits.



Tame your inner critic

Is your inner bully quick to point out when you're failing at what you're doing? If you're often secretly assaulted by self-doubt – that voice inside telling you you're not good enough – know that you're not alone, and that there are ways to turn down your internal critic.

No one gets through life without making mistakes. Or without failing, getting rejected, feeling guilty or not living up to expectations. It's part of being human. Yet many of us will respond to these common experiences by criticising ourselves harshly.

For some of us the inner critic appears every now and again, while for others it's a never-ending chatter of such ferocity that it undermines how we feel about ourselves and our effectiveness in life and work. This voice can be especially loud for anyone experiencing anxiety or depression.

Australian writer and mental health advocate for Beyond Blue, Jill Stark, is only too familiar with her inner critic.

"My inner critic knows just how to make me feel like the world's most hopeless loser," she writes. "She is loud, relentless, and impossibly cruel. And when I'm doing it tough, she never shuts up."

"A cross between Regina George from *Mean Girls* and Nurse Ratched from *One Flew Over the Cuckoo's Nest*, she loves to point out all the ways in which I suck at life."

"In those moments it's like being trapped in a circus hall of mirrors. My view of myself is so distorted I can't see any positives. I only see my failings."

Psychologist Sabina Read believes that we all have an internal critic. "But that doesn't mean that the inner critic is always giving us valid messages. Often, if you're living with symptoms of anxiety or depression that inner critic will seem louder," she explains to Beyond Blue.

So what do you do to recognise and challenge the inner critic?

1. Notice the negative self-talk. It's easy to allow your mind to ruin your day, so give yourself the conscious goal of catching yourself saying negative things.

2. Don't believe everything your inner critic is saying. Remember that your thoughts are not facts. "When the critic is on high-repeat we just take it as gospel that whatever's being said must be the truth and we don't stop to challenge it," explains Ms Read. "Then there's a reinforcing loopback because physically or emotionally our body responds, and we feel sick in the stomach and it makes us think that the fact is even more watertight."

3. Take your thoughts to court. This means looking at the evidence for what your inner voice is saying, suggests Ms Read. "If you wandered into a courtroom and said, 'Well, I'm just hopeless, there's no way I'll be able to thrive in this relationship or cope in this job', it's unlikely a judge and jury would accept such a sweeping statement. The legal team would say, 'Where's the evidence for that?' And if there was no evidence your case would be thrown out of court."



October 10 is World Mental Health Day

Each October 10, thousands of supporters come to celebrate this annual awareness program to bring attention to mental illness and its major effects on peoples' lives worldwide. There is an annual theme and 2020's theme is Mental Health for All. Greater Investment – Greater Access. Everyone, everywhere. .

For more information visit who.int

CBT for your inner critic

Cognitive Behavioural Therapy (CBT) is a particular type of treatment that psychologists use with their clients to address issues of anxiety, anger, depression and many other mental health problems.

It involves looking at the link between a person's thoughts, feelings and actions, and how each may affect that person's perception and wellbeing.

CBT aims to help you change unhelpful or unhealthy patterns of thinking, feeling and behaving, so can be particularly helpful if you have a strong inner critic.

You can find a CBT therapist by:

- speaking to your GP. They can refer you to a clinical psychologist if required.
- search for "Psychologists Near me" in Google. '
- Look up your national Psychologists Association

You can also visit thiswayup.org.au for an extensive range of low-cost online courses, including CBT. Some of these are self-help, while others are under the guidance of a clinician. This is an Australian site but the courses are applicable no matter your location. Your doctor or Psychologist may recommend a local site that offers the same type of resources.

4. Speak to yourself with kindness.

According to self-compassion researcher Kristin Neff, the antidote for self-criticism is self-compassion. This means treating and talking to yourself kindly, as you would your close friends, and accepting your imperfections along with your strengths.

Self-compassion has been shown to reduce negative emotions and highly self-critical thinking across numerous studies.

"Self-compassion involves valuing yourself in a deep way, making choices that lead to wellbeing in the long term," says Neff.

Neff and Christopher Germer's 2019 research shows that people who offer themselves self-compassion are more able to cope with tough situations like illness, divorce, and loss of a job, and are more likely to engage in healthier lifestyle behaviours such as eating nutritious food and exercising.

5. Seek out your supports. When your inner critic is at its loudest, check in with a supportive friend, colleague or family

member. Develop a shortlist of people you trust and can count on to offer encouragement and compassion when you need it.

6. Focus on the things you do well. If you're constantly looking for information that confirms you're not good enough, you'll find it, says Beyond Blue. Instead focus your attention elsewhere, on the skills you do have.

It can be hard to see your own skills because they've been with you for so long you think everyone has them. But they don't. Each night write down in a journal three things you did well that day – look at these whenever your critic is particularly loud.

7. Be kind to yourself with self-care.

Give yourself some time every day for your mental and physical wellbeing. For example, schedule time to take a walk (even if it's only for 10 minutes), read a book, go for a swim, break for a coffee, do some yoga, or practise meditation. ✕

Does your weekend drinking affect your work?

We like to think that what we do in our leisure time is our own business, but drinking and drug taking at the weekend can still affect your work performance during the week.

Alcohol is one of the most commonly used drugs in the world, and both prescription medications and illegal drug use is on the rise throughout the world. Most workplaces do not tolerate the use of alcohol or drugs on the job, and you should be aware of your employer's alcohol and drug policy. Yet according to the Australian Alcohol and Drug Foundation (ADF) being hungover from alcohol, coming down off other drugs, or simply being exhausted by a big weekend of using drugs or alcohol can all impact your ability to do your job.

Effects such as headaches, blurred vision, irritability, difficulty concentrating and extreme tiredness can all create problems – and potential safety issues – for you and your co-workers.

Alcohol: It can take time to sober up after a heavy drinking session. If you're in good health, your body is able to process one standard drink per hour. Given that a typical glass of wine or bottle of beer can contain up to 1.5 standard drinks, you can see how easy it is to drink more than you intended.

That's why you can still feel hungover the next day, potentially with a blood alcohol concentration (BAC) over the legal driving limit in your country. Many industries require people driving vehicles to have a

BAC of 0.00. Getting sober takes time, and will not be affected by cold showers, doing exercise, or strong coffee.

Other drugs: It can take several days to come down from illegal drugs like ecstasy, ice or amphetamines, so using these drugs on the weekend may also affect your ability to work safely and productively the following week, says the ADF.

Pharmaceutical drugs: Even if your drug was prescribed by your doctor, that doesn't mean it can't affect your work,

with potential side effects such as fatigue and dizziness. Always follow your doctor's advice to minimise the impact of your medications on your work.

Access reliable information about alcohol and other drugs by discussing with your doctor or visiting a reputable site such as [drugs.com](https://www.drugs.com), [mims.com](https://www.mims.com) or looking up your government's health department and searching for information there. ✕



Ask an expert about ...

Q Is it true that if I'm male, I don't need to worry about my bone health?

If you think you can't get osteoporosis because you're a man, think again. Almost one quarter of all people with the bone-thinning disease osteoporosis are men, says Osteoporosis Australia, putting them at risk of fractures as they get older.

Just like any other health issue, bone health needs to be monitored, and men have some specific risk factors.

The male hormone testosterone helps maintain strong bones, so low testosterone

levels can increase your risk of developing osteoporosis and breaking a bone. Some men lose testosterone as they age, and some medications, like therapy for prostate cancer, can affect testosterone levels. Other risk factors for osteoporosis include certain medications (including corticosteroid medications), medical conditions (such as coeliac disease), and lifestyle factors such as smoking, excessive alcohol, low calcium intake, and being inactive.

If you're a man over 50 and experience a broken bone from a minor bump or fall, you should talk with your doctor about your bone health. The underlying cause could be low bone density. This can be tested with a bone density test, a simple scan that measures the density of your bones at the hip and spine. If you have osteoporosis your doctor can prescribe medications that can improve bone mass.

October 20 is World Osteoporosis Day. ✕

App of the month

Insight Timer

Build a simple, daily meditation habit with Insight Timer to help calm your mind, reduce anxiety, manage stress, and sleep deeply. Enjoy guided

meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers, plus music tracks from world-renowned artists. Free features include 40,000+ guided meditations, plus thousands of music tracks and ambient sounds.

Available free from the [App Store](#) and [Google Play](#).

News Bites



This drink may protect you from Alzheimer's

Drinkers of black or green tea may have a lower risk of developing Alzheimer's disease, according to a study published in the journal *Neurology* and led by researchers at the College of Health Sciences at Rush University, Chicago. They found that drinking one or two cups of tea a day as part of a healthy diet could help ward off Alzheimer's and reduce the risk of the disease.

The researchers say it's all down to the amount of flavonols in the diet. These are phytochemicals found in plant pigments, known for their antioxidant and anti-inflammatory properties. Flavonols may help quell inflammation, which may in turn reduce plaque build-up inside arteries and the brain. Flavonols are high in a number of plant foods, including tea.



Baking soda surprises

Ever noticed baking soda listed as an ingredient in your toothpaste, deodorant or cleaner? Also known as sodium bicarbonate or bicarb of soda, baking soda is often used as a raising agent in baking. But it has many other uses, says the University of California Berkeley Wellness Letter. Being naturally alkaline, it can help neutralise acids. Here are a few ways you can use baking soda:

1. An open box of baking soda can help deodorise a fridge or room.
2. A pinch added to the soaking water of beans speeds up the cooking and helps reduce compounds that cause flatulence.
3. Being a mild abrasive, it's a gentle inexpensive cleanser for sinks, tiles, toilet bowls and ovens.
4. When added to laundry water – about half a cup – it can improve the effectiveness of detergent.
5. Added to your bath water it can soothe dry skin, sunburn and itching due to bites or stings. Or you can apply it as a paste (one part water to three parts baking soda).

Caution: don't use baking soda as an antacid. It's effective, but too high in sodium. And don't be tempted by the claims on some websites that taking sodium bicarbonate will restore your body's acid/alkaline balance. This is nonsensical advice. ✗

wellatwork™

Published by: Healthworks®

Suite 3.06, 55 Miller Street Pyrmont NSW 2009 Australia
ACN 624 842 351 **Phone:** 1300 90 10 90

Website: www.healthworks.com.au

Editorial Team:

Editor: Jenny Boss MHumNutr

Subscriptions: Janelle Gibb

Email: well@healthworks.com.au

Healthworks® wellness, health, and safety products and solutions are a trademark of Bodycare Health & Wellbeing Pty Ltd (ACN 624 842 351), registered in Australia. Well at Work™ ©2020. All rights reserved. No part of this work may be re-sold, reproduced or copied in any form. The information in this publication does not provide medical advice for individual problems. For advice and treatment, consult your doctor or health care professional. Well at Work is printed on an environmentally responsible paper. The pulp for this paper is sourced from certified, well managed sustainable plantations and the paper mill is ISO 14001 accredited.



A 'healthy' habit that might not be

Do you shower too much? Some of us might be a bit too clean for our own good.

Healthy skin has a layer of oil and a balance of good bacteria and microorganisms. Bathing too often can upset this balance, leading to dry, irritated or itchy skin, and killing off normal bacteria.

Experts say if you're showering twice a day, it's too much. Some even believe that most people don't actually need to shower every day.

1

THING YOU CAN DO TODAY



Clean your fridge

Giving your fridge a quick wipe down and cleaning up any spills may be something you do fairly regularly – or at least when you're expecting guests for dinner. But how often do you give it a good, deep clean?

According to the Australian Institute of Food Safety, proper fridge cleaning and maintenance is vitally important, although often overlooked. While your fridge may look clean, it's what you don't see that could potentially cause you harm. That's because dirty fridges can act as a breeding ground for dangerous bacteria such as salmonella, listeria and E. coli.

A 2019 report from the UK's consumer magazine *Which?* found that a glut of harmful bacteria was thriving in the majority of fridges they tested.

Nineteen of the 50 bacteria samples they analysed were at levels that could potentially cause serious illness, including respiratory, urinary and gastrointestinal infections.

Which? magazine recommends cleaning your fridge about once a month, in the following way:

1. Clean your fridge before a big shop when it's fairly empty (store perishable food in a cooler/ice box with ice packs). If needed, defrost and clean the freezer at the same time.
2. Remove the shelves, drawers and door racks and wash in warm soapy water.
3. Wipe down the inside of the fridge with lukewarm soapy water. Try to minimise the time the fridge door is open as this sends the fridge temperature soaring (along with levels of bacteria).
4. Avoid using anti-bacterial spray as you don't want this on your food.
5. Remove stubborn stains with a mixture of water and baking soda. ✕

EAT SMARTER

Cook up a **curry**

We hear a lot about the benefits of eating more plants. Vegetables, fruit, grains, nuts and seeds contain vital nutrients, including antioxidants, known for their ability to mop up problem molecules called free radicals that can cause havoc in our bodies.

If you're a fan of spicy food, you'll get an added bonus. Popular curry spices such as turmeric, chilli, ginger, cinnamon, cumin, coriander and cloves contain an array of plant compounds called polyphenols, which are also known for their antioxidant properties. While all spices have health benefits, two of the most well researched are turmeric and chilli.

Turmeric latte anyone?

You can't have missed the current craze for turmeric. This golden yellow spice is turning up in everything from smoothies and ice cream to burgers, thanks to claims that its active ingredient, curcumin, has anti-inflammatory properties that will help conditions including heart disease, Alzheimer's, depression and rheumatoid arthritis. While many of the claims are racing ahead of the science, there are still some trials that show turmeric has health benefits, as long as you consume at least one teaspoon a day.

Never too hot

Where would a curry be without a little heat? The chilli's heat comes from a chemical called capsaicin and related chemicals called capsaicinoids. These are also believed to be the secret behind chilli's health benefits. A large study carried out in China, published in the *British Medical Journal* in 2015, found a diet filled with spices – particularly chillies – was beneficial for health. The more spicy food the participants ate per week, the lower their risk of death from cancer, heart disease and diabetes.



MAYFAIR
WE CARE

Mayfair cares