



The  
Solutions  
Group

**Making Great Companies  
Better Places to Work**

# Work & Well-being

October 2017



[ADHD Awareness Month](#)

[Bullying Prevention Month](#)

[Children's Health Month](#)

[Domestic Violence  
Awareness](#)

[National Breast Cancer  
Awareness Month](#)

[National Depression  
& Mental Health  
Screening Month](#)

[National Work and  
Family Month](#)

## Workplace Bullying? Take Action

Research shows that bullying in the workplace is on the rise. It's important to understand what workplace bullying looks like so you recognize it if you experience it or see it happening to a coworker. Workplace bullying can include:

- threats or intimidation in person, on the phone, via email or text
- shunning
- sabotage
- verbal abuse
- malicious rumors or gossip

If you experience bullying at work, talk to your manager or contact the Human Resources Department. For more information, check out the following resources:

[American Psychological Association Center for Organizational Excellence](#)

[Workplace Bullying Institute](#)

*Beating the Workplace Bully: A Tactical Guide to Taking Charge*, by Lynne Curry



*"...this is about the bottom line. Building psychologically healthy workplaces isn't just the right thing to do, it's also the smart thing to do."*

*—The Honorable Alexis Herman  
Former U.S. Secretary of Labor*

## Six Ways to Be Ready for Natural Disasters

Recent devastation caused by hurricanes and earthquakes is a good reminder that natural disasters can happen any time. Weather and other types of disaster can threaten your physical, mental, community, fiscal, and spiritual well-being. Protect yourself and those you care about by taking the following steps.

1. Get emergency alerts on your cell phone and from a NOAA Weather Radio.
2. Learn about your local emergency contacts, plans and shelters, and how to leave the area.
3. Make a disaster plan with all household members. Plan two escape routes.
4. Learn how to prepare for specific disasters at [www.ready.gov/natural-disasters](http://www.ready.gov/natural-disasters).
5. To protect your assets, buy the best life, house, and car insurance you can afford.
6. Store copies of personal, legal and financial documents in your emergency kit. For a full list of items, check out [www.ready.gov/financial-preparedness](http://www.ready.gov/financial-preparedness).

## Work & Well-being

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## Happiness Series The Joy of Simplicity



This is the third article in a three-part series on happiness.

If keeping up with our culture of constant consumption drives you crazy, it may be time to simplify.

- **Less accumulation.** This means less shopping. Train yourself to steer clear of the stores.
- **Less clutter.** Make sure your home and workspace are organized. Make a habit of looking around you to eliminate the clutter that can creep up on you.
- **Less technology.** Trying to keep pace with the latest trends and devices? Keep yourself in check by asking yourself: Is this technology really helping me, or have I begun to serve it?
- **Less weight.** Are you carrying too much weight – literally? The solution is twofold: eat less and change your attitude about the way you lose weight. Instead of taking the temporary deprivation route, make smart healthful choices with occasional treats for a sustainable way of life.

Source: Hope Health



## Food Focus: Whole grains

Whole grains offer a multitude of health benefits and are easy to incorporate into a healthy, well-rounded diet. In addition to protecting against heart disease by lowering LDL “bad” cholesterol, their high fiber content can help prevent constipation and may reduce the risk of diverticulitis, hemorrhoids and other digestive problems. Whole grains contain no cholesterol, are low in fat, and are a good source of vitamins and minerals. Because whole grains keep you feeling full longer, they may also aid in weight control.

Adults should aim for three one-ounce servings of whole grains every day. The most common examples of whole grains include brown rice, bulgur, oatmeal, whole oats, and whole barley. Here are some others you may want to try:

| Grain         | Description                                    | Uses                             |
|---------------|--|----------------------------------|
| amaranth      | sweet, nutty flavor                            | in soups or instead of rice      |
| barley        | hearty texture, mild flavor                    | in soups                         |
| bulgur        | whole wheat cracked into small granules        | for pilafs and salads            |
| quinoa        | chewy, nutty flavor; contains complete protein | easy to cook                     |
| wheat berries | nutty taste, crunchy texture                   | in soups, salads, and casseroles |



Read package labels carefully to make sure you’re buying whole-grain products. Foods labeled with words like multi-grain, 100% wheat, stone-ground, seven-grain, and bran usually contain processed or refined grains or flours rather than whole grains.

Source: Hope Health

## Schedule Your Annual Mammogram

Early detection is your best protection against breast cancer. Mobile mammography vans provided by Assured Imaging and Radiology Associates of Albuquerque (RAA) offer a variety of screening events throughout the state. Screenings take just 10-15 minutes and can be included in an afternoon of running errands or during your lunch break. In most cases, women can self-refer and a doctor’s referral is not required. Many insurance plans cover 100 percent of the mammogram cost but may limit screenings to one per every 365 days. Events are open to everyone, regardless of insurance carrier.



Most women age 50-74 should have a screening mammogram every 2 years.

### Thursday, October 19

Fire Academy, 7:30 – 11:30am  
Solid Waste Management, 1:30 – 5:30pm

### Friday, October 27 (Health Fair)

Convention Center (3rd St. between Tijeras and Marquette Ave),  
8:00am – 5:00pm

### Thursday, November 2

City Hall Vicinity (6th & Marquette),  
8:00am – 5:00pm

To schedule your mammogram, call  
505-332-6967