Growth is good

And growth sometimes comes with growing pains, as teams adapt their workflows to provide great care and service to more members.

Every U.S. medical organization, says Cynthia Cooper, a manager with KP’s Employee Assistance Program, is “experiencing major revisions...as part of this new national approach to health care.”

Eat foods that are good for you. You’ll enjoy increased energy, improved mood, better weight control and gain a strong line of defense against many diseases.

Move more. Physical activity helps you be healthier and stronger—and feel your best—at every age. Getting 30 minutes of moderate exercise five days a week helps to lower your risk of serious illness and improve your mood.

Sleep well. Rest prepares your mind and body to deal with life’s everyday challenges. It’s also important for your overall health.

Too stressed to decide where to start?

Take a cue from other stressed-out individuals. Here are the top five activities that one survey’s respondents found the most effective at reducing their stress when done regularly. Go with the one that appeals to you!

Infographic reporting: Sherry Crosby, Tyra Ferlatte

94% Spending time outdoors
93% Spending time on a hobby
89% Exercising
87% Spending time with a pet
85% Meditating or praying

It’s imperative that leaders and teams work to reduce the causes of workplace stress. It’s also essential that each person find effective ways for responding to stress.

What she does: Ayala-Ware serves as her team’s union co-lead and is a Healthy Workforce champion. Her workdays can be overwhelming, she says—“There are so many emails, phone calls and change requests.” She takes advantage of the Healthy Workforce programs to de-stress. Her favorites:

• Zumba
• Instant Recess®
• Move It Monday workout sessions

“I love music, and the Move It Monday workouts release stress and endorphins. I come back feeling great.”

—ROSIE AYALA-WARE
Physician scheduler and SEIU-UHW member
Panorama City Medical Center

De-stress today

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Find your inner peace. Practicing mindfulness, kindness, gratitude and forgiveness increases happiness. Feeling grateful can reduce stress, anxiety and depression—and improve your physical health.

A few entries a week make a difference.

Resources to speed you on your way

• Check out the wealth of Healthy Workforce programs at kp.org/healthyworkforce. You can find your nearest KP farmers market, learn the One Moment Meditation, get help sleeping through the night, and much, much more.
• Get inspired at healthyworkforce-gokp.org
• Two great resources on the internet: greatergood.berkeley.edu and headspace.com—mobile apps for meditation and more!