



WINTER 2015 NEWSLETTER



Welcome to the first AHS Newsletter. My goal is to share information with you during the year, on topics relevant to Health, Safety & Wellbeing. I will also include updates on any new releases that you can find on my website. Your feedback is always welcome, and I encourage you to send me your ideas and suggestions via email.

NEW RELEASES: 'Reducing Sedentary Work Practices'; 'Injury Prevention'; & 'Why the absence of disease is not enough'.

Taking care of your health

The World Health Organisation describes *Health* as a "state of complete physical, mental and social wellbeing and not merely the absence of disease". So to achieve your optimum level of 'health', it involves more than just doing some exercise, or eating a healthy diet. Those are important, very important, but it's not all you need to do to achieve and maintain good health. Research has shown that people who make poor lifestyle choices (e.g. smoking, poor nutrition, illicit drug use, excessive alcohol consumption etc.) are MORE likely to have a workplace incident which may result in an injury. And those without good connections and social supports can often have poorer outcomes. For more information, click on the link below.



<http://absolutehealthservice.com.au/why-is-the-absence-of-disease-not-enough-to-achieve-wellbeing/>

Return to Work and Injury Management Systems

A goal of any Employer should be to have a healthy and productive organisation. An effective return to work and injury management (or rehabilitation) system, supports that goal by reducing the human and financial costs associated with injury and illness.

The system is a framework made up of processes and procedures to support effective return to work and injury management of workers. It is most effective when integrated within the organisation and part of the culture.

<http://absolutehealthservice.com.au/work-and-rehabilitation-management-system-fact-sheet/>

Happiness....is it a fad?

There is much research and evidence in the area of happiness and wellbeing. From showing that happier employees are more productive, have less absence from work, are more inclined to be creative, and are healthier, TO show that happier people tend to experience greater longevity and they feel less pain. What is important to remember is that it is not about being upbeat 100% of the time. Maximizing your psychological wealth will mean you do have some low times or negative emotions, but ultimately your level of positivity is higher and leads you to achieve an array of positive emotions!

