

# LIVE WELL



# WORK WELL

Health and wellness tips for your work and life—  
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## Alcohol-related Deaths up 4 Per Cent

Alcohol-related deaths in England are up 4 per cent from last year and 13 per cent in the last decade, according to new government statistics. Two-thirds of the 6,830 deaths in 2014 were attributed to alcohol-related liver disease.

The report, *Statistics on Alcohol: England, 2016*, gathered data from various sources to detail the changing impact of alcohol consumption on health over time. The results revealed that injuries and diseases linked to drinking as either the primary reason for death or secondary diagnosis increased by 30,000 between 2014 and 2015.

Most of the drinking-related injuries and diseases involved men, making up 65 per cent of the total number. According to the research, older people tend to consume less alcohol in one sitting, but drink more often. Since the body of an older person is less able to handle the same amount of alcohol as someone who is younger, most alcohol-related hospital admissions involved middle-aged and older individuals.

The report also stated that the number of prescriptions for medication used to treat alcohol dependence rose from 109,000 in 2005 to 196,000 in 2015—an 80 per cent increase.

The NHS recommends that both men and women limit their alcohol consumption to no more than 14 units per week (one unit equals 10 mL of pure alcohol). Fourteen units is equivalent to 10 small glasses of wine or 6 pints of average strength beer.

## 1 Hour of Exercise Needed for Every 8 Hours of Sitting

A team of international experts has found that workers who sat for eight hours per day and did little exercise had a 9.9 per cent risk of dying during a follow-up period of two to 18 years. In contrast, those who sat for less than four hours and who were active for at least one hour per day had only a 6.8 per cent risk of dying in that time period.

The lead author of the study claimed that the hour of exercise didn't have to be intense—it could be as simple as a brisk walk and could be split up over the course of the day as long as it totalled at least one hour. Even a five-minute break every hour could be beneficial to employees as long as they are active that entire time.

Another study estimated that a lack of physical activity costs the UK economy £1.7 billion per year. However, employees have the power to mitigate the effects of a sedentary lifestyle by performing simple exercises. The NHS recommends combatting long periods of sitting with small bursts of activity such as the following:

- Standing while on the train or bus
- Taking the stairs instead of the lift
- Setting a reminder to stand up every 30 minutes
- Standing or walking around while talking on the phone
- Walking to a co-worker's desk instead of emailing or calling
- Combining lunch and tea breaks with short walking breaks

Reducing time spent sitting and making sure to get regular exercise of at least 150 minutes per week can combat type 2 diabetes, some types of cancer and premature death.

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## Baked Sweet Potato Fajitas

You don't need meat to enjoy this savoury tortilla wrap; peppers, onions and sweet potato make for a healthy and tasty substitution.

- 2 large sweet potatoes
- 1 white or yellow onion
- 2 red onions
- 1 large red pepper, deseeded
- 1 Tbsp. vegetable oil
- 2 Tbsp. cider or white wine vinegar
- 30 g sachet of fajita seasoning
- 8 small tortilla wraps
- ½ of a small bunch of coriander, chopped
- ½ small tub of low-fat soured cream
- 1 small head of iceberg lettuce, shredded
- 100 g reduced-fat feta cheese, crumbled

Heat your gas oven to 200 Celsius (or 180 Celsius for a fan oven). Chop the vegetables into chunky wedges, and toss them into a large bowl with the oil, vinegar and fajita seasoning. Arrange the vegetables in a single layer on a baking tray, and cook for 40 minutes, turning halfway through.

While the vegetables are cooking, warm the wraps following the instructions on the package. Once the vegetables are cooked, sprinkle them with the coriander. Divide the vegetables into eight portions and place each portion onto a wrap. Add a dollop of soured cream, some lettuce and a bit of crumbled feta on top.

Roll up, and enjoy!

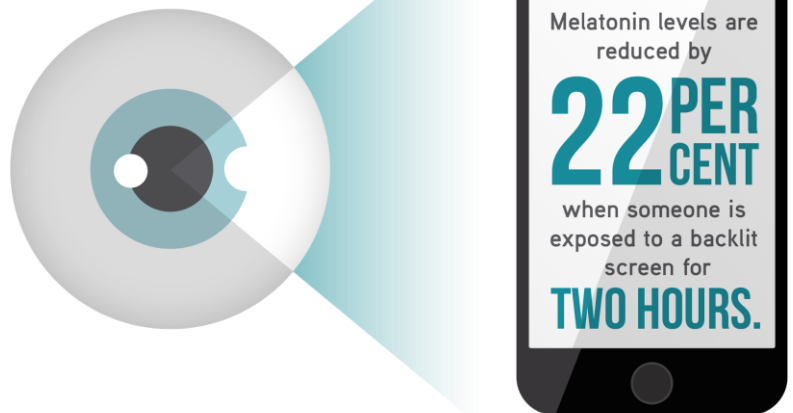


## Combat These 5 Signs of Stress

Change, uncertainty and a lack of knowledge are some of the biggest challenges for the human psyche—and the biggest strains on the human body. Keep an eye out for five common stress-related symptoms to help acknowledge when it is time to step back and take care of yourself.

1. **Racing mind, worry and anxiety** – Listen to audiobooks, podcasts or any audio with spoken words to intercept your worried voices. Guided meditation in a voice other than your own can also convince you that it's safe to relax.
2. **Eye strain** – Avoid looking at your smartphone during breaks since your eyes have to work harder to read small font, and the backlit screen leads to reduced melatonin levels, which are necessary for sleep.
3. **Jaw tension and headaches** – Since clenching the jaw is a common reaction to stress, try to relax your jaw, and do neck exercises that stretch and relax shoulder muscles.
4. **Cramping and/or pain in the abdomen** – The term, 'a gut feeling', is based on actual science. Since the brain is in constant communication with the enteric nervous system, calm your entire nervous system before it continues to disrupt the belly. Try lying down with your legs bent and your hands on your abdomen to feel its rise and fall as you breathe. The rest of your body and your brain should start to relax.
5. **Irritation or anger** – Anger is a normal response to pain, threats and injustice. Remove yourself from the offending situation if possible. Breathe slowly and deeply, and unclench your jaw to stop the body from reacting to anger.

### Avoid Looking at Your Smartphone to Reduce Eye Strain



Source: GOV.UK