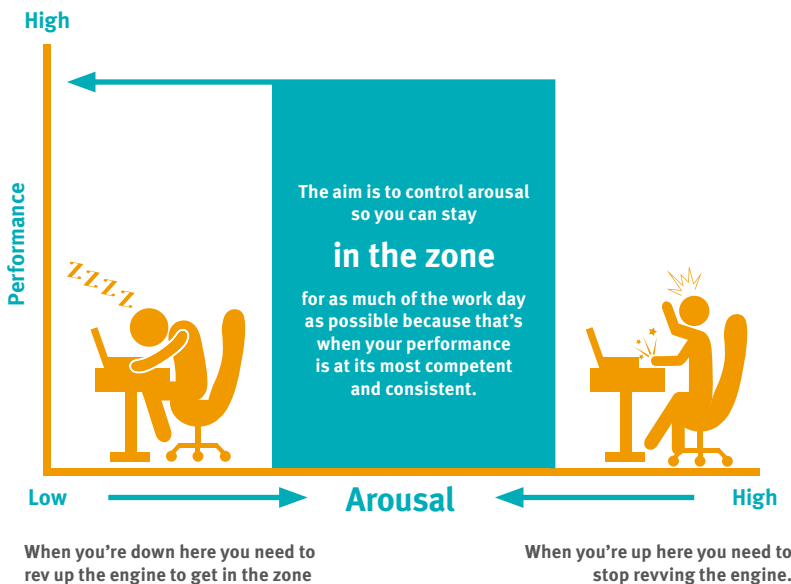




## I am in the zone

Everyday your brain and body functions based on your arousal level. This means the level of chemicals and hormones produced by the brain to make you physically and mentally capable of doing things.



At your lowest level of arousal you are asleep, and when you wake up your arousal level increases, which you experience as alertness and energy levels. Your arousal levels then naturally go up and down throughout the day until it drops low enough for you to go to sleep again.

Sometimes your arousal levels are too low or too high for the work you have to do. In the case of low arousal you generally feel uncomfortable because you do not have the physical or mental energy to do what needs to be done.

Alternatively, if you experience some type of unpleasant situation, it can push your arousal levels too high. When your arousal level gets too high you will begin to see changes in the way you behave and it may increase the risk of you making errors or engaging in conflict. If the stress response is triggered often, your ability to rest the mind, brain and body will become harder and harder to achieve.

The goal is to try and find ways to change your physical and mental responses to get you back **'in the zone'** where your competency and professionalism is at its highest.

It's not possible to stay **'in the zone'** all the time. The aim is to learn how to rev up or calm down when you need to. In next month's *Healthy Intel* we will be giving you coaching tips on how to master this incredibly helpful performance skill.

## Comforting chicken soup

Serves 

### Ingredients:

- 1 large onion – peeled & diced
- 2 carrots – peeled & diced
- 2 sticks of celery - diced
- 4 cloves of garlic - crushed
- 1 tsp of fresh or dried thyme
- Half a chicken chopped into 4 pieces or two large chicken thigh cutlets – skin removed
- Water
- One can of “white” beans (e.g. cannellini beans or butter beans) drained
- Crusty bread (optional)

### Method:

- Heat ½ tbsp. of olive oil in a medium size pot on medium heat
- Sauté the onion and garlic without browning them, stir regularly, until it softens
- Add the carrot, celery and thyme to the pot and stir well
- Add the chicken pieces and water to the pot until everything is just covered
- Bring to the boil and turn the heat to low and let it simmer for at least one hour
- After 1 to 1.5 hours, take the chicken out carefully and let the soup continue to simmer slowly – top up with small amount of water if required
- When the chicken becomes warm enough to handle, shred the meat into bite-size pieces and discard the bones
- Add the chicken and the white beans to the soup, bring to the boil then let it simmer for 15 minutes
- Season with salt and pepper to taste



# Fix those aches and pains fast

Some common aches and pains felt at the workstation can be relieved by changing your posture or set up. Try these simple tips to ease your pain today:

## Eye fatigue, temporary short sightedness

### Common contributing factors

Visual problems, screen too close, poor image quality, glare, screen reflections.

### What can you try

Rearrange work area, close blinds, vary tasks, take micro pauses, get an eye test.

.....

## Back of neck

### Common contributing factors

Looking down at documents or keyboard.

### What can you try

Use a document holder and check screen height.

.....

## Left arm, shoulder or neck

### Common contributing factors

Reaching for telephone or cradling telephone on shoulder.

### What can you try

Bring phone closer, use headset.

.....

## Upper back

### Common contributing factors

Twisted posture.

### What can you try

Sit straight-on, ensure documents, screen and keyboard are in front of you.

.....

## Lower back

### Common contributing factors

Inadequate lumbar support.

### What can you try

Adjust back rest height and angle to give firm support, remove arms from chair, remove obstructions under desk (e.g. drawers).

## Headaches

### Common contributing factors

Posture, visual problems, noise, stress, glare.

### What can you try

Rearrange work area, close blinds, vary tasks, take micro pauses, reduce time on computer, get an eye test.

.....

## Side of neck

### Common contributing factors

Looking to one side.

### What can you try

Ensure your documents and screen are directly in front of you.

.....

## Top of shoulders, outside or front of shoulders

### Common contributing factors

Keyboard too high, arms unsupported.

### What can you try

Raise chair, use footrest, rest palms on front of desk, reduce desk height (if adjustable).

## Right arm or shoulder

### Common contributing factors

Arm outstretched unsupported.

### What can you try

Move mouse closer, use single surface desk.

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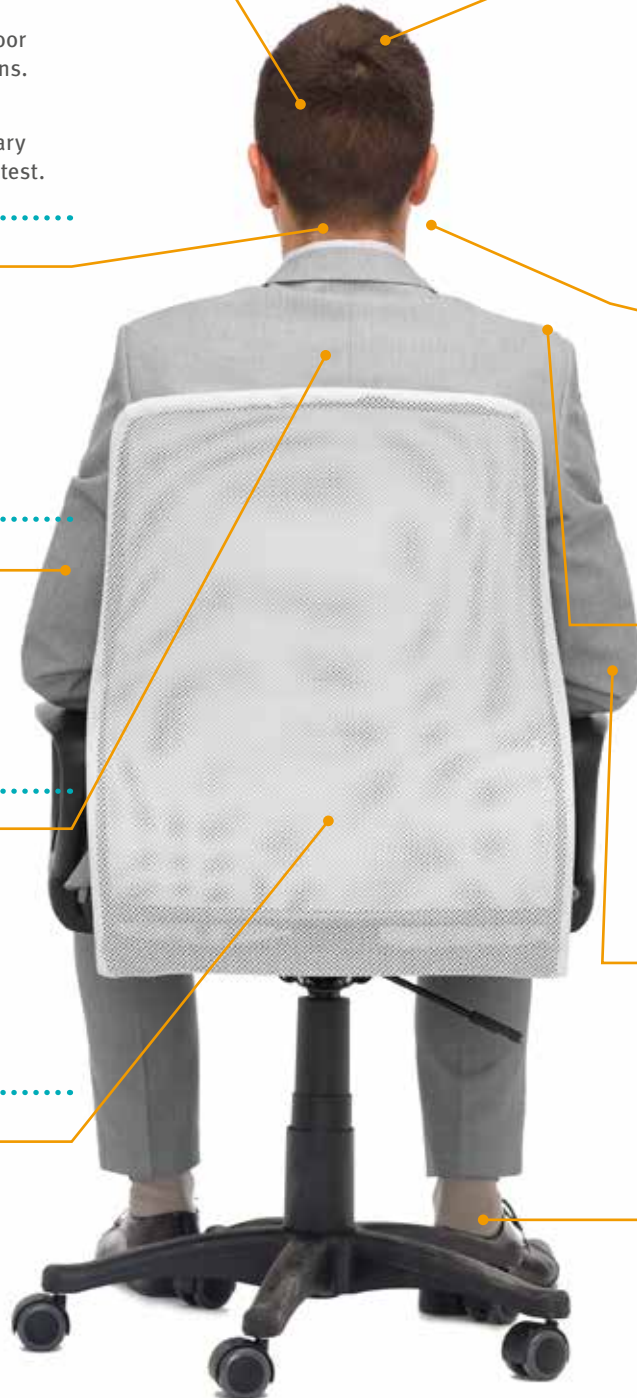
## Leg discomfort, swollen feet

### Common contributing factors

Underside of thighs compressed against chair seat.

### What can you try

Use footrest or reduce desk and chair height.



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