



Taking your foot off the accelerator

There are many different ways that the physical responses and behaviours of the body can be controlled in stressful situations, but nearly all rely on one basic principle - you need to get your breathing under control. If you can learn to control one of the most basic physiological functions of the human body you are one huge leap towards obtaining control over your thinking and behaviours.

When your stress response has been triggered the release of adrenaline and cortisol from the brain causes your breathing rate to increase. Your breathing will be more shallow and rapid than normal. The aim in any stressful situation therefore needs to be slowing the breathing down so that the body stops sending signals that you need to run away or fight the threat. Once you have calmed the physical symptoms you will be in a better position to choose the most appropriate thinking strategy and behaviours.

Here's a quick sequence you can use at any time in your workplace:



Step 1: Say a word or phrase to yourself that means 'hold on a second, I need to take the foot off the accelerator'. Some examples are 'calm down', 'hold up', 'okay now', 'brake', 'calm' and 'focus'.



Step 2: Adjust your posture, sit back in your chair or stand with your feet slightly apart, keep your back straight, your feet flat on the floor, and shoulders and arms relaxed either in your lap or hanging by your side.



Step 3: Take a slow deep breath in (to the count of 5), and then a slow deep breath out (to count of 5). Say a word to yourself on the breath in 'calm' and the breath out 'focus'. You can choose words that are meaningful to you.



Step 4: Repeat Step 3.



Step 5: Say some words to yourself that specifically directs your attention to the next step you need to do. This could be the first action you need to do for the task you are doing, or it could be an action you need to take, to further control your stress response.

Try building this 5 step sequence into everyday tasks so that it trains the mind and body to react calmly and effectively. Here are some examples where you could add in the sequence. The more you practice it, the faster you will master it.

- ▶ During a conversation/argument when the other person is speaking.
- ▶ After pressing the button on a lift.
- ▶ When you sit down or stand at your workspace after meal breaks.
- ▶ When you get into your car before you start driving.
- ▶ Stopped at a red light when driving (driver or passenger).
- ▶ Waiting at a pedestrian crossing when walking to or from work.
- ▶ When you first turn on or turn off the computer.
- ▶ When standing in a queue.

Aussie men are not moving enough

Check out the new website *Real Men Move* which was recently launched to inspire Australian men to increase their participation in physical activity. The website provides practical tips for motivating men to get moving, as well as an exercise library and challenges to help you get stronger, more flexible, trim down or help to reduce back pain.

(Source: www.realmenmove.org.au)

Only **45%**
of Australian men are sufficiently active



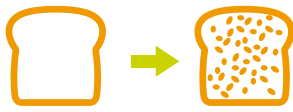
The proportion of males aged 25 and over carrying excess weight has increased from 69% in 1995 to 75% in 2011-12

The **55+** age group is the **least** active cohort of Australian men

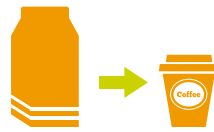


Physical inactivity is a major risk factor for conditions like coronary heart disease, cardiovascular disease, cancer and diabetes.

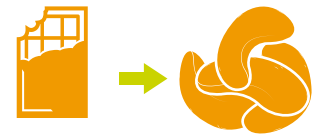
5 simple food swaps to get you on your way to a healthier lifestyle



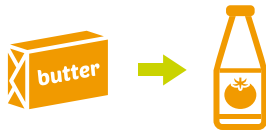
Swap white breads, for wholegrain varieties.



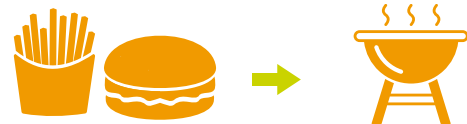
Swap a large full fat iced coffee for a small coffee.



Swap a chocolate bar for a handful of unsalted nuts.



Swap creamy, butter infused pasta sauces for tomato based ones and swap the garlic bread for a large side salad.



Swap a takeaway burger and fries for a homemade lean mince or grilled chicken burger, cooked on the BBQ and topped with fresh salad and a side of oven baked wedges.

Oven baked chicken schnitzel

A healthier version of everyone's favourite. Serves

Ingredients:

- ▶ 2 skinless chicken breasts
- ▶ 2 tbs plain flour
- ▶ Black pepper to season
- ▶ 2 medium eggs, lightly beaten
- ▶ 1 tbs finely grated lemon rind
- ▶ 2 tsp dried thyme leaves
- ▶ 2 cups fresh breadcrumbs
- ▶ Olive oil cooking spray
- ▶ Roasted vegetables to serve

Method:

1. Cut chicken breasts in half horizontally. Place the chicken pieces between plastic wrap and gently pound using a meat mallet or a rolling pin to even out.
2. Season the flour with the pepper, place on a plate, put the eggs in a shallow bowl. Mix together the lemon rind, thyme and breadcrumbs on a large plate.
3. One piece at a time, dip the chicken in the flour, then dip into egg. Then coat the chicken with the breadcrumbs, making sure that it is evenly coated. Place on a baking tray lined with baking paper. Refrigerate chicken for 10 minutes.
4. Lightly spray chicken with cooking spray. Bake in preheated 200C oven for 20 minutes or until lightly golden and cooked through. Turning schnitzels halfway through cooking time and spraying again with cooking spray. Serve with roasted vegetables



(Source: Heart Foundation)

Lvl 3 170 Railway Parade,
West Leederville WA 6007

(08) 9483 8888 www.lgiswa.com.au

Renee Rohde is a specialist health and wellbeing professional and Program Manager at LGIS.

Contact Renee on 9483 8888 for more information regarding these programs.

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