

NEWSLTR

The Workplace Wellness Conference and Exhibition

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Speaker Highlight
Dr. Tyson Perez

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Speaker Highlight

Tyson Perez, DC, Ph.D.



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Dr. Tyson Perez is a former clinician and has a PhD in neuroscience from the University of Otago, New Zealand. Currently, Dr. Perez works as a neuroscientist and professor at Life University with research endeavors focusing on cutting-edge, non-invasive methods to maintain and enhance brain function.



February is American Heart Month

When we take care of our hearts as part of our self-care, we set an example for others. February is American Heart Month. Making time for self-care can keep your heart healthy

National Institutes of Health

Hello, future thinking leaders!

In the fast-paced digital era, where screens dominate our professional and personal lives, prioritizing employee well-being has never been more crucial. As a thought leader in digital wellness, I am excited to share insights on how implementing digital wellness practices in corporations can significantly enhance employee health, well-being, and engagement.

The advent of technology has revolutionized the way we work, making remote collaboration and digital communication integral to corporate culture. While this evolution has undoubtedly brought efficiency gains, it has also introduced new challenges, such as digital fatigue, burnout, anxiety, and blurred lines between work and personal life.

Digital wellness encompasses a new approach to managing the impact of technology on individuals' physical and mental well-being. In the corporate context, it involves creating an environment where employees can

thrive, balancing leveraging technology for productivity and safeguarding their health.

Below are just a few benefits of Implementing Digital Wellness Practices:

Enhanced Employee Health:

Implementing digital wellness practices promotes a healthier workforce. Encouraging regular breaks, providing ergonomic workspaces, and offering resources for mental health support contribute to reducing stress, preventing burnout, and improving overall physical well-being.

Increased Well-being:

Fostering a culture of well-being encourages employees to prioritize self-care. Through mindfulness programs, fitness initiatives, and access to mental health resources, organizations can empower their workforce to maintain a healthy work-life balance and build resilience

Elevated Employee Engagement:

Engaged employees are more productive, innovative, and loyal. By prioritizing digital wellness, companies are committed to their employees' holistic development, resulting in increased job satisfaction, motivation, and a positive workplace culture.

Written by
Anya Pechko

The Brain Change

Every brain changes with age, and mental function changes along with it. Mental decline is common, and it's one of the most feared consequences of aging. But cognitive impairment is not inevitable. Here are 12 ways you can help maintain brain function.

1. Get mental stimulation

Through research with mice and humans, scientists have found that brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells, developing neurological "plasticity" and building up a functional reserve that provides a hedge against future cell loss.

Any mentally stimulating activity should help to build up your brain. Read, take courses, try "mental gymnastics," such as word puzzles or math problems Experiment with things that require manual dexterity as well as mental effort, such as drawing, painting, and other crafts.

2. Get physical exercise

Research shows that using your muscles also helps your mind. Animals who exercise regularly increase the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought. Exercise also spurs the development of new nerve cells and increases the connections between brain cells (synapses). This results in brains that are more efficient, plastic, and adaptive, which translates into better performance in aging animals. Exercise also lowers blood pressure, improves cholesterol levels, helps blood sugar balance and reduces mental stress, all of which can help your brain as well as your heart.

3. Improve your diet

Good nutrition can help your mind as well as your body. For example, people that eat a Mediterranean style diet that emphasizes fruits, vegetables, fish, nuts, unsaturated oils (olive oil) and plant sources of proteins are less likely to develop cognitive impairment and dementia.

4. Improve your blood pressure

High blood pressure in midlife increases the risk of cognitive decline in old age. Use lifestyle modification to keep your pressure as low as possible. Stay lean, exercise regularly, limit your alcohol to two drinks a day, reduce stress, and eat right.

5. Improve your blood sugar

Diabetes is an important risk factor for dementia. You can help prevent diabetes by eating right, exercising regularly, and staying lean. But if your blood sugar stays high, you'll need medication to achieve good control.

6. Improve your cholesterol

High levels of LDL ("bad") cholesterol are associated with an increased the risk of dementia. Diet, exercise, weight control, and avoiding tobacco will go a long way toward improving your cholesterol levels. But if you need more help, ask your doctor about medication.

7. Consider low-dose aspirin

Some observational studies suggest that low-dose aspirin may reduce the risk of dementia, especially vascular dementia. Ask your doctor if you are a candidate.

8. Avoid tobacco

Avoid tobacco in all its forms.

9. Don't abuse alcohol

Excessive drinking is a major risk factor for dementia. If you choose to drink, limit yourself to two drinks a day.

10. Care for your emotions

People who are anxious, depressed, sleep-deprived, or exhausted tend to score poorly on cognitive function tests. Poor scores don't necessarily predict an increased risk of cognitive decline in old age, but good mental health and restful sleep are certainly important goals.

11. Protect your head

Moderate to severe head injuries, even without diagnosed concussions, increase the risk of cognitive impairment.

12. Build social networks

Strong social ties have been associated with a lower risk of dementia, as well as lower blood pressure and longer life expectancy.



Harvard Medical School

Ergonomic Suggestions - The Wrist

To prevent musculoskeletal injuries to your wrist and improve your comfort and productivity, it is important to set up your workstation in a way that keeps your wrist straight without any awkward bends. To achieve this, make sure to position your keyboard and mouse at the same level and close to your body, use a wrist rest to support your wrist while typing or using the mouse, and take frequent breaks to stretch and rest your hands. Additionally, you can consider using ergonomic equipment such as a split keyboard or an adjustable mouse to further reduce the strain on your wrist.

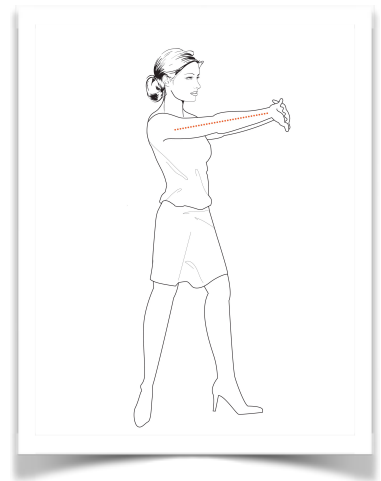


Remember to maintain a neutral wrist position while typing, avoiding any bending in any direction. Also, be mindful of the force used to depress the keys to avoid tendon problems. Frequent stretch breaks are a good way to avoid wrist extension. It's best to stay centered on the lettered part of the keyboard, and if you have broad or thin chests, you may want to consider the keyboard design that suits you best. Also, ensure the mouse fits comfortably in your hand, and your elbows are resting comfortably and close to the body. Lastly, if you grip a pen or pencil frequently, look for one with a wider base, or

consider getting a rubber grip to reduce pressure on your hands.

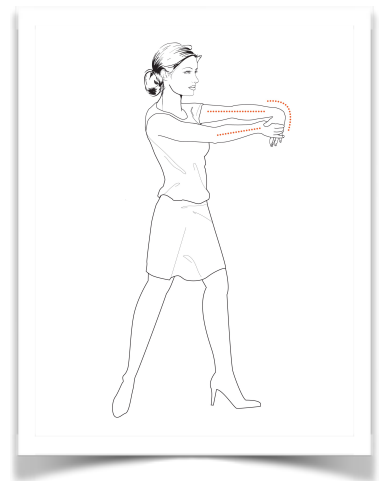
Wrist and elbow stretch

Interlace fingers, palms outward, and straighten arms and hold for 10 seconds and repeat several times.



Wrist Stretch

Straighten the arm in front and bend your wrist forward, gently assist the stretch with your other hand. Hold for 10 seconds then stretch your wrist back and hold for 10 seconds, repeat with other arm.



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The 2024 Workplace Wellness Conference and Exhibition

April 19 - 20, 2024

Hilton Atlanta/Marietta Hotel & Conference
Center

500 Powder Springs Road
Marietta, Ga. 30060



Health and wellness are rapidly becoming hallmarks of the new age of modern living. Explore the world of mental, physical, and spiritual wellness with a host of leading experts. Attend and experience first hand the message of The Workplace Wellness Conference and Exhibition.

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