

Kent County Public Schools

H. R. Newsletter January 2019

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Tips for Staying Healthy at Work in the New Year

Fuel with water, not caffeine. One to two cups of coffee before noon is fine, but fueling on caffeine all day irritates the stomach, increases stress levels, and impacts sleep quality. Instead, start drinking water from the moment you wake up. Mark a clear, reusable bottle at different levels as a visual reminder of how much you should consume throughout the day to stay consistently hydrated.

Go outside, even for 10-15 minutes. A brisk midday walk will re-energize you to tackle your work much more effectively. Invest in moving your body daily and you'll notice a huge difference in your mood and job performance.

Eat yourself well. Go for fresh, whole ingredients like quality meats, nuts, vegetables, and fruits that energize you with nutrients. Avoid refined carbs from bread and pasta that the body processes in the same manner as sugar. Incorporate plenty of high-quality fats! Your brain is over 60% fat, and foods like olive oil, avocados, eggs, and salmon boost your cognitive functions while keeping you satiated so you don't reach for that candy jar.

Manage your stress by staying organized. Do you keep your tasks jumbled up in your email chains, or even worse, your brain? A high-stress environment impedes digestion and logical thinking as the body prepares to tackle what it perceives as a threat. Every morning, create a *physical* checklist of your responsibilities. Take a moment to close your eyes, breathe, and recite three things you are grateful for. You'll be surprised by the mental and physical benefits you gain by doing this every day.



Teacher of the Year
Support Employee of the Year
Promising Educator Award

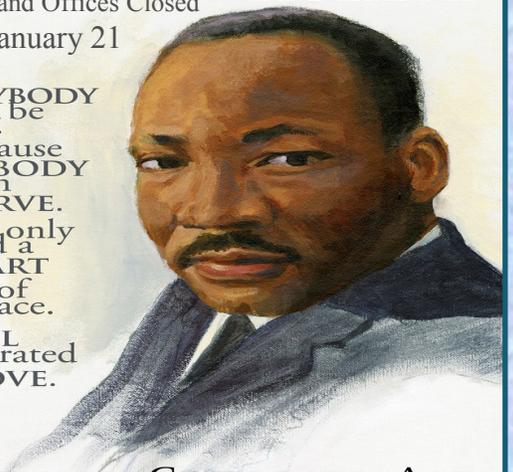
Please send your nominations to Ed Silver in the Human Resources Office by January 25

Dr. Martin Luther King Jr.
SCHOOLS AND OFFICES CLOSED

HOLIDAY

January 21

EVERYBODY
can be
great.
Because
ANYBODY
can
SERVE.
You only
need a
HEART
full of
A grace.
SOUL
generated
by LOVE.



REMEMBER! CELEBRATE! ACT!



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Video Visit

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