

LivingWell



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Keep your family safe from biting insects

Warmer weather is on the way! While most of us are glad to see winter go, it's time to think about a health risk that intensifies in spring and summer: diseases spread by biting insects. Ticks and mosquitoes can infect people with a variety of viruses and bacteria, some of which can cause serious illness. The tick-borne illnesses Lyme disease and Rocky Mountain spotted fever, for example, are serious public health problems that affect tens of thousands of Americans each year. West Nile is the most worrisome of several mosquito-transmitted viruses now found in the United States. Also carried by mosquitoes, the Zika virus has recently emerged in the United States as a potential threat.

You can reduce your risk of infection by taking the following steps to avoid bites:

- Cover as much exposed skin as possible with a hat, long pants and a long-sleeved shirt. Tuck pants into socks and wear closed-toe shoes.
- Apply repellants. According to the Centers for Disease Control and Prevention (CDC), repellants that contain 20% to 30% DEET are most effective. You can also use products that contain 0.5% permethrin on clothing and gear such as tents. Permethrin should not be used directly on skin.
- Follow product directions carefully and reapply as needed. Particularly avoid applying repellant to children's hands and near their eyes and mouth.
- If you're also using sunscreen, apply it first and put on insect repellant second.
- By emptying containers of standing water in your yard, you eliminate breeding sites for mosquitoes. Encourage your neighbors to do the same.
- Avoid wooded areas or those with brush, high grass and leaf litter. When you are in these types of environments, stay on the center of the trail.

Once you're back inside, a few commonsense tips can prevent ticks from taking a bite out of you. You'll want to shower within a few hours of coming indoors to wash off any ticks and facilitate a full-body check. Parents should check kids for ticks, starting in their hair and working down the body. Tricky hiding spots include in and around the ears, under the arms, inside the belly button and in the groin area. Examine pets that have been outside, as well as gear, both of which may provide ticks with access to your home—and then allow them to attach to a person. Wash your clothes and dry them on the highest heat possible.

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Spring into shape with Duke Run/Walk Club

Strengthen relationships with your co-workers while improving your fitness level! Join us for this FREE 12-week program starting on March 14 and continuing through June 1. All paces are welcome. Whether you're a beginner walker or an experienced long-distance runner, you can take advantage of an onsite coach for your group, as well as weekly e-mails with tips, motivation and news about area races and special events. You'll also have access to run/walk interval-training plans tailored to your fitness level and a FREE yoga or circuit class each week.

Many people find that the support of their co-workers makes exercise more enjoyable and helps them stick with the program. Club members meet on Mondays and Wednesdays at 5:30 p.m. for Duke's East and West Campuses and at 5:00 p.m. outside the employee entrance for Duke Regional Hospital. The Club also meets at Duke Raleigh Hospital on Thursdays at 11:30 a.m. at the entrance to the garden. If none of these times fit your schedule, you can also choose to exercise on your own using one of the Club's workout plans. You can still report your sessions online each week.

To register or get more information, visit www.hr.duke.edu/benefits/wellness/runwalk.

Duke Fitness Club provides affordable, convenient gym access

A gym membership allows you to exercise safely and comfortably despite hot or rainy weather. As a Duke employee, discounts or incentives are offered when you join via LIVE FOR LIFE, rather than directly with a gym facility that participates in the Club. Family members can join, too! Many Duke Fitness Club facilities offer childcare and activities like swimming that you can enjoy with your kids. The YMCAs are a popular choice for families. For those who want access to a smaller gym with a pool, Southwind Health and Wellness Center in Durham is budget-friendly. Numerous other options are available, and you can choose the facility that offers the hours, classes and equipment that best suit your needs.

Visit www.hr.duke.edu/fitness today for a list of all participating clubs and more information about how to enroll.





Personal Assistance Service now available to Duke Regional Hospital employees

Starting January 1, 2016, Personal Assistance Service (PAS) began providing EAP services to employees of Duke Regional Hospital. PAS has been providing these services at Duke University and Hospital for over 30 years. PAS offers confidential consultation, short-term counseling and referrals for a wide range of personal, family or work concerns. Duke faculty, staff and their immediate family members are eligible to use PAS free of charge.

Call **919-416-1727** to schedule an appointment at PAS, or visit www.hr.duke.edu/pas to learn more.

Keep your family safe from biting insects

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If you find a tick crawling on your body, avoid touching it directly with your hands. Use a tissue to remove it and flush it down the toilet. If a tick has already attached to your skin, don't panic. In most cases, it takes at least 24 hours for a feeding tick to transmit an infection. To remove the tick, use tweezers to grasp it as close as possible to the surface of your skin. Pull upward with a firm, even pressure. A twisting or jerking motion can cause parts of the tick's mouth to break off and remain in your skin. If this occurs, remove these parts with tweezers if possible. Once the tick is removed, wash the area and your hands with soap and water. Rubbing alcohol can also be used.

Ticks can be stubborn, and it may take several tries to remove them. Folklore remedies such as applying mineral oil to the tick or using heat in an effort to get them to detach are typically ineffective. The goal is to remove the tick as quickly as possible, and tweezers are the best tool for the job. See your doctor if you develop a rash or fever within a few weeks of removing a tick. Share with him or her when the bite occurred and the most likely place you came into contact with the tick.

Keeping your cool: How to manage anger at work

Difficult clients, customers or co-workers. Long hours and heavy workloads. Commuting. Juggling childcare and elder care with the demands of your job. For most of us, the average workday includes a variety of stressors. Anger is a common, normal—and sometimes healthy and appropriate—human response to the challenges we face at work. Chronic or severe anger or hostility, however, can lead to problems both on the job and in your personal relationships. Angry outbursts are destructive both to you and those around you. Uncontrolled anger can even cost you your job.

In addition to adversely affecting your career and the overall quality of your life, experiencing persistent anger can damage your health. Dr. Redford Williams, professor in the Duke Department of Psychology and Neuroscience, has conducted mind/body research for over 35 years. In his book *Anger Kills*, he reveals studies that indicate that chronic anger and hostility can lead to heart disease and other life-threatening illnesses.

The first step in effectively managing your anger is to honestly assess the degree to which hostility, cynicism and aggression have taken over your life. Over time you can then learn how to react more calmly to stressful situations. Effective strategies include being assertive (not aggressive), avoiding overstimulation and using humor to diffuse tension. Relaxation exercises can also prevent and calm angry feelings. Breathing deeply, meditating, imagining relaxing scenes and practicing yoga on a regular basis can all help. If your anger is linked to an ongoing problem in your life such as an abusive boss or family member, you may need to focus on finding a solution to the root cause.

Even before you're aware of your anger, it may have already begun to influence your behavior. Therefore, taking steps to reduce angry feelings early is key. People experience the powerful emotion of anger differently, and you'll want to learn to recognize your personal early warning signs. Having this awareness allows you to take steps to get your anger under control before it controls you. Do any of these warning signs sound familiar?

Physical

- You start breathing harder or faster.
- You feel shaky or sick to your stomach.
- You feel hot or sweaty.
- You get a headache.

Behavioral

- You raise your voice.
- You become argumentative.
- You swear or begin using insults.
- You become very quiet and “shut down.”
- You find that you can't stop thinking about whatever is bothering you.

Your default tendency in a stressful situation may be to become angry—but this could be the least productive way to deal with the challenge at hand. With practice and patience, you can choose how you react in almost any situation. When you feel yourself start to get angry, give yourself a mental break if at all possible. Duck into the restroom, go outside for a few minutes or take a brief walk—and breathe deeply. If possible, close your eyes for a moment. Taking this mental break disrupts your angry pattern of thought and helps you put the problem at hand in perspective.

It takes time and effort, but you can change the way you think about challenges. If you replace exaggerated negative thoughts with more rational ones, you can transform negative emotions into neutral or positive feelings. Be aware of thought patterns that include words like “always,” “never,” “I must” and “I should.” For example, imagine that heavy traffic is making you late for an important meeting. Instead of saying to yourself, “They'll think I'm an idiot; everything is ruined now” or “I'm always late, and I should have left earlier,” put things in perspective. Try supporting yourself instead: “This is frustrating, but it's not the end of the world. Everyone's been caught in traffic; they'll understand.” Logic can defeat anger; try reasoning with yourself. If you can think more positively, you will probably find that you feel angry less often.





Duke-related resources for stress reduction/anger management

Duke's Personal Assistance Service (PAS)

PAS offers FREE and confidential consultation, short-term counseling and referrals to Duke faculty and staff and their immediate family members. A mental health professional can work with you to develop a range of techniques for changing your thinking and your behavior. Call **919-416-1727** for an appointment or visit www.hr.duke.edu/pas for more information. Duke Health Raleigh Hospital employees can contact their EAP at **800-327-2251**. PAS is also now available to Duke Regional Hospital employees; call **919-416-1727** to schedule an appointment or see page 3 for more information.

Online course on stress and anger management created by Duke professor Dr. Redford Williams

This three-hour, self-guided course introduces you to 10 core skills for improving your relationships, your stress level, your health and your overall quality of life. Through accurate real-world scenarios, video and audio segments, and practical application exercises, you'll have several opportunities to utilize these 10 core skills and make them part of your everyday routine. Visit <http://williamslifeskills.com> and click "Online Training" for more information.

Mindfulness Based Stress Reduction Program (MBSR) at Duke Integrative Medicine

MBSR is a method of using meditation and yoga to cultivate awareness and reduce stress. Visit www.dukeintegrativemedicine.org and click the "Programs & Training" tab for more information.

Quiet Room

Make visiting the Duke Cancer Center Quiet Room part of your weekly routine. Free, 30-minute meditation sessions are offered on Mondays from 12:30 p.m. until 1:00 p.m. Check out this YouTube video of this unique room: https://www.youtube.com/watch?v=cQG_NRYhC2s. For more information, call **919-684-2843**.

Chair massage

Chair massage focuses on the high-tension areas of the neck, back, shoulders, arms and hands. It produces therapeutic results in a short period of time by concentrating massage on the areas of greatest tension in the body. Call LIVE FOR LIFE at **919-684-3136**, option 1, to schedule a massage. The cost is \$18 for 15 minutes or \$36 for 30 minutes.

Duke Fitness Club and Run/Walk Club

Regular exercise is one of the most effective ways to manage and reduce high levels of stress that may contribute to angry outbursts. See page 2 for more information about these programs.

Duke Cognitive-Behavioral Research and Treatment Program

Cognitive behavioral therapy (CBT) includes a wide range of specific treatments, all of which are designed to help you learn to think and behave in healthier ways. Visit psychiatry.duke.edu and click "Divisions" and then "General Psychiatry" in the left sidebar for more information.



Good eats! Celebrate healthy, fresh produce and more with Duke Farmers Market

Treat yourself to delicious local produce at the Duke Farmers Market, which runs from April 29 through September 30 this year. Every Friday at Duke, you'll find vendors offering farm-fresh fruits and veggies, as well as baked goods, granola, herbs, artisan cheeses and live microgreens. Grab a lunch to go from Soul Cocina, Pomegranate Kitchen or NOSH Café, and try a refreshing hand-brewed tea from Sangha Teahouse.

When you visit the market, you can even engage in cooking demonstrations with local chefs that will inspire you to prepare healthy meals with seasonal produce from the market. You can also see page 7 for a recipe for Strawberry Spinach Salad with Vinaigrette that you'll want to make again and again. Spinach is typically available at the market March through May. Find fresh, local strawberries at the peak of flavor in April and May.

Choosing whole foods over processed ones is key to good health—and so is eating multiple servings of veggies and fruits each day. The Duke Farmers Market and Mobile Market make it easy for you to do both! Include the market dates in your calendar now. Visiting the markets is a habit you'll be happy to keep.

See the following page for a list of dates and times for all five locations of the market.

Bringing produce to your door: The Duke Mobile Market CSA Program

The Mobile Farmers Market runs year-round and offers you fresh produce, meat, eggs, fish and other products in a convenient pre-packaged box. This concept is referred to as Community Supported Agriculture (CSA). By participating in the CSA structure, small farmers and producers have the opportunity to connect directly with consumers. When you get to know your farmer, you will have greater confidence that the food you're eating is of the highest quality. The CSA vendors that participate in the Duke Mobile Market offer delivery to your home or office; you can also pre-order boxes for weekly pick-up. For details visit:

www.hr.duke.edu/benefits/wellness/mobilemarket.

Duke Farmers Market is now at five convenient locations:

Duke Medical Center Farmers Market

When: Fridays from April 29–September 30 from 11:00 a.m. to 2:00 p.m.

Where: On the green space walkway behind the Searle Center

Duke Regional Farmers Market

When: Tuesdays from May 3–September 27 from 3:00 p.m. to 6:00 p.m.

Where: The employee entrance parking lot

University Tower

When: Tuesdays from 2:30 p.m. to 4:00 p.m., year-round

Where: LoMo's Mobile Market truck parks on the Petty Road side of the parking lot

PRMO

When: Wednesdays from 3:00 p.m. to 5:00 p.m.

Where: Grocers on Wheels in the courtyard parking lot

Mobile Market CSA Program

When: Tuesdays from April through September from 4:00 p.m. to 6:00 p.m.

Where: Duke Gardens upper parking lot (home or office delivery can also be arranged; see *Bringing produce to your door* on the previous page)

Visit www.hr.duke.edu/benefits/wellness/farmers today for more information.

Recipe: Strawberry Spinach Salad with Vinaigrette

Spinach is just one of the many fresh, local leafy greens that abound at the Duke Farmers Market. Packed with fiber, spinach is also loaded with vitamins A and C. Strawberries are also brimming with antioxidant-promoting vitamin C, as well as being a good source of fiber, vitamin B6 and omega-3 fatty acids. This beautiful salad looks as good as it tastes. Serve it in clear bowl to show it off!

Salad

6 cups (12 oz) of fresh baby spinach (or regular spinach with stems removed and leaves torn)

1 quart of strawberries

Vinaigrette

4 tablespoons safflower oil

2 tablespoons cider vinegar

4 teaspoons honey

½ teaspoon black pepper

¼ teaspoon hot pepper sauce

¼ teaspoon cayenne pepper

Whisk the dressing ingredients together in a small bowl. Rinse the strawberries, pat dry, cut off the stems and slice them in half. Wash and dry the spinach and toss with the dressing. Toss the berries with spinach. Refrigerate for 10 minutes before serving.

For extra protein and flavor, add ½ cup toasted sesame seeds or unsalted, chopped nuts. Almonds, walnuts or pecans all work well.

Number of servings: 4–6





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