



your source of

well-being at work

The Eden newsletter for the promotion of healthy habits at work

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Eden supports UNICEF

Water for Africa

1.2 billion people in 60 countries worldwide have insufficient access to clean drinking water. The consequences for children are catastrophic: diarrhoea, unhealthy nutrition, insufficient body growth, and death. The reason: no drinkable water, no access to sanitary installations and hygiene. UNICEF concentrates its humanitarian efforts on the countries where the lack of drinkable water has the worst consequences on children's survival. Eden Springs is proud to support UNICEF's efforts by sponsoring a water project in Somalia, Africa.

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Workplace Stress

Is hard work making you sick?



FROM THE EXPERT

Dr. Nathalie Jacquelin-Ravel
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There are a growing number of people for whom work stresses them to the point that their health suffers. Researchers say that changes in the workplace – the trend towards downsizing, towards casual and contract work, the push for greater productivity – are taking their toll on workers, and are causing anxiety, depression and stress. These factors have been linked to high blood pressure, heart disease, and poor immunity.

A recent Dutch study has confirmed that the harder you work and the more stressed you are, the more likely you are to get sick. Researchers at the Netherlands Organization for Scientific Research followed more than

8,000 participants from various companies for 3 years as part of a 'Fatigue at Work' research program. The study showed that stress at work creates fatigue, and enhances the risk of infection.

"A large percentage of absenteeism is caused by infections", wrote Dr. Danielle Mohren of Maastricht University. By infection, she refers to the common cold, flu-like illnesses, and gastroenteritis. She found that employees in highly demanding jobs suffer colds 20% more often than the employees in less demanding positions.

Job insecurity was cited as one of the biggest causes of employee stress, which is connected to adverse sleep patterns, somatic symptoms and an increase in sickness absence. "People who are working under the threat of restructuring, those who are fatigued and

people who have hit burn-out are at a much higher risk of having a common infection than other people" the study showed.

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Eden supports UNICEF Water for Africa

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Owing to its arid climate, Somalia relies heavily on deep boreholes as water sources in rural areas. These boreholes require generator-driven submersible pumps to extract the water. These water systems are complex and increasingly difficult for rural Somali communities to maintain since the collapse of the national government in 1991. UNICEF with the support of Eden Springs, will use the infrastructure of 2 urban communities Erigavo in the Northwest, and Gardo in the Northeast, helping them to expand their services to bring water to the surrounding rural population, an estimated 70,000 people.



Did you know...

...that water is the only substance on earth that is found naturally in three forms?

They are : solid, liquid and gas.

Workplace Stress

Is hard work making you sick?

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Researchers in Australia have linked the increase in illness during periods of stress to a hormone, neuropeptide Y, which is released by the nerves in large quantities when the body is stressed. Once in the blood it is distributed throughout the body and inhibits the cells of the immune system, making us more prone to getting an infection, report researchers at Sydney's Garvan Institute.



Part of the problem is that workers who are stressed often don't know it, or do, but won't do anything about it for fear they'll lose their jobs. So it's important for colleagues and management to be aware of the indications. Tell-tale signs include taking a lot of sick leave, not getting on with colleagues, not getting work done, using drugs or alcohol at home and at work, and being predisposed to accidents in the workplace.

The solution? People react differently to stress, so the methods to combat it can vary in effectiveness from person to person. Here are some techniques and strategies to help you deal with stress:

- Exercise regularly; it helps increase the level of endorphins (naturally occurring pain-killers) and lowers the level of stress hormones.
- Relaxation techniques, like meditation, visualization, yoga, Tai Chi, etc.
- Warm baths, saunas, showers and spas; the hot water relaxes tense muscles, and may

help raise levels of serotonin and endorphin. These brain chemicals produce a feeling of well-being and help to lower the level of stress hormones.

- Keep a sense of humor; laughter makes your muscles go limp and releases tension.
- Balance work and play; make time for leisure activities, and don't take your work with you.
- Psychotherapy or cognitive behavioral therapy can help teach you how to look at your reaction to stressful situations more rationally and manage them more effectively.

COMING UP IN THE NEXT ISSUE

Focus on fatigue
is fatigue affecting your performance at work?

Well-being at Work

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The information in this publication does not provide medical advice for individual problems. For advice and treatment, consult your doctor or health care professional.

Eden water - your source of well-being at work



Energy | Health | Balance | Creativity | Focus