

Our Health Matters

Welcome to 'Our Health Matters', a new section of the Capital Health Update aimed at promoting health. Each month you will read of a new focus for your own health. Each month you may also be challenged to think about how you are doing in that area.

Self Care –by Healthy Workplace Department, Capital Health

[Our Declaration of Health](#) states that we believe every person has the right and the responsibility to achieve their individual optimal state of health, and that such health embraces all aspects of our humanity: the physical, emotional, mental and spiritual. What does this statement mean for the people who work at Capital Health?

Healthy Workplace believes this declaration translates into self-care –are we caring for ourselves?

My way of relieving stress is to take a nice long hot bubble bath with relaxing music playing in the background ~
Peggy Lyons, Food & Nutrition Services, Healthy Workplace Council member

Wellness
is a state
of being

If self care is how we produce wellness in ourselves – [how do you practice self care?](#)

Healthy Workplace would like to hear from you. Please fill in our online form or call 473-1357 (please speak slowly) and include your name, work address, work phone number, work email (if you do not have a CDHA email address, please provide an alternate email address) and answer the question:

How do you practice self care? Finish the following sentence. I choose to....

I choose to get out of the building everyday for lunch because this refreshes my mind for the afternoon and gives me “me time” reminding me that my life isn't just about work. *Kaitlin Pianosi, Dalhousie Family Medicine, Healthy Workplace Council member*