

LIVE WELL



WORK WELL

Health and wellness tips for your work and life—
presented by Holmes Murphy & Associates

AAP Releases Updated Safe Sleep Guidelines

The American Academy of Pediatrics (AAP) recently released [new guidelines](#) designed to help reduce the risk of sudden infant death syndrome (SIDS) and other types of sleep-related infant deaths, which are also known as sudden unexpected infant deaths (SUIDs). SIDS is the leading cause of death among infants between 1 month and 1 year of age, with 90 percent of SIDS cases occurring before an infant is 6 months old.

The new report suggests that:

- Infants should sleep in the same room as their parents, but in separate beds, for at least the first six months of their lives.
- Infants should never sleep on a soft surface, such as an armchair or couch.
- Infants should be placed on their backs to sleep on a firm surface with a tight-fitting sheet.
- Parents should avoid putting an infant in a crib with pillows, loose sheets, blankets or other soft surfaces.

For more information, visit the AAP's [website](#).

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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The Connection Between Office Camaraderie and Your Health

Getting along with your co-workers can make the task of going to work more enjoyable and, according to recent research, can actually improve your health.

The Society for Personality and Social Psychology analyzed 58 studies of more than 19,000 people from different parts of the world and published its findings in the *Personality and Social Psychology Review*, an academic journal. The report also explains that when individuals identify and are invested in relationships with their colleagues, workplace productivity increases, employee morale increases and burnout levels decrease.

If you have not already done so, consider taking steps toward building professional, positive relationships with your co-workers. Use the following tips to develop positive relationships with your colleagues:

1. Be friendly and encouraging
2. Be supportive of other people's work
3. Initiate conversations, repeated interactions and communications
4. Be respectful to your co-workers and their space
5. Participate in activities that don't involve work
6. Maintain a positive attitude as much as possible



SQUASH SOUP

- 1 Tbsp. olive oil
- 2 medium-sized onions, chopped
- 2 medium-sized carrots, chopped
- 2 garlic cloves, minced
- 1 cup canned tomato puree
- 5 cups low-sodium chicken or vegetable broth
- 4 cups cooked winter squash
- 1 ½ Tbsp. dried oregano
- 1 ½ Tbsp. dried basil

PREPARATIONS

1. In a large saucepan, warm olive oil over medium heat.
2. Stir in onions, carrots and garlic.
3. Cook for about five minutes.
4. Stir in the tomato puree, chicken or vegetable broth, cooked squash and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	123
Total Fat	4 g
Protein	6 g
Carbohydrates	20 g
Dietary Fiber	4 g
Saturated Fat	1 g
Sodium	92 mg

Source: USDA

Reduce Your Holiday Stress

The holidays can bring joy, but they can also bring stress. Whether you are worried about money, gift-giving or finding enough time to get everything done, using the following coping mechanisms can help you manage and reduce your holiday stress.

- **Get organized**—Writing down the things you need to do or places you need to be can help you visualize your to-do list and make it seem much more manageable.
- **Know that it's OK to say "no"**—If attending an event that isn't important to you will interfere with you getting work done or running errands, just say "no" politely.
- **Create and stick to a budget**—Money is one of the biggest holiday stressors for people. Set a realistic budget this holiday season and don't go over it.
- **Ask for help when you need it**—You don't have to decorate, wrap presents or cook by yourself. Ask friends or family members to help you complete these tasks.



67 percent
of Americans report lack of time as a holiday stressor



62 percent
of Americans report lack of money as a holiday stressor

