

Mind and Matter

A publication of the University of Miami Faculty and Staff Assistance Program (FSAP)

Summer 2013

Why Should I Take a Vacation?

by Pilar Tamburrino, M.S., LMHC, CEAP

The arrival of June reminds us that summer is here. If you have not yet made definite plans for a summer get-away, it's now or never. Unfortunately, there's a growing trend to forgo taking any breaks from work in order to deal with the growing demands of the workplace. I encourage you to reconsider since vacations have the potential to break the cycle of stress. Rest, relaxation and stress reduction are very important for our health and wellbeing.

Are you feeling a bit stressed out, tired, run down and generally a bit, "blah?" Research has proven repeatedly that vacations are good for our physical and mental health. Still not convinced? Here are a few advantages to help you change your mind:

1. Something to Look Forward to – Planning vacations and anticipating their arrival is almost as much fun as taking the vacation itself. Anticipating a period of relief, or a break from our daily routines, helps buffer the impact of stressors.
2. Work-Life Balance – In order to be productive at work one needs to have a life outside of work. Taking a vacation may not only make you happy, but also increase your job performance. Studies suggest that more frequent vacations can lead to increased quality of life, and that can lead to increased quality of work while on the job.
3. Keeps us Healthy and Promotes Overall Wellbeing – Taking time off to recharge your batteries, helps to lower your stress levels which over time can contribute to both physical and mental health issues.
4. Promotes Creativity – Time off can help us to reconnect with ourselves; operating as a vehicle for self-discovery, heightened awareness of our needs and helping us to get back to feeling our best.
5. Improved Mental Health – Vacations are an important part of maintaining good mental health. Clearing our minds and refreshing ourselves mentally can have a profound effect. Clinical Psychologist, Francine Lederer agrees that, "Most people have a better life perspective and are more motivated to achieve their goals after a vacation."
6. Nurture Important Relationships – Spending time enjoying life with loved ones can keep relationships strong; helping you enjoy the good times. A vacation is the ideal time to reconnect with and revitalize important relationships.
7. Broaden Horizons – Vacations allow you to learn, wonder about and admire the world. Our minds are stimulated and absorb fresh knowledge each time we explore new places.

Upcoming Lunchtime Seminars

Preventing Household Poisoning

Repairing and Rebuilding your Credit

Skin Care 101

Diabetes Self-Management:
Taking a Modern Approach

Preventing Workplace Violence

Relaxation Training

Visit www.miami.edu/fsap and click on "Schedule of Seminars" for details.

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We're on the Move!

Effective June 1, 2013, the Faculty and Staff Assistance Program (FSAP) office at the Miller School of Medicine will be located in Dominion Tower, Suite 816. We look forward to providing you with the same free, confidential and professional services in our new and improved location.

Poison Control: Not Just for Kids Anymore

By Wendy Blair Stephan, MPH CHES, Health Education Coordinator
Florida Poison Information Center - Miami



This summer, many of us plan to travel or spend a bit more time outside and with family. Few people think of summer as a dangerous time, but surprisingly, summer is the most common season for injuries of all types. According to the Florida Department of Health, poisoning is the #1 cause of injury death in Florida, and these deaths happen overwhelmingly in adults, not children. The Florida Poison Information Center at the University of Miami Miller School of Medicine/Jackson Memorial Hospital offers these tips for avoiding poisonings this summer — and all year long:

- Use caution with medications — Most poison deaths involve an overdose of prescription medication or medications taken in combination with alcohol.
- When traveling with children, leave all pills in their child-resistant containers.
- When grandparents come to visit, offer to secure their medications somewhere secure and out of reach. According to a recent Safe Kids report, 38% of ER visits for child poisonings resulted from kids getting into their grandparents' medications.
- If you take medications for pain or anxiety, minor mistakes can cause dangerous side effects. Keep in mind some of these medications can be addictive. Keep these drugs away from teens and do not share them with anyone.
- Get help if you think you've been poisoned — no matter how it happened.

Many adults are quick to call poison control for a child, but may not think to call for themselves. Most adult poisonings involve medications, but these mistakes rarely seem like a big deal - at first. Some people try to "sleep it off" - with deadly consequences. Your local poison control center is available immediately, 24/7, and speaking to a poison specialist is free and confidential. Save **1-800-222-1222** into your cell phone contact list now. No one expects to have their idyllic summer interrupted by a poisoning, but the 57 poison centers around the U.S. are there to help you at the touch of a button.

For more information on how to safeguard yourself and your family this summer, please attend the seminar, "Preventing Household Poisoning," to be held in June. Please visit the FSAP website at www.miami.edu/fsap for more information about the seminar.

Skin Care Tips for Summer

Offered by Jonette Keri, MD, PhD, Associate Professor of Dermatology and Cutaneous Surgery, University of Miami Miller School of Medicine in her Skin Care 101 presentation.

1. Seek the Shade

- Sunscreen
- Hats
- Clothing
- Umbrellas
- Watch out for reflective surfaces (water, concrete, glass)

2. If you are out in the sun, what do you need to consider?

- Skin type
- Amount of sunscreen applied
- Frequency of application of sunscreen
- Physical barriers

3. Which sunscreen?

- One you will use
- One that protects from UVA and UVB



Inspirational Quote

"There is more to life than increasing its speed."
- Mahatma Gandhi

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Mind and Matter is a quarterly publication from the UM Faculty and Staff Assistance Program that provides helpful tips and articles regarding work-life balance, health and well-being. If you would like to receive this newsletter directly in your inbox each quarter, as well as receive announcements of upcoming FSAP seminars, please send an email to cbootle@miami.edu.

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