



CROSSROADS

A CCCSIG Publication Where Health, Safety & Schools Come Together.

• December 2011 •

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

SPOTLIGHT: NEW Conflict Resolution Training

In many cases, conflict in the workplace seems to be a fact of life. We've all seen situations where different people with different goals and needs have come into conflict. And we've all seen the often-intense personal animosity that can result.

The fact that conflict exists, however, is not necessarily a bad thing. As long as it is resolved effectively, it can lead to personal and professional growth.

In many cases, effective conflict resolution can make the difference between positive and negative outcomes. However, if conflict is not handled effectively, the results can be damaging. Conflicting goals can quickly turn into personal dislike. Teamwork breaks down. Talent is wasted as people disengage from their work.



This year, CCCSIG is offering a new in-person training for its member districts titled "You Can't Shake Hands With a Clenched Fist and Other Strategies for Conflict Management." This 1 or 1.5-hr training provides an opportunity for participants to determine their primary

(Continued on top of next column)

Suggested Uses for Crossroads:

- 5-minute health and safety brief at staff meetings.
- Place a copy in your Injury and Illness Prevention Plan binder.

(Continued from previous column)

conflict management style and discuss the consequences of all five styles. Participants then practice how to best manage conflict situations that may arise in the workplace.

Who can attend this training?

Any employee of our member districts.

Where is this training held?

The training is held at the school or district office site requesting the training. We do require a minimum of 10 attendees in order to conduct this training.

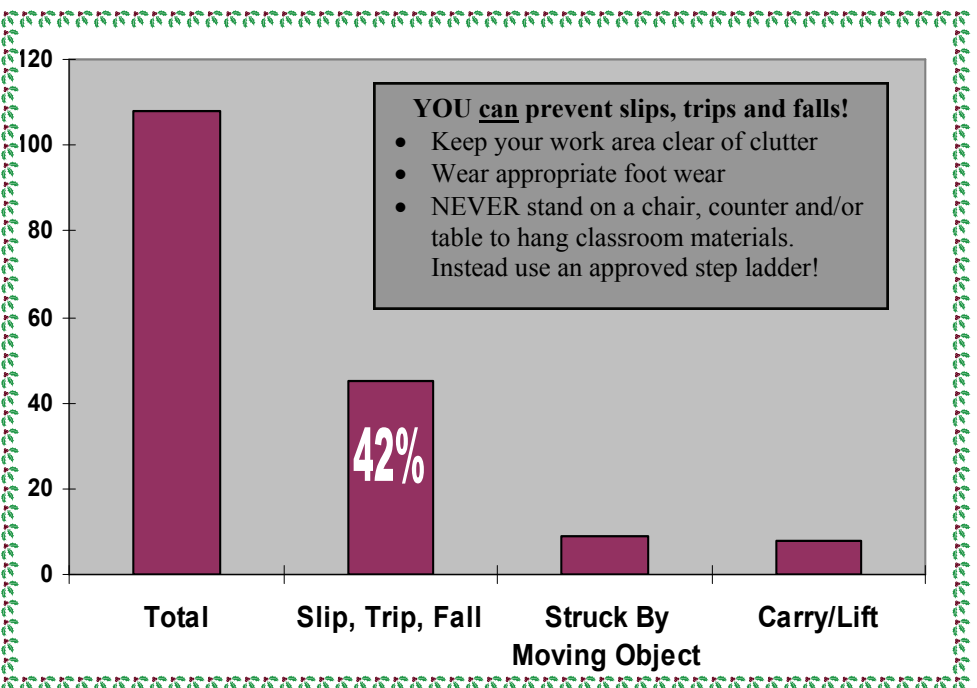
How can I sign up for this training?

Contact Abbie O'Toole at 1 (866) 922-2744 ext. 235 or at aotoole@cccsig.org to arrange this training at your site.

off the mark.com by Mark Parisi



Slips, Trips & Falls #1 Injury Among Teachers! -As of 10/31/2011





The CCCSIG Health & Safety Services Staff wishes you a holiday season filled with much peace and happiness!

Meal in Minutes!

Chicken & White Bean Soup

Active Time: 25 min | Total Time: 25 min

Ingredients

- 2 tsp extra-virgin olive oil
- 2 leeks, white and light green parts only, cut into 1/4-inch rounds
- 1 Tbsp chopped fresh sage, or 1/4 tsp dried
- 2 14-oz. cans of reduced-sodium chicken broth
- 2 cups water
- 1 15-oz. can cannellini beans, rinsed
- 1 2-lb. roasted chicken, skin discarded, meat removed from bones and shredded (~4 cups)



Preparation

- Heat oil in a soup pot over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking until aromatic, ~30 seconds. Stir in broth and water, increase heat to high, cover and bring to a boil. Add beans and chicken, cook uncovered, stirring occasionally until heated through, ~3 minutes.
- Serve hot and enjoy!

Makes 6 servings

Nutrition Facts (per serving):

Serving Size = 1.5 cups

Calories: 172	Fat: 4g
Sodium: 350mg	Protein: 24g
Cholesterol: 54mg	Fiber: 3g

Source: www.eatingwell.com

Ask the Health & Safety Experts

Stress & Insomnia

Q. How can I know if my insomnia is the result of stress or something else? What should I do to help my insomnia?

A. As with any symptom, an important question to ask is “when did it start?” Does the sleep problem come and go with the occurrence and disappearance of stress or does it persist through all the permutations of one’s life? That is, is it situational?

What then should I do to help my insomnia?

The National Sleep Foundation suggests three steps:

- Set your bedtime and your wake-up time according to the number of hours of sleep you are currently getting. For example, if you are only getting five hours of sleep a night, set your sleep time for that amount. Then gradually increase the amount of time allotted for sleep by 15 minutes.
- Start “winding down” two hours before bedtime. Stop all work and end phone calls. Watching television is alright in the evening, however an hour before bed, read or listen to music.
- One should use the bedroom only for pleasant activities. If you awake during the night, leave the bedroom and spend “unpleasant” times awake in another room.



Source: National Sleep Foundation

FITNESS FOCUS: Home Exercise Resources
By: Susan Patterson, CCCSIG

With less daylight available for exercising outdoors, fitting in fitness becomes more of a scheduling hassle for many of us. Some of you might be thinking about purchasing some indoor exercise equipment (or perhaps it is on your holiday wish list!). The benefits are privacy and convenience which will hopefully ease follow-through. There’s a wide variety of home equipment to choose from, whether it be something as simple as a yoga mat and a few weights, or an elliptical designed for home use. The trick is to actually use the equipment once you’ve purchased it, rather than simply hang your laundry on it! How do you decide if the \$\$ will be well spent?

As with any exercise program, the secret to success is in setting goals, tracking one’s progress and surrounding oneself with supportive people. Consider barriers to your exercise training before you begin and brainstorm ways to overcome those barriers.

When purchasing expensive equipment, it’s important to explore your options carefully. Refer to websites and magazines that provide customer reviews of products. If possible, try to preview or try out the equipment before purchasing. Consider the warranty and the return policy. Refer to the American College of Sports Medicine’s (ACSM) free online brochures:

<http://www.acsm.org/brochures>

One product worth considering is the adjustable weight speed dumbbell. You can find them at Sears or Wal-Mart and the advantage is several different weight amounts in one dumbbell that is quickly adjusted and easily stored.

