



Staff News

HEALTH TOK-TOK

Health Tok-Tok is aimed at keeping everyone informed on diseases affecting the local communities and our workforce.

Our focus for this issue is on stress, which is a very common problem amongst the workforce and the local community.

One of the greatest health challenges we all face in day-to-day life has to do with stress. It doesn't have to be a major trauma, but simply the daily pressures of daily life we so often face.

I see the affects of stress every day. Be it at the general hospitals, private clinics or health centres, 90% of patients present with stress related complaints. It is believed, and backed up by research, that under stress our bodies release certain hormones that can affect various organs. Over long periods of time the hormones can weaken these organs, making them more susceptible to disease.

Fear, anxiety and worrying are all stressful emotions that can take a powerful toll on our bodies. No matter who we are, where we live, or what challenges we face, stress and fear are ever-present parts of our lives. The question is how do we deal with it?

THE SYMPTOMS

- Heart palpitations
- Blood vessels constrict causing Hypertension (high blood pressure)
- Stress induced shallow breathing, and even hyperventilation
- Digestive problems caused by the diversion of blood from the stomach
- Increase in blood glucose (sugar), which in some people can lead to diabetes
- Sleep disorders, which can negatively impact overall health
- Negative affects our immune system – our body's frontline defence against disease

PREVENTION

- Get enough rest in order to achieve optimum health, physically, mentally, spiritually and socially. Try get at least 7 hours sleep a night.
- 30 minutes of vigorous exercise each day
- Eat a well balanced diet

How well do you listen to the signs from your body, mind and soul that call for relaxation and rest? Remember, that our body functions in balanced cycles of work and rest. We need to co-operate with its requirements in order to achieve a healthy balance.



LOTTY WINS EXTRA MILE CAP

Lotty Koyoro is the proud recipient of the first "Extra Mile Cap" presented to employees who on their own initiative go 'the extra mile'. Lotty attended a FSC course in February, where he heard about toolbox safety talks. Back in the work situation Lotty, on his own initiative, began giving these talks every morning before shift started, in a drive to raise safety awareness in his section

FIRST AID TRAINING

Andrew Sadi (Joinery Division), Steven Eugene (Moulding Division) and Jonah Foreso (Workshop) recently attended a three day comprehensive First Aid Training Course run by PNG Red Cross. I am pleased to announce that all three staff members have successfully passed – Congratulations.

HIV AWARENESS

Sr.Cathy(WPCNursingSister)hassuccessfully attended a "Train the Trainer" Workshop run by BAHA whereby she attained a Certificate in HIV Management in the Workplace.

CAUGHT IN THE ACT



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