

LIVE WELL



WORK WELL

Health and wellness tips for your work and life—
presented by Sheldon Williams

Migraines May Be Caused by Mouth Bacteria

People who experience migraines often link certain foods as triggers. However, new research suggests that the culprit for migraines might not be the food that people eat, but the amount of bacteria in their mouths.

Researchers have studied the mouths of people who experience migraines and found a significantly higher amount of the bacteria that breaks down nitrates found in certain foods, including leafy green vegetables and processed meat.

The bacteria in question processes the nitrates so they can then be converted into nitric oxide in the bloodstream, which widens blood vessels and improves circulation. While this is good for cardiovascular health, an abundance of these bacteria may break down nitrates more quickly, causing blood vessels in the brain and scalp to dilate—triggering migraines.

Although the researchers found a link, further research is needed to prove a cause-and-effect relationship between these bacteria and migraines. Researchers are hopeful that the results of such research might lead to new migraine treatments.

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

Directions

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 Fibre	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're worried about money, gift-giving or finding enough time to get everything done, 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.
- **Focus on what really matters**—People who focus on activities with others and relationships during the holidays report more happiness than those who focus on gift-giving.

MOST COMMON CAUSES OF HOLIDAY STRESS



Not having enough money



Crowds



Too much to do