

WELLNESS CONNECTION

Live well. Work well.

JUNE 2020

IN THIS ISSUE

▶ INSPIRE TO MOVE

Ergonomics and Staying Injury-Free

▶ NOURISHING YOU

Grilled Fish Tacos with Strawberry Mango Salsa

▶ HEALTHY HARMONY

Distracted Driving

▶ GOOD DECISIONS

Stay Cool & Stay Safe in Warm Weather

▶ EMPLOYEE SPOTLIGHT

Cybersecurity Safety Tips



Photo Credit: Nghia Le on Unsplash

National Safety Month

System Wellness Committee Member, Seth Yoder, recently sat down with Cindy McKendall from Technology Services to discuss cybersecurity and what steps we all can be taking at work and home to protect ourselves. To find out more about their conversation please read our interview on page 6.

Ride Your Bike to Work Day
JUNE 15



Photo Credit: Carl Nenzen Loven on Unsplash

▶ FEEDBACK



SOWellness@uillinois.edu

The System Office Wellness Committee does our best to site relevant information from reputable sources. Employees should always consult their physician before making any kind of health decision or change.



READ TIME:
3 MINUTES



CONTENT SOURCE:
[CLICK HERE](#)

Ergonomics and Staying Injury-Free

By Colleen Crawford

The shift to working from home for many of us has been filled with many varied challenges, including how to set up an effective workspace that allows us to work productively and safely. Without the benefit of furniture and accessories designed with workspace safety in mind, we have been left piecing together workspaces in spare corners of our homes while repurposing household items to create the best work environment we can.

[EHS Today](#) provides guidance on how to implement ergonomics basics while working remotely to help us work safely and reduce the risk of injury using the acronym **NEW**:

N - Neutral Posture: Attain a proper posture while performing sitting or standing work; a neutral seated posture should include sitting with the neck straight, shoulders straight down loosely at the sides, elbows at a right angle, wrists straight, low back supported on the back rest of the chair, 90° at the hips, 90° at the knees, and feet flat on the floor or on a footrest.

E - Eye and Elbow Height: Whether seated and standing - ensure that the keyboard (ASDF home row) and mouse are positioned at the elbow level. The top of the monitor should be at or slightly below eye height.

W - Work Area: Keep items that are used often in the primary work zone (the area when elbows are at the sides and the hands are moved side to side, see figure); keep items that are used less often in the secondary work zone (area within the outstretched arms). In the office, the keyboard and mouse should be in the primary work zone, centered with the user and the monitors.

Additional details for how to achieve proper ergonomics while working, including DIY suggestions for your home workspace, can be found in the EHS Today article [Ergonomics Recommendations for Remote Work](#).

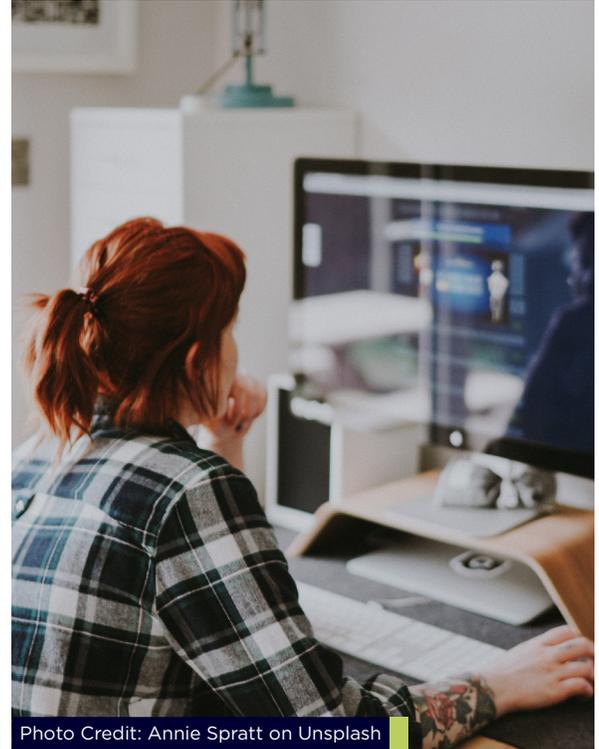


Photo Credit: Annie Spratt on Unsplash

Staying injury-free doesn't stop with your workstation setup. Including movement throughout your workday can help relieve tension in overworked muscles and provide an opportunity to bring balance into your body. Taking a few minutes several times per day to move around can be enough to reset posture so you don't settle into a suboptimal, and potentially injury-inducing, position for extended lengths of time. You don't have to commit to a structured exercise routine to reap the benefits of adding movement breaks to your day. A few laps around your home (inside or out), trips up and down your stairs, and simple stretches while looking out your window are all actions you can take today to help keep your body pain-free. Or if you have 14 minutes to spare, give this standing sequence [Office Break Yoga](#) a try! ■



READ TIME:
3 MINUTE



CONTENT SOURCE:
[CLICK HERE](#)

Grilled Fish Tacos with Strawberry Mango Salsa

Recipe by Leana Coffey

Summer is for grilling! You don't have to wait for a Tuesday to make these grilled fish tacos. Grilling the fish instead of frying it makes this recipe healthy, delicious, and the cleanup is a snap. Use any firm white fish such as tilapia, cod, or mahi mahi, all excellent sources of lean protein and healthy Omega-3 fats. The strawberry mango salsa is the perfect topping. Double the recipe to eat with whole wheat tortilla chips later.

Ingredients

- 1 lb firm white fish (cod, tilapia, snapper), cut into 1 inch thick fillets
- 1 lime, juice of
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 8 corn or whole wheat tortillas, small
- Lime, cilantro, Tabasco sauce, for garnish
- Strawberry mango salsa

Instructions

1. In a flat rimmed baking dish, whisk together lime juice, cumin, chili powder, salt and black pepper. Add fish and flip it around until evenly coated. Let fish marinate in the refrigerator for at least 15 minutes.
2. In the meanwhile, prepare strawberry mango salsa by adding all ingredients in a medium bowl. Adjust salt and spiciness to taste.
 - 1 cup strawberries, diced
 - 1 medium mango, diced
 - 1 medium avocado, diced
 - 2 tbsp onion, minced
 - 1 jalapeño, seeded and finely chopped (leave some seeds for spiciness)
 - 1/2 cup cilantro, chopped
 - 1/2 lime, juice of
 - 1/2 tsp salt
 - Tabasco or red hot pepper flakes, to taste (optional)



Photo Credit: ifoodreal.com

3. Preheat an indoor/outdoor grill or large non-stick skillet on medium high heat and spray with cooking spray. Place fish on the grill/skillet and cook untouched until white and opaque on the bottom, about 4 minutes. Carefully flip on the other side and cook another 4 minutes. If using an indoor grill, you won't have to flip the fish and cook for 4 minutes total. Transfer to a platter and using the fork break into large flakes.
4. Warm up tortillas on the grill or in the microwave. To assemble a taco, place desired amount of fish in a warm tortilla, and top it with strawberry mango salsa and any optional garnishes. ■

Distracted Driving

By Jackie Billhymer



READ TIME:
2 MINUTES



CONTENT SOURCE:
[CLICK HERE](#)



Photo Credit: Alexandre-Boucher from Unsplash

I live on a busy street in a small central Illinois town. My son and I like to sit in the swing on our front porch and he waves at the cars going by. On some days, we easily see 10 cars pass by within as many minutes. It's common to see drivers looking down at their phones and it's not just the young kids, either – it's all genders, all ages. I would be lying if I didn't include myself in the distracted driving dilemma.

Whether it's looking at a map or texting a friend that you're running late, distracted driving has become a consequence of our society's need to be constantly informed. While my observations from the porch swing aren't exactly science, it does make you wonder – what is SO important that it is worth risking life?

Looking at your phone while driving may seem like something you can do quickly and without harm to yourself or others, but it *significantly* increases your risk for being involved in an accident or worse, causing death. **Distracted driving is driving while doing another activity that takes your attention away from driving.** It includes everyday behaviors like drinking a beverage, adjusting the AC, and looking at something happening on the side of the road.

There are three main types of distraction for drivers:

- Visual: taking your eyes off the road;
- Manual: taking your hands off of the wheel; and
- Cognitive: taking your mind off driving.

Texting happens to cover all three types, which makes it particularly dangerous! [Illinois state law](#) prohibits the use of hand-held cellphones, texting or any other electronic communication while operating a vehicle. You will be issued a maximum \$75 ticket for your first offense, and it increases with each offense. Technology such as hands-free mode in the car and voice-to-text recognition are designed to help us be safer while driving, but even with those products, you are at a minimum distracted cognitively.

There is no safe way to both drive a vehicle and use a cellphone, hands-free or otherwise. Ask yourself if using your cell phone while driving is *really* necessary. Decide what should have your attention *right now and use mindfulness!* If you need to use your cell phone, even with hands-free technology, it is recommended that you pull off to the side of the road first. This simple act could make all the difference! ■

Stay Cool & Stay Safe in Warm Weather

By Christina A. Worthington



READ TIME:
3 MINUTES



CONTENT SOURCE:
[CLICK HERE](#)



Photo Credit: Pexels.com

As temperatures begin to rise and daylight hours lengthen, many people are anxious to enjoy outdoor activities to the fullest! Taking the correct heat safety measures can prevent the many heat-related illnesses, injuries and deaths seen each year. Be sure to discuss heat-related illnesses with your medical provider to determine your risk level.

Consider these preventative measures:

Personal factors. Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness. Even individuals not believed to be “high risk” should consider other personal factors such as obesity, dehydration, sunburn, and prescription drug and alcohol use which can play a role in whether a person can cool off enough in very hot weather.

Physical Activity. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. Try to schedule workouts and practices earlier or later in the day when the temperature is cooler. Plan to wear loose, lightweight or light-colored clothing. Drink more water than usual and don’t wait until you’re thirsty to drink more.

Know the symptoms. Familiarizing yourself with the symptoms of heat stroke, heat exhaustion, heat cramps or rash, and sunburn can help save your life and the lives of those around you. This chart from the CDC will help you [identify warning signs](#) and know what to do when you spot them:

For more tips on how you can stay cool, hydrated and informed while enjoying the warmer weather, visit the Center for Disease Control and Prevention’s [Natural Disasters and Severe Weather page](#). ■



READ TIME:
8 MINUTES

Cybersecurity Safety Tips

By Seth Yoder

Seth Yoder from the System Wellness Committee recently sat down with Cindy McKendall from Technology Services to discuss cybersecurity and what steps we all can be taking at work and home to protect ourselves.

Q. How does working at the University of Illinois make us targets for cybersecurity attacks?

A. As employees, each of us has access to information that cyber-criminals want. Whether you have access to financial records, research data, or student information, that access and that information is valuable to cyber-criminals. And that makes each University of Illinois employee a target. But there are things each of us can do to protect ourselves and the University of Illinois System.

Q. Are there cybersecurity best practices we should be following when we use our personal computers for work?

A. Yes! These are good tips to follow, no matter what kind of device you're using.

- Don't click on any attachments or links that seem suspicious or unusual. If you get a suspicious email to your work account, report it to Tech Services at this link: <https://answers.uillinois.edu/illinois/page.php?id=50007>
- Back up personal files now. You can copy your files to a cloud service, an external hard drive, or a USB drive to back them up. That way, if your computer gets compromised or infected, you won't lose all your important files. You should also follow your department's procedure for storing work files in an appropriate place

that gets automatically backed up.

- Install and run antivirus software on your personal computer. If you do not already own antivirus software, you can get the following free downloads.

UIUC/UIS: <https://webstore.illinois.edu/Shop/product.aspx?zpid=2508>

UIC: <https://acc.uic.edu/services/security/antivirus/>

All University of Illinois computers should already have antivirus software installed and running.

- Make sure to install software updates that are pushed to your computer. These updates often fix newly discovered security vulnerabilities, and installing them will help protect your computer against threats.

Q. Phishing is a common threat we often hear about. Do you have any tips and tricks on how to recognize a phishing attempt?

A. Phishing attacks are getting more sophisticated, which requires us to be more diligent in identifying them. The following information will help you identify a phishing attempt.

- A phishing email often has a sense of urgency and will ask for some type of immediate action.
- Many phishing attempts resemble trusted companies with logos and branding that look legitimate.
- The grammar or spelling in many phishing attempts can seem "off," once you read it carefully.

Q. Are there training and resources available on cybersecurity at the University of Illinois?

A. Yes, the University of Illinois currently offers the following training modules on cybersecurity:

- Creating strong passwords
- Phishing
- Ransomware
- Safer web browsing
- Two-factor authentication

To access this training please visit go.illinois.edu/securitytraining and login with your NetID and password. Trainings will continue to be added so please be sure to visit the site even after you completed all the currently available trainings.

In addition, there is also a biweekly cybersecurity newsletter called Work Secure at Illinois. Here are the links to the first three:

- [Updating Software](#)
- [Running Antivirus](#)
- [Avoiding Phishing](#)