

# Your Health Matters



A joint communication from your Health Services & Human Resources Departments.

## LINKING YOU IN TO HOT TOPICS

- ◆ [The DISD Employee Assistance Program Newsletter](#)
- ◆ [Talking with Children about Infectious Disease Outbreaks](#)
- ◆ [Your Mental Health](#)
- ◆ [Urgent Help-Lines](#)

### Trending: Heart Disease



Heart disease is the leading cause of death for both men and women. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

For more information, visit: <http://www.healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/keep-your-heart-healthy>

The American Heart Association

- <http://www.heart.org/>
- <http://blog.heart.org/ga-federal-nutrition-panels-advice-dietary-cholesterol/>

### Trending: Avoiding Burnout

#### 12 Choices to Help You Step Back from Burnout

By: Vicki Davis

"A tired teacher is a powder keg waiting for a match. In my bouts with burnout, I've learned that stepping back from the brink is about choice. These 12 choices have helped me recover and be a better teacher for my students."

The links inside the following website are great – don't miss "happy triggers"

<http://www.edutopia.org/blog/12-choices-step-back-from-burnout-vicki-davis>

#### Six Signs of—and Solutions to being "Smoked"

By: Wendi Pillars

"**Sfumato**. One of Leonardo da Vinci's **seven essential elements of genius** is known as *Sfumato*, Italian for "smoked," or "going up in smoke." This principle is the ability to embrace uncertainty, the unknown, and the unknowable. In my interpretation, it's also an ability to "let go" of everything that's left undone when you know you've done your best. Embrace Sfumato."

<http://www.edweek.org/tm/articles/2014/05/20/ctq-pillars-signs-of-solutions-for-burnout.html>

Teachers are not the only folks in education that have had the dubious experience of being "smoked" in their work. All of our support staff from bus drivers to administrators can find themselves in the crosshairs of burnout. Under the best conditions, work in public education is demanding and at times, an emotional roller coaster. Add to that, a personal life that may include mild to extreme family demands and you have a recipe for 'toast', or 'sfumoato' or by any other name, burnout.