



## ***ScienceDaily* Issue Focuses on Workplace Health and Safety**

**Forwarded by Diane Myers, Educational Commission for Foreign Medical Graduates**

A recent issue of *ScienceDaily* online focused on workplace health. I know in my workcenter, the calendar becomes increasingly busy from October to November before beginning to subside the second week of December, with our workplace stress being replaced by the stresses of the holiday season, which are then replaced by the new calendar year and the academic schedule. It never seems to stop or even slow down.

All simulation managers and staff know how hard we work. It is important to take time to focus on our health and the health of our colleagues and co-workers. This issue will provide some nice reading for you and may even help.

A couple of sections I wish to highlight include:

- “Women's long work hours linked to alarming increases in cancer, heart disease” describes a study of women who may pay a “steep price” for years of long hours in the work place.
- “Lack of sleep costing US economy up to \$411 billion per year” reports on a RAND Corporation study that found that those who sleep less than an average of six hours per night are at much higher mortality risk.
- “Health determined by social relationships at work” reports on an article in *Personality and Social Psychology Review* that found that how strongly we identify with the people and the organization to which we belong is associated with better health and lower burnout.

Please take a few minutes and look over some of the offerings. It may do you good. The issue can be accessed at:

[https://www.sciencedaily.com/news/health\\_medicine/workplace\\_health/](https://www.sciencedaily.com/news/health_medicine/workplace_health/)

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