



CITY OF SAN JOSE

WELLNESS

Inspire • Support • Achieve

A newsletter for wellness information, events and celebrations!

Volume I

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Got a wellness question or idea?

Send your email to:
WellnessIn-Box@sanjoseca.gov



Stop Smoking for Better Health



*Rajiv Das, M.D., MPH
Employee Health Services*

Cigarette smoking is bad for us. Everyone seems to know this but people continue to smoke. Why?

Obviously, it's a bad habit that once started is very hard to stop. In the 17 years that I've been a doctor, I've asked many of my patients to explain to me why they smoke. I've received many different reasons in response, but one common thread I hear is that smoking seems to “settle the nerves.”

This is paradoxical since nicotine is a stimulant that increases heart rate and blood pressure similar to the effects of caffeine. Nicotine is also thought to trigger pleasurable responses in the brain. This pleasurable experience may explain

...make the decision and maintain the determination...

one aspect of why it is so difficult to quit smoking. However, cigarette smoking is much more than just a nicotine delivery system. There are numerous other concoctions on the market which provide nicotine besides cigarettes and these other delivery systems do not share the same popularity as cigarette smoking.

Personally, I believe that smoking a cigarette

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Join the City's Wellness Warrior Team

Do you believe in the importance of being healthy? Would you like to learn more about the wellness resources available to City employees? Would you like to help share this wellness information and help other employees achieve personal goals of wellness? If you answered “Yes!” to any of these questions, you're invited to become a member of the City's Wellness Warrior Team.

The Wellness Warrior Team will hold its first meeting from 2-3:30 p.m., Thurs., January 7, 2010 in room W-120 at City Hall. Learn how to take an active role in

communicating wellness benefits and encourage other employees to consider engaging in our wellness programs to improve or maintain employee health.

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Stop smoking in time for the New Year!

Smoking Cessation Class offered at City Hall Jan 13 & 20, 2010

Over for more Info...

Stop Smoking *cont.*

rette is akin to sucking on a pacifier. This may explain why smokers perceive less anxiety and can “relax” when they are actually using a stimulant. This also provides one reason why it is so difficult to quit smoking. Certainly, nicotine is addictive but I believe that it would be much easier to quit smoking cigarettes if nicotine were the sole culprit. Just think about how difficult it can be to get a child to stop sucking their thumb!

I’ve also asked patients about how they have successfully stopped smoking cigarettes. The

most common answer has been simply: make the decision and maintain the determination, irrespective of the strategy.

With this in mind, I want our employees to know that we have numerous options available to help them stop smoking and I encourage interested smokers to take advantage of the one that seems right for them.

Please visit our Employee Wellness pages to learn more about smoking cessation options. www.sanjoseca.gov/wellness

Wellness Warriors *cont.*

You can participate as a Wellness Warrior in the following ways:

Wellness Warrior - Department Connector

Take an active role as a wellness resource within your department. Answer your co-workers questions on City employee wellness opportunities and resources. Collect feedback from co-workers on the wellness programs. Attend periodic wellness trainings to enhance your wellness knowledge and bring wellness information back to your department. Assist Human Resources in arranging wellness presentations to take place during your department staff meetings.

Wellness Warrior - Contributor

Do you have special knowledge or skills in areas of personal or group wellness? Would you like to share your expertise in physical activity, nutrition, fitness, etc. or do you have prior experience working with wellness programs? Contribute to the wellness effort by presenting wellness topics or presentations to your coworkers.

If you are interested in either opportunity, please contact Debbi Bohnet-Nuttall at: WellnessIn-Box@sanjoseca.gov

Please note: Supervisor approval is required to attend the training and to assume these roles.

FREE Smoking Cessation Class

All City employees, benefited dependents, and retirees enrolled into a City sponsored medical plan are eligible to attend this FREE 2-session class

The Employee Wellness Program is sponsoring this free smoking cessation class to support individuals who are interested in information about how to successfully stop smoking cigarettes.



1. **Part 1** will be held Wednesday Jan. 13, 2010, 2:00—3:30 p.m.
2. **Part 2** will be held Wednesday Jan. 20, 2010, 2:00—3:30 p.m.

- **Smoking tobacco affects everybody;** family members, pets, co-workers, the public at large and especially the individual inhaling the smoke and chemicals.
- **If you currently smoke,** please consider attending this 2-part, 3-hour course designed to help you implement a successful plan to quit.
- **Class will be held at City Hall;** Wednesday, Jan. 13 and Wednesday Jan. 20 from 2:00 — 3:30 p.m. in room W-262. Parking validation provided.

Please visit www.sanjoseca.gov/wellness to view the class payroll flier & learn more about this life-changing opportunity.

Supervisor approval is needed to attend during an employee’s regular working hours.