

## SUMMER DAYS AND SUMMER NIGHTS...

There is some disagreement among research professionals as to whether we are more or less productive at work during the summer months. Some studies show that we are more relaxed and tend to be more congenial with our co-workers resulting in better teamwork and higher rates of productivity. Other studies tend to discount these results and indicate we are more distracted by other non-work related activities resulting in lower productivity during this time of year.

With any research, especially when there are opposing results, we can use the information to explore what seems to work best in our individual workplace cultures. Coordination of time off requests so any one individual or department isn't unduly burdened is a helpful strategy. Encouraging team meetings outdoors (weather permitting) can provide a fun alternative to the conference room and might result in stimulating fresh ideas and considering different perspectives for problem solving or trouble shooting. Providing employees with information on summer activities for family fun for after work hours is often appreciated and can positively influence employee satisfaction and encourage greater enthusiasm for work activities. Below are some links that address summertime productivity, so you can do your own reading on the subject and draw your own conclusions.

<https://qz.com/993380/summer-makes-you-more-productive>

<http://grasshopper.com/resources/infographics/the-summer-slump-decline-of-productivity/#>

### Summer Fun Ideas

Here are some ideas for local fun activities to consider for family outings. There are so many options for enjoying and exploring our region. We have some of the most beautiful outdoor areas and interesting historical sites. Our towns provide wonderful shops and restaurants too! Find your favorite locations to share. Great opportunities for day trips and making memories.

<http://4hfair.com/>

<https://bcyf.us/>

<https://visitsouthbend.com/things-to-do/>

<http://www.amishcountry.org/things-to-do/>

<http://harborcountrytrails.org/>

### Did You Know?

There are a number of excellent websites for children and teens providing information about health, wellness and safety. The Centers for Disease Control (CDC) and other agencies offer websites with fun facts, information and tips written in age appropriate language to address questions, concerns or to simply satisfy curiosity about a variety of topics. The CDC even has a Parent Portal providing lots of helpful information of interest to parents of children in all age ranges.

<https://www.cdc.gov/family/kidsites/index.htm>

### Did You Know?

You should get at least 2½ hours of physical activity a week. Regular activity helps improve your overall health and fitness. It also reduces your risk for many chronic conditions, such as high blood pressure, type 2 diabetes, and obesity. Find something you enjoy, such as jogging or running, dancing, or playing sports. Even adding steps to your daily routine can make a big difference too.

### Did You Know?

The four-month period from May through August is the most dangerous time of year, with nearly 3 million child medical emergencies and 2,550 deaths because of accidental injuries, according to a study by the National Safe Kids Campaign. Those deaths represent 42 percent of the average annual total, the study found.

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/summer-safety-tips.aspx>

<https://www.cdc.gov/family/kids/summer/index.htm>

### Tis the Season...

The following information is taken from an article by the American Academy of Dermatology

Many people get a rash from poison ivy, poison oak, and poison sumac. This rash is caused by an oil found in the plants. This oil is called urushiol (you-ROO-shee-all). The itchy, blistering rash often does not start until 12 to 72 hours after you come into contact with the oil. The rash is not contagious and does not spread. It might seem to spread, but this is a delayed reaction to exposure.

Most people see the rash go away in a few weeks. If you have a serious reaction, you need to see a doctor right away. Swelling is a sign of a serious reaction — especially swelling that makes an eye swell shut or your face to swell. If you have trouble breathing or swallowing, go to an emergency room immediately.

For more information and tips on prevention go to the link below

<https://www.aad.org/public/diseases/itchy-skin/poison-ivy-oak-and-sumac>

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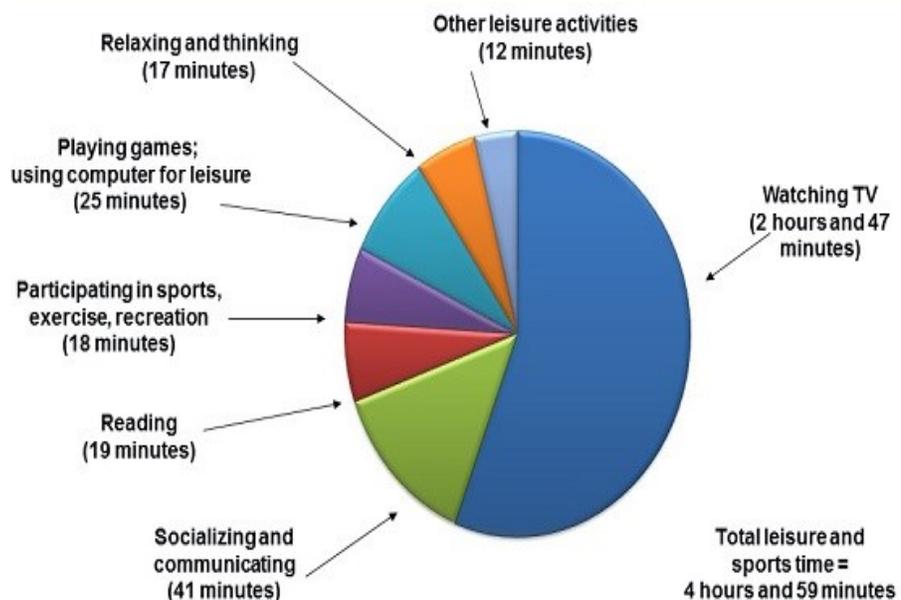
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For more information on summertime productivity ... The Bureau of Labor Statistics reports that we are 20% less productive when summer hits. The American Psychological Association reports that employees are more productive by about 15% on days when they exercise before work.

The following chart from the Bureau of Labor Statistics shows the breakout of time spent in activities for leisure time. So if the statistic regarding productivity from the American Psychological Association above is true, and if we value our productivity, you can see that we might need to make some qualitative changes in how we are using our leisure time ... Perhaps allocating more time for exercise and sports this summer would help our work/life balance.

### Leisure time on an average day



NOTE: Data include all persons age 15 and over. Data include all days of the week and are annual averages for 2015.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

The following link will take you to some other interesting statistics on workplace productivity for ideas to ponder on how we spend our time and whether it is well spent.

<http://workgroups.com/resources/blog/10-productivity-stats-that-will-surprise-you>