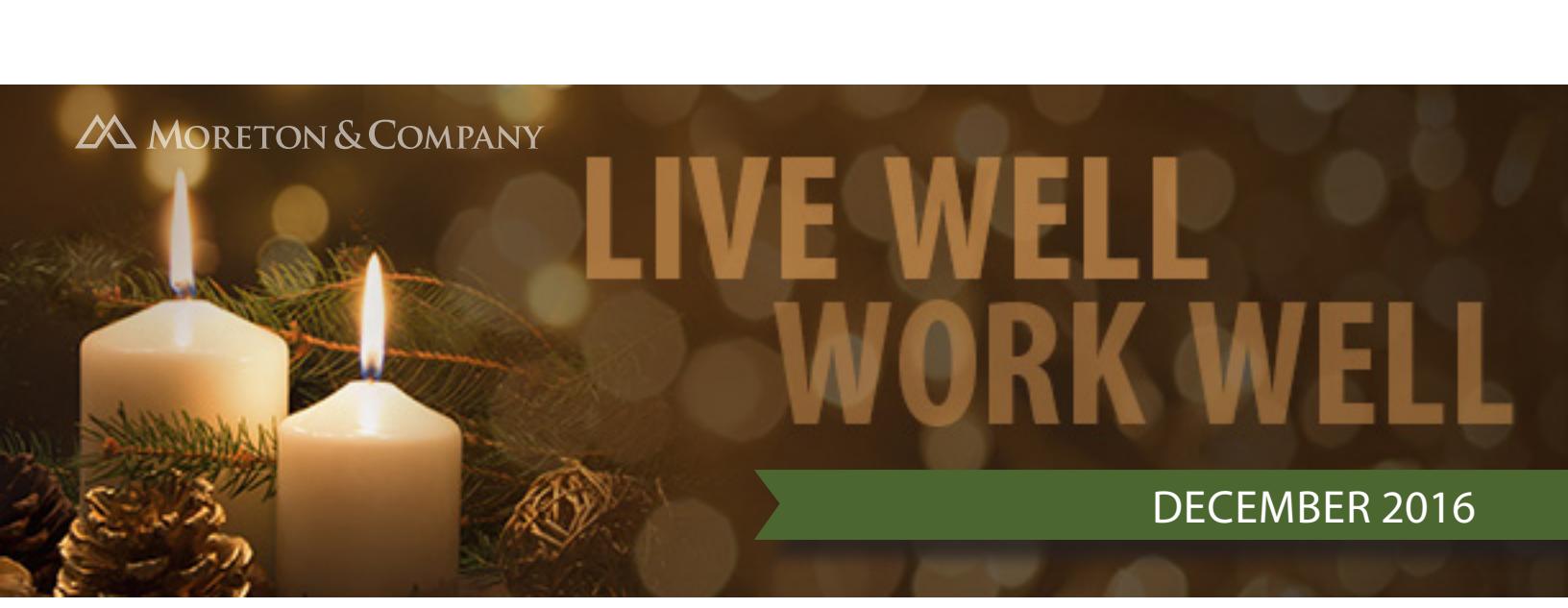


LIVE WELL WORK WELL

DECEMBER 2016



RESEARCHERS ARE CLOSER THAN EVER To Developing a Universal Flu Vaccine

Researchers at McMaster University, located in Ontario Canada, and two American universities have taken another step towards developing a much more effective universal flu vaccine.

Their latest findings, published online in the journal *Proceedings of the National Academy of Science USA* (PNAS), build upon their earlier discovery of a class of antibodies capable of neutralizing the most dangerous types of Influenza viruses.

These antibodies essentially "train" the immune system to recognize a portion of the virus that does not change from year-to-year. This can pave the way towards a universal vaccine that needs to be given just once to protect against all future strains of the flu, including mutated strains, says Matthew Miller, the senior author of the study. Miller is an assistant professor of biochemistry and biomedical sciences at McMaster's Michael G. DeGroote School of Medicine.

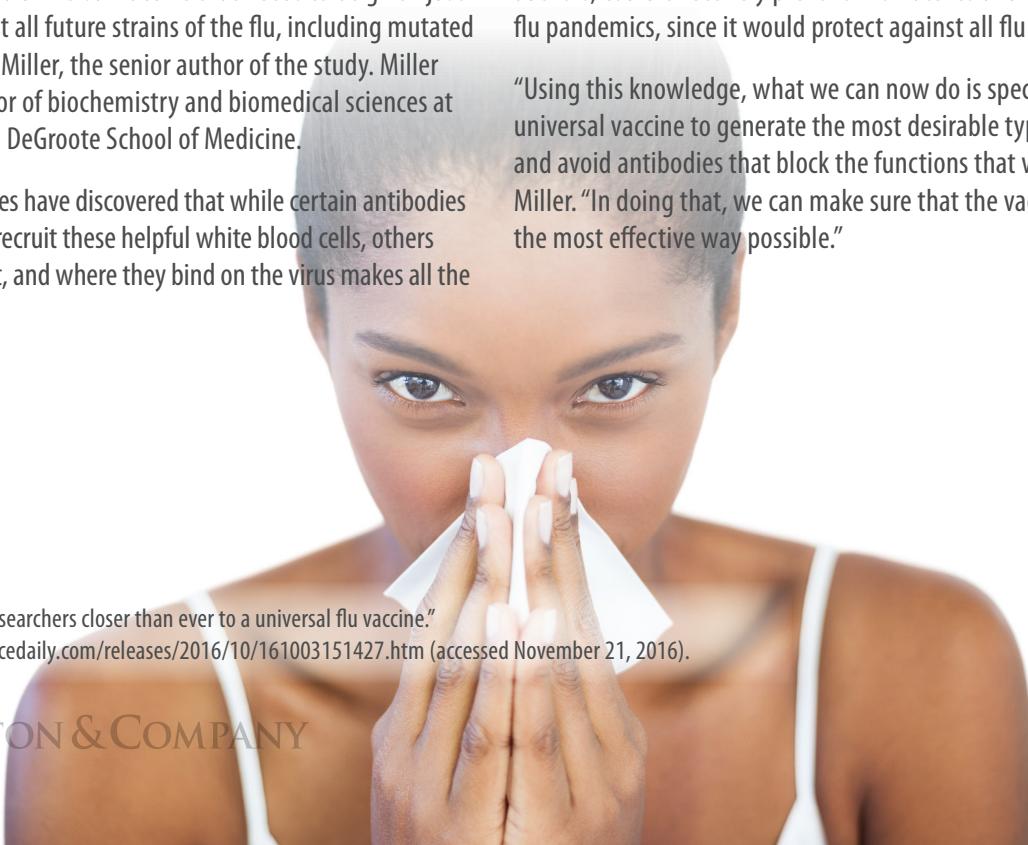
Miller and his colleagues have discovered that while certain antibodies work well together to recruit these helpful white blood cells, others block their recruitment, and where they bind on the virus makes all the difference.

The flu is estimated to cause 250,000 to 500,000 deaths globally each year, according to the World Health Organization (WHO).

While flu shots remain the best way to protect against the virus, how well a flu vaccine works each year depends on the health and age of the person being vaccinated, the similarity between seasonal vaccine viruses and circulating viruses, and whether a live or inactivated vaccine was used, according to the Centers for Disease Control and Prevention (CDC).

A universal flu vaccine, such as the one proposed by the study's authors, could effectively prevent mismatches and the occurrence of flu pandemics, since it would protect against all flu strains.

"Using this knowledge, what we can now do is specifically design our universal vaccine to generate the most desirable types of antibodies and avoid antibodies that block the functions that we want," said Miller. "In doing that, we can make sure that the vaccine will work in the most effective way possible."



McMaster University. "Researchers closer than ever to a universal flu vaccine." ScienceDaily. www.sciencedaily.com/releases/2016/10/161003151427.htm (accessed November 21, 2016).

UPDATED SAFE SLEEP GUIDELINES

Will They Affect How Your Child Sleeps?



The American Academy of Pediatrics (AAP) recently released new guidelines designed to help reduce the risk of Sudden Infant Death Syndrome (SIDS) and other types of sleep-related infant deaths, also known as Sudden Unexpected Infant Deaths (SUIDS). SIDS is the leading cause of death among infants between 1 month and 1 year of age, with 90% of SIDS cases occurring before an infant is 6 months old. The guidelines include suggestions that:

- Infants should sleep in the same room as their parents, but in separate beds, for at least the first six months of their lives
- Infants should never sleep on a soft surface, such as an armchair or couch.
- Infants should be placed on their backs to sleep on a firm surface with a tight-fitting sheet.
- Parents should avoid putting infants in cribs with pillows, loose sheets, blankets, or other soft surfaces.

REDUCING STRESS

And Enjoying the Holidays

The holidays can bring joy, but they can also bring stress. Whether you are worried about money, gift-giving, hosting family members, or finding time to get everything done, using the following coping mechanisms can help you manage and reduce your holiday stress.

- 1. Get organized:** Writing down the things you need to do or places you need to be can help you visualize your to-do list and make it much more manageable.
- 2. Remember that it's okay to say "No":** If attending an event that isn't important to you will interfere with you getting work done or running errands, just say "no" politely; there are many parties and events happening during this time of year, and most people understand that we can't attend them all.
- 3. Create, and stick to a budget:** Money is one of the biggest holiday stressors. Set a realistic budget this holiday season and stick to it.

- 4. Ask for help when you need it:** You don't have to decorate, wrap presents, or cook by yourself. Ask friends or family members to help you complete these tasks.



GENEROSITY & GRATITUDE

Stem From Experience

During the holidays, many of us take a moment to reflect on what we're grateful for, and we experience mental and emotional rewards for doing so. Feeling gratitude leads to important benefits, like increased happiness and social cohesion, better health outcomes, and even improved sleep quality.

But will you get more of those benefits from that antique sofa you bought, or the vacation you took? New research shows that we feel more gratitude for what we've done than for the things we have, which results in more generous behavior toward others.

"Think about how you feel when you come home from buying something new," explains Thomas Gilovich, professor of psychology at Cornell University and co-author of the new study published online in a recent issue of the journal *Emotion*.

"You might say, 'this new couch is cool,' but you're less likely to say 'I'm so grateful for that set of shelves.' But when you come home from a vacation, you are likely to say, 'I feel so blessed I got to go.' People say positive things about the stuff they bought, but they don't usually express gratitude for it – or they don't express it as often as they do for their experiences."

In addition to experiments they conducted, the researchers found real-world evidence for this by looking at 1,200 online customer reviews: half for experiential purchases, like restaurant meals and hotel stays, and half for material purchases, like furniture and clothing. They found that reviewers were more likely to spontaneously mention feeling grateful for experiential purchases than for material ones.

Jesse Walker, a graduate student in the field of psychology and first author of the study, says one other reason for this increased gratitude may be that experiences trigger fewer social comparisons than material possessions. Consequently, experiences are more likely to foster a greater appreciation of one's own circumstances.

The researchers also looked at how gratitude for experiences versus material purchases affected pro-social behavior. In a study involving an economic game, they found that thinking about a meaningful experiential purchase caused participants to behave more generously toward others than when they thought about a material purchase.

Amit Kumar, a postdoctoral researcher at the University of Chicago and co-author of the paper, says this link between gratitude and altruistic behavior is intriguing "because it suggests that the benefits of experiential consumption apply not only to the consumers of those purchases themselves, but to others in their orbit as well."

Gilovich, who is particularly interested in applying insights from modern social psychology to improving peoples' lives, says that this new research highlights an approach that governments can take to both increase the well-being of their citizens and advance societal good. "If public policy encouraged people to consume experiences rather than spending money on things, it would increase their gratitude and happiness and make them more generous as well," he says. Such policies might include funding for public parks, museums, and performance spaces.



Cornell University. "Buying experiences makes you more grateful, generous." ScienceDaily. www.sciencedaily.com/releases/2016/11/161115085507.htm (accessed November 21, 2016).

THE CONNECTION BETWEEN Office Camaraderie & Your Health

Getting along with your co-workers can make going to work more enjoyable and, according to recent research, actually improve your health. The Society for Personality and Social Psychology analyzed 58 studies of more than 19,000 people from different parts of the world and published its findings in the academic journal *Personality and Social Psychology Review*. The report also explains that when individuals identify and are invested in relationships with their colleagues, workplace productivity increases, employee morale increases, and burnout levels decrease.



Consider taking steps toward building professional, positive relationships with your co-workers. These tips can help you develop positive relationships with your colleagues:

- Be friendly and encouraging
- Be supportive of other people's work
- Initiate conversations and repeated interactions
- Be respectful of your co-workers and their space
- Participate in activities that don't involve work
- Maintain a positive attitude as much as possible

DECEMBER RECIPE

Squash Soup

- 1 Tbsp. olive oil
- 2 medium-sized onions (chopped)
- 2 medium-sized carrots (chopped)
- 2 garlic cloves, minced
- 1 cup canned tomato puree
- 5 cups chicken or vegetable broth
- 4 cups cooked winter squash
- 1 ½ Tbsp. dried oregano
- 1 ½ Tbsp. dried basil



In a large saucepan, warm olive oil over medium heat. Stir in onions, carrots, and garlic. Cook for about five minutes. Stir in the tomato puree, broth of your choice, cooked squash, and herbs. Bring soup to a simmer and cook, covered, for 30 minutes.

Yield: 6 Servings. Each serving provides 123 Calories, 4 g of Fat, 20 g of Carbohydrates, 1 g of Saturated Fat, 92 mg of Sodium, 4 g of Dietary Fiber, 6 g of Protein.
* Percentage daily values are based on a 2,000 calorie diet. Source: USDA

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