



Positive+health

NOVEMBER NEWSLETTER

The silly season approaches...

[Acceptance and job control at work](#)

A 2003 [study](#) by Bond and Bunce looked at the role of acceptance and job control in mental health, job satisfaction, and work performance. They found acceptance to be the most important factor. Positive Health programs include strategies for confronting what can be changed, and the use of acceptance strategies for what can't be changed. See [here](#) for details.

[California Well being Institute](#)

When we are sick do we need to attend a hospital or a health retreat? In California, you can do both. Hospital equipment and staff in a peaceful, retreat style environment. Is it just a fad, or are we seeing the hospitals of the future? Their [website](#) almost makes you want to get sick!

[An Inconvenient threat to health](#)

Australia has become increasingly aware of the threat of climate change and the threat it places economically, but what are the likely health implications in Australia and world wide? New research from the [Earth System Science Partnership](#) outlines various risks we face going into the future.

Quote of the month

"A society grows great when old men plant trees whose shade they know they shall never sit in"
(Greek Proverb)