

# POWERLine

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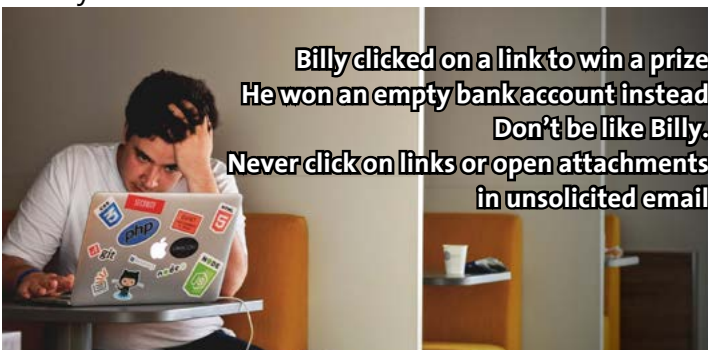
## October is Cybersecurity Awareness Month

### GM Site Entry : Just "Do" It

- Swipe your GM ID badge every time, do not allow tailgating
- Ensure your GM ID badge is visible at all times
- Direct anyone without an access pass to the visitor lobby for proper processing
- Visitors must have GM escort

### GM has 200 million(!) square feet of manufacturing space: Do your part to keep all of it safe

- Don't connect non-GM devices to the GM network; malware or viruses can disrupt production
- Don't use personal Wi-Fi hotspots, unless approved by site IT manager
- Swipe your GM ID badge every time, do not allow tailgating
- Ensure your GM ID badge is visible at all times
- Report any suspicious devices or activities
- Contact your local ME or plant IT personnel with any concerns



**YOUR DOG'S NAME IS NOT A STRONG PASSWORD. CHOOSE A PASSWORD THAT IS EASY TO REMEMBER, BUT HARD TO GUESS.**



### Hey, do I know you?

- Watch out for strangers: Ensure all persons in your work area are authorized to be there.
  - Ask to see their GM badge or visitor pass.
  - Ask them the name of their host.
- Call Security if you believe they are not authorized or if the situation is suspicious.
- See Something, Hear Something – Say Something. Contact Security.



### PESA: Just "Do" It

- Plant Entry Security Assessment (PESA) validates the security status of your PC
- All non-GM laptops connecting to the GM network must pass the PESA scan
- Failure to pass the scan will prevent the laptop from connecting to the network



Questions? Contact Local ME or Plant IT personnel

# DRIVING MY WELLNESS

OCTOBER 2018

**BUILDING A HEALTHY LIFE, ONE STEP AT A TIME**

## WEBINAR OF THE MONTH

### **Webinar Topic**

*Achieving Positive Work-Life Balance*

Thursday, October 18th  
1:00 p.m. EST

Log on to  
[www.lifesteps.com](http://www.lifesteps.com)  
to register!

Can't attend the live webinar? Each webinar is recorded and available at [www.lifesteps.com](http://www.lifesteps.com) in the Health Library page.



## Laughter is the Best Medicine

Life can get hectic and for many of us the first thing that's cut from our to-do list during times of high-stress is the "me time" we so desperately need and deserve. This month let's focus on reclaiming our smile and increasing our laughter. Why? Because laughter is a great stress reliever, and that's no joke.

### **Short-term Benefits**

A moment of laughter not only brightens your mood, but it also causes positive physical changes in your body. Laughter can:

**Stimulate organs.** Laughter causes us to inhale more oxygen-rich air which stimulate our lungs, heart, and other muscles. It also increases the release of feel good chemicals in our brain.

**Relieve your stress response.** A nice long belly laugh fires up then cools down the bodies stress response. The heart rate and blood pressure may increase as you laugh followed by a good, relaxed feeling afterward as the response calms.

**Soothe muscle tension.** When we laugh we stimulate our circulatory system and help our muscles relax. Both of these things can help soothe and prevent the muscle

tension we often experience when stressed.

### **Long-term Benefits**

Laughter works great as a quick pick-me-up but it can also help over the long-term:

### **Improve your immune system.**

Negative thoughts can produce chemical reaction within the body that bring more stress and decrease immunity. Alternatively, positive thoughts and laughter can release neuropeptides which help fight stress and potentially more serious illnesses.

**Relieve pain.** Laughter can ease pain by signaling the body to produce its own natural painkillers.

**Increase satisfaction.** Laughter can help us cope during tough times. It also helps us bond and connect with others.

**Improve mood.** Many people experience some form of mental illness during their lifetime and laughter has been proven to help lessen the symptoms and increase happiness. – Source: [www.mayoclinic.org](http://www.mayoclinic.org)

Last Updated: <August 28, 2018> Reviewed by Onsite Wellness Management Interactive Health ©

### **How to contact us...**

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Member UAW - LUCA Local Union Communication Association  
**Deadline for POWERLine is 3:00 p.m. Tuesday.**

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