



HSSE "Message"



Tips for quitting smoking

- Decide on a quit date and stick to it.
- Tell your family and friends of your intention to stop smoking and ask for their support.
- Think about prior attempts to quit and what went wrong. Plan how to avoid the same pitfalls this time.
- Write a list of all the reasons why you want to stop smoking and refer to this list whenever you feel tempted to light up a cigarette.
- Throw away all cigarettes, lighters and ashtrays in your home and car. If your partner smokes, suggest that they stop too, or only smoke outside the house and away from you.
- Avoid possible weight gain by eating more fruit, vegetables and whole meal cereals, and less fat. Do some exercise you enjoy, such as walking or swimming.
- Your body will absorb more caffeine than usual in the few weeks after quitting. Cut down on coffee and tea for the first month or so to prevent caffeine-induced anxiety and restlessness.
- If you do have a cigarette, it's not the end of your quit attempt. It is safe to keep using quitting medications, including nicotine replacement products, and to keep trying to quit.

HR "Tip of the Month":

Identify your work, family, and relationship goals and determine effective ways to achieve them. This way, you can plan and manage your timetable properly. Forget multi-tasking and shut possible distractions. Rank your priorities and learn to concentrate on each task at a time.



World's Top 10 Visited Cities In 2017



On the occasion of approaching summer vacations, HR Group would like to share with you the world's top 10 visited cities in 2017:

1. Bangkok, Thailand (20.19) Million Visitor
2. London, U.K. (20.01) Million Visitor
3. Paris, France (16.13) Million Visitor
4. Dubai, U.A.E. (16.01) Million Visitor
5. Singapore (13.45) Million Visitor
6. Tokyo, Japan (12.51) Million Visitor
7. Seoul, South Korea (12.44) Million Visitor
8. New York City (12.36) Million Visitor
9. Kuala Lumpur, Malaysia (12.08) Million Visitor
10. Istanbul, Turkey (12.08) Million Visitor



HR Coming-up

The Human Resources Group is pleased to announce the implementation of the electronic authorization (Permission) through the Oracle system, where you can just follow the procedures for Permission in the system without the need to use any paper forms. The request will also get whether approved/rejected through the system.

Humor of the Month

Police officer: "Sir, I don't understand. You lost the credit card a year ago, why are you reporting it now?"
Guy: "The thief wasn't spending nearly as much as my wife used to..."
Police officer: "But why report it now?"
Guy: "I think the thief's wife got hold of it now."

