

## Employee Health Consultants, Inc.

### Inside this Issue:

- Simple Wisdom
- EAP Facts
- Factoids
- Note to Readers
- Medical Minutes

Feel free to copy or forward any part or this entire newsletter to employees of your company or organization. It is intended for the sole use of employees and families covered by the Employee Health Consultants, Inc. EAP.

We welcome your comments and concerns. We would also invite you to suggest topics of particular interest to you or your organization, forward particular questions or write an article-opinion of your own.

If you know of someone in your organization that might appreciate reading this newsletter, please forward his or her email address and we'll add it to our mailing list.

We can be contacted by calling 1-800-365-2273 or visit our website at: [Employeehealthconsultants.com](http://Employeehealthconsultants.com)

Photo page 2 ©2003 L. Atwater



### Simple Wisdom

I was talking to a man and his wife the other day in a counseling session. Neither had been in counseling before and didn't know what to expect. Each took their turn, when asked, to talk about the experiences they had in their families of origin. It soon became apparent that the wife's critical father had encouraged her extreme defensiveness and sensitivity to criticism. The husband's violent and raging mother had helped to create a man highly sensitive and avoidant of any conflict. After the "cat had gotten out of the bag", there was a knowing silence and then the husband said, "I

guess we're pretty messed up, huh?"

My response was, "No, not at all...just human."

Many people I have encountered are far worse for the shame they feel about their trouble than the trouble itself. It is said by a wise African tribal elder that the right kind of trouble will find you. He implies that we need the "right kind of trouble" to learn life's lessons. It is also implied that we *will* have trouble. The only variable is how we respond to that trouble. It is a little

practiced art in our culture to value trouble for its humbling, educational worth but rather it is our habit to deny it, avoid it or at the very least minimize it; to make it go away; to seek relief before the essence of the experience has been absorbed.

The man and his wife were so invested in making their troubles disappear that they hadn't allowed the troubles to be properly digested and understood. As a result, both were destined to repeat similar troubled patterns with each other.

### EAP FACTS

Workplace violence costs employers more than \$55 million in lost wages annually.

(U.S Dept. of Justice, Bureau of Justice Statistics, National Crime Victimization Survey.)



### FACTOIDS

The average person spends about two years of their life on the phone.

The first minted pennies had the motto "Mind Your Own Business."  
(Factoids courtesy of Snapple bottle caps, [www.snapple.com](http://www.snapple.com).)

### Note to our readers:

Employee Health staff have developed a short survey instrument called an "Organizational Profile." We are currently asking those of you who act in an HR capacity to take the survey. We are in the process of testing for validity and reliability. Simply click on the URL provided for a complete explanation and instructions.

[http://www.employeehealthconsultants.com/About\\_Us/Legal\\_Services/Questionnaire/questionnaire.html](http://www.employeehealthconsultants.com/About_Us/Legal_Services/Questionnaire/questionnaire.html)



### Labor Updates

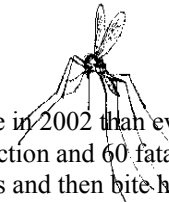
The Chicago Painters and Decorators Union have implemented a Member's Assistance Program to assist members with drug and alcohol problems and to evaluate members with positive test results who choose to work drug-free work sites.

### Helpful Hints

- Pam cooking spray will dry fingernail polish.
- Preparation H will reduce puffiness under your eyes.

## Medical Minutes

West Nile virus infected more people in 2002 than ever before with Illinois leading the nation reporting 600 cases of infection and 60 fatalities. The virus is transmitted via mosquitoes that bite infected birds and then bite humans or other mammals. According to the Illinois Department of Public Health statistics, a year in which high numbers of mosquito-borne illnesses are reported is often followed the next year by a sizeable drop. Let's hope statistics hold true.



**H**ow to survive a heart attack alone - Without help, the person whose heart stops beating properly has about ten seconds before losing consciousness. These victims can help themselves by coughing deeply and repeatedly. The cough must be prolonged, deep and every two seconds continuously. Deep breathes get oxygen to the lungs and the coughing squeezes the heart and keeps the blood flowing until you can get help, get to the hospital or your heart starts beating normally. ("Health Cares", a newsletter from Rochester General Hospital.)

## ON A LIGHTER NOTE



A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her 4 year old to answer the phone. "It's the minister Mommy", the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle".

Two hydrogen atoms walk into a bar. One says, "I've lost my electron." The other says, "Are you sure?" The first replies, "Yes I'm positive."



*"A man should not be measured by how far he falls but by how far he bounces off the bottom."*  
Anonymous

*"The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher."*  
Thomas Henry Huxley

## Web Connections

We review all the links that we provide but we cannot guarantee the quality or content of these links, only the quality of our own material. We encourage you to read our review notices along with each link and make your own decision as to its usefulness to you.

[Smart Marriages](#), [The Coalition for Marriage, Family and Couples Education](#) - a directory of conferences, seminars, articles, tapes and books on relationship skills.

[Relationship Art](#) - counseling help for partners to be more loving and connected with exercises, tips and Q&A. Good resource for help with love and romance.

