

Employee Health Consultants, Inc.

Simple Wisdom

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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 at info@employeehealthconsultants.com or by calling 1-800-365-2273.

Please visit our website at: Employeehealthconsultants.com

I was driving to work today and, as usual, in a big hurry. I roared past a little old man going forty, me going sixty-five. He was idling along in no particular hurry - me, all business, late for an appointment, mumbling under my breath, thinking three strategic moves ahead and feeling anxious anticipating a call on my cell. I thought briefly about the difference between the older gentleman and me and then was lost in my headlong rush in what I call "the fracas." I used to make fun of people like me.

I got to thinking about the cost of my hurriedness, the biggest, in my opinion, being that the faster I go the shorter my view becomes. If I traveled, literally and figuratively, more slowly, my sense is



that my vision would be longer, my perceptions a little deeper and my soul might actually be with me rather than three steps behind.

I think the long view offers more time for allowing things to *be* rather than making them happen. I think the long view allows just enough time for a gentler attitude to slip in. I'm going to try driving a little slower and leaving the radio off. Why don't you?

The number of EAP calls for anxiety related problems has increased significantly in the last year. In response, your EAP has affiliated with a new program now available in the Chicago Area called the Center for the Assessment and Treatment of Anxiety and Phobia. They can be reached through the EAP or by calling directly 1-877-700-6109.

EAP FACTS

In 2002, 16.8% of high school seniors have their own credit cards up from 11% in 2000.

Source: the jumpstart coalition

In the year 2000, spending on prescription drugs increased by 18.8%.

Source: Kaiser/HRET survey of employer sponsored health plans

According to The Road to Recovery Foundation, 82% of doctors admit that they avoid asking questions related to alcoholism in their patients.

Health & Fitness

The five most important things you need to succeed in any fitness program:

1. Commitment and consistency
2. Balance between cardio, stretching and resistance exercises
3. Patience
4. Proper equipment
5. Support, encouragement and motivation

Source: Healthsource





Did You Know?

The National Institute of Drug Abuse (NIDA) boiled down twenty years of research in the teen drug abuse problem into the following paraphrased list.

Protective factors for kids:

- Strong positive family bonds
- Parental monitoring of kids activities
- Clear rules of conduct that are consistently enforced
- Parental involvement in kids lives
- Success in school, strong ties to institutions like school or church
- Adoption of convention norms where it concerns drug use

Risk factors for kids:

- Chaotic home environment particularly involving substance abuse
- Ineffective parenting
- Lack of parent child nurturing
- Inappropriately shy or aggressive behavior in the classroom
- Failure in school performance
- Poor social skills affiliations with peers who use drugs

WHERE DID YOU COME FROM?

Where are you going?

Knowing where you came from helps you to focus on where you're going. Values, dreams and purpose are often formed through positive interactions with influential others.

1. List the three people who have had the biggest positive influence on your life.
2. Why was each person significant? (Be specific.)
3. Do my personal and work values reflect the contributions of these people? How?
4. Does my personal life and my work life reflect a larger life purpose? What is it?
5. Have you been a positive influence on the lives of any others? If so, who and how?

TRENDS IN TREATMENT

According to the Depressive and Manic-depressive Association, only about one third of the people that are suffering from depression are getting any treatment at all. In a January report from the Journal of the American Medical Association, those that are getting treatment are relying increasingly on medication alone (an increase from 38% using medication in 1987 to 75% in 1997 and a decrease from 71% using therapy in 1987 to 60% in 1997) Most mental health experts agree that depression is best treated by a combination of medication and therapy.



"You can't depend on your judgment when your imagination is out of focus."
- Mark Twain

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.

Elder Life Planning (<http://www.elderlifepanning.com/>) – A reliable source of information concerning resources for caring for aging parents.

