

Employee Health Consultants, Inc.

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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 by calling 1-800-365-2273 or visit our website at: Employeehealthconsultants.com

Simple Wisdom

How do you feel about getting older? One thing I know for sure is that everybody does it but few of us talk about it. I go through periods where time seems to drag but at other times I feel like I don't even know where the time has gone.

I look back and remember when my Mom told me, "Enjoy the kids while they're little because they'll be grown before you know it" - and now they're grown, almost before I knew it.

I guess she was right, but you couldn't have convinced

me then because *then* I still felt like I had forever. Another interesting phenomenon I've noticed is that the longer you're around the faster time goes. When I was younger I never really considered aging - that was for old folks. Now, I consider aging because of the undeniable evidence that,



well, I'm aging. Many of my friends have lost one or both parents or are dealing with the issues of their parents elder care. I, who was once a ne'er-do-well college bon vivant, am now a stout, balding grandparent with one left in college and thinking about retirement. I wonder what happened.

My goal is to age gracefully. To do this I need to do a couple of simple things - take good care of myself physically, accept change openly and laugh at myself regularly.

EAP FACTS

Recent studies estimate that 63% of U.S men and 55% of U.S. women are considered overweight by U.S public health standards.

Marketing experts estimate that Americans spend \$33 billion annually on weight-loss products and services. Studies by the National Institute on Alcohol Abuse

and Alcoholism indicate that compared to men, women develop alcohol-induced liver disease over a shorter period of time and after consuming less alcohol.

Health & Fitness

A recent article in Scientific American confirms the prevailing notion that too much TV may not be good for us. Their findings show that although TV induces an almost immediate sense of relaxation, along with that is a sense of lowered alertness and sense of passivity. Oddly, the sense of relaxation ends as soon as the TV is turned off but the lowered alertness and sense of passivity persist. Survey participants reported that they felt as if the TV had absorbed their energy, leaving them depleted.

The American Institute for Cancer Research offers a free recipe booklet with 10 recipes to make those good-tasting, stress-relieving foods more healthful for you. They suggest putting at least twice as many plant based foods as animal protein on each plate, gradually reducing portion size and substituting low-fat ingredients for high fat ones. For a copy of the booklet visit www.aicr.org.





Take Time to Dream

If you could perform any roles you wanted, what would you be doing right now? Write down whatever comes to mind. Don't let practical considerations limit your imagination.

How many of these roles are you already performing? (*If more than five, congratulations for achieving a high degree of role satisfaction.*)

We're happiest when the roles in our lives conform to our values. How do your dream roles reflect your deepest values and aspirations?

Finally, pick one or two of these dream roles that you can realistically turn into a life goal. Jot down three or four steps you can take to make these dream roles a reality.

Did You Know?

In a survey by the Society for Human Resource Management, almost 3 in 4 people (73%) say helping others means more to them now than before September 11th.

In a 2001 survey by the Radcliffe Public Policy Center, 61% of adults say they would give up some of their pay for more time with their families.

Customer Comments

"Thank you for the quick response – I'm actually still waiting for someone to call me from my hubby's EAP (24 hours almost now) – so I appreciate you getting back to me so quickly."

Notices

Call the Chicago Area Center for the Assessment and Treatment of Anxiety and Phobia 1-877-700-6109.

TRENDS IN TREATMENT

In a study by the National Institute of Drug Abuse, patients who received combined individual and group counseling had relapse rates far lower than did patients who received other forms of treatment.



"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

Helen Keller

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.

November is National Alzheimer's Disease Awareness Month. Contact the Alzheimer's Association at www.alz.org for more information.

November 21st is this year's Great American Smokeout Day. Contact the American Cancer Society at www.cancer.org for more information.

