

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

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Simple Wisdom

I don't suppose it's a big secret that to give to others is good for the giver. I think about things like this so I did a little research. I would think that it's common sense that thinking about someone else is better than sitting around feeling badly about yourself but now I have proof.

In this particular study the researchers found that, "people who offer love, caring and support to others have better mental health than those who receive help from

others". "The act of giving to someone else may have mental health benefits because the very nature of focusing outside the self counters the self-focused nature of anxiety or depression".

Carolyn Schwartz University of Massachusetts Medical School

Researchers say the findings suggest that altruism offers mental health benefits that can help counter the negative effects of stressful life events. All this science to say what we all already knew - that it really is better to give than to receive.

- Rick Atwater, Director of EAP Operations



EAP FACTS

According to Ron Leopold, an MD, president of group disability for MetLife and author of *A Day in the Life of a Million American Workers*, "in 15 years we will have roughly 25% more 65 year-olds and they will be in the

position of needing to work an additional 5 years. A recent study by the National Bureau of Economic Research found that longer maternity leave may cut the number of depressive episodes. The study found,

specifically that mothers who stayed away from work for a minimum of 3 months postpartum had 15% fewer symptoms of depression after returning to work.

Did you know?

- Cool Whip® will condition your hair in 5 minutes.
- According to "Snapple facts" goldfish have an attention span of 3 seconds.
- The city of Los Angeles has 3 times more automobiles than people.
- People who have a hard time handling the stress of money woes are twice as likely to develop severe gum disease.
- At last count, there were about 226,000 trees in New York City's Central Park.



Health & Fitness

Sleep problems can account for a host of problems including decreased alertness, slower reaction times and can exacerbate psychiatric symptoms. Insufficient sleep, especially on off-shifts, can be dangerous as well as resulting in poor production. Some employees may suffer from sleep disorders like chronic insomnia, sleep apnea or narcolepsy but many have developed patterns and habits that prevent adequate sleep. For those, regular sleep hours, avoiding caffeine and alcohol and most foods at bedtime, exercise at least 3 hours before bedtime and keep your lights dim can be the answer.

"But few have spoken of the actual pleasure derived from giving to someone, from creating something, from finishing a task, from offering unexpected help almost invisibly and anonymously."

Paul Wiener

Am I Assertive?

Does assertiveness come easily to you most of the time? Or do you sometimes find it a struggle to get your needs met without feeling guilty or causing resentment? Take this quiz to assess your success at assertive behavior and to pinpoint areas where you could become more assertive. Give your answer a number from this scale: 1=Never, 2, 3, 4, 5=Always

- | | | |
|--|----------------|----------------|
| | At Work | At Home |
| 1. I am comfortable meeting new people in social situations. | _____ | _____ |
| 2. I am able to say "no" without feeling guilty or anxious. | _____ | _____ |
| 3. I can express strong feelings such as anger, frustration or disappointment. | _____ | _____ |
| 4. I can easily request help and information from others. | _____ | _____ |
| 5. I feel capable of learning new things and performing new tasks. | _____ | _____ |
| 6. I am able to acknowledge and take responsibility for my own mistakes. | _____ | _____ |
| 7. I can discuss my beliefs without judging those who don't agree with me. | _____ | _____ |
| 8. I am able to express my honest opinion to others, even if they don't agree. | _____ | _____ |
| 9. I tell others when their behavior is not acceptable to me. | _____ | _____ |
| 10. I can speak up confidently in group situations. | _____ | _____ |
| 11. I can express anger or disappointment without blaming others. | _____ | _____ |
| 12. I believe my needs are as important as those of others. | _____ | _____ |
| 13. I can assert my beliefs even when the majority disagrees with me. | _____ | _____ |
| 14. I am comfortable delegating tasks to others. | _____ | _____ |
| 15. I value my own experience and wisdom. | _____ | _____ |

If you scored 45 to 60 overall, you are consistently assertive and probably handle most situations well. A score of 30 to 45 indicates that you are able to be reasonably assertive in many areas but are unsure of yourself in others. Learning assertive behavior techniques would definitely boost your score. If you scored 15 to 30 you may have difficulty being assertive and could benefit greatly from learning and practicing assertive behavior.

Keep a copy of this quiz where you can see it every day. Think of it as your assertiveness "Bill of Rights." Do you see your score changing as you become more aware of opportunities for assertive behavior?

TRENDS IN TREATMENT

In greater numbers, adults are seeing ads for drugs to treat Attention Deficit Hyperactivity Disorder (ADHD) not just in children but adults as well. Misunderstanding the oversimplified symptom description in the advertisement ("I lose my keys all the time") patients flock to their physicians many of whom use subjective data to determine the level of impairment. Many patients end up taking medication for a diagnosis they don't have and many more end up not getting the proper medication for other psychiatric problems that do exist. A recent study indicated that about 1/3 of those receiving ADHD screening had substance abuse disorders, another 1/3 had significant depression and many had anxiety and learning disorders.

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.

[Assertiveness Training \(http://mentalhelp.net/psyhelp/chap13/chap13e.htm\)](http://mentalhelp.net/psyhelp/chap13/chap13e.htm) - Some informative basics about assertiveness training along with a helpful self-help workbook.

[Weight Control Information Network \(http://win.niddk.nih.gov/publications/index.htm#publicWIN - Publications\)](http://win.niddk.nih.gov/publications/index.htm#publicWIN) – Publications and information on nutrition, physical activity and weight control.

