

## Employee Health Consultants, Inc.

### A Christmas Story from Our Own Back Yard

#### Inside this Holiday Issue:

- A Christmas Story
- Health & Safety Tips
- Something to Think About



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)

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About nine years ago an employee and his wife came into our EAP offices. After listening carefully and asking a number of questions, despite the man's insistence otherwise, we suggested he start treatment for his alcoholism. He left in a huff but his wife stayed and followed the suggestion that she go to Al-Anon. Almost five years later that same man came into the office and asked if we still thought he had a drinking problem. We said "yes" the problem still existed and that

he should go forward with recovery. He did. Nearly three years later the same man looked up his long-lost alcoholic brother to apologize for some bad past behavior. The brother faded back into the woodwork but one year later, in fact, last week, the long-lost brother called his recovering brother, remembering his heartfelt apology and knowing that another lonely, drunken Christmas was fast approaching and asked him for help to get sober. I saw

the brothers talking outside an AA meeting a few days later. I later asked the recovering brother how he felt and he told me that he was only now starting to understand the full implications of his recovery. He said he felt like he had his family back and it would be the happiest Christmas he'd had in many years.

- Rick Atwater, Director of EAP Operations

### HEALTH & SAFETY TIPS

#### SOME HEALTH TIPS FOR THE NEW YEAR:

- A recent study has found that the requirement for eight glasses of water a day (a requirement that had some employees camping near the bathroom) - can be satisfied by drinking other liquids and by eating foods with high water content.
- The American Heart Association reports that breakfast eaters are 1/3 to 1/2 less likely to develop diabetes and obesity.

#### DON'T DRINK AND WALK, EITHER

Its holiday time and that brings plenty of parties and celebrations so let us offer the reminder above. Almost 33% of all pedestrians 16 years and older killed by traffic accidents in the year 2000 were intoxicated according to the National Highway Traffic Safety Administration.

### SOMETHING TO THINK ABOUT

This time of the year is a good time to consider goals, priorities and achievements. Try dividing your life into the following areas: *work, family, leisure, relationships, spirituality* and *community*. Next, list the three most important goals for each life area and prioritize all goals regardless of area, then note the top three. Try doing something each day towards one of your top three goals.

**To all our customers: We wish you all the best for this Holiday Season.  
See you next year.**

