

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

Please visit our website at: Employeehealthconsultants.com

Simple Wisdom

Have you felt listened to lately? Have you felt understood? Recent research has shown that the feeling of sincere regard for another has a positive health influence on both the giver and the receiver.

I'm somewhat obsessed with my gardens. I tend to go on and on into details about topics such as the relative merits of composting and the distance required to avoid cross-pollination of sunflowers. A friend of mine shares my interest, if not my

obsession with the topic and actually listened and asked me some questions the other day.

I took away several good reminders. Being listened to felt good and made me feel good about myself. I assume that if I were to



listen with sincere interest to another, that the same phenomenon would occur. I felt affirmed and contributory, feelings necessary for the maintenance of healthy self-esteem and ingredients for growing emotionally healthy kids. The experience made me question the quality of my listening. I started to think that good listening is a little like water to the garden of emotional and relational health.

EAP FACTS

Studies have shown that if you are a "Type-A person", competitive, ambitious and easily angered, your risk of heart disease is twice that of others.

A recent study by the National Institute of Drug Abuse has found that even a short (seven session) prevention program for families and sixth grade

kids has long-term results in reducing first time drug, alcohol and tobacco use as well as an impact on long-term abuse potential.

Health & Fitness

The American Academy of Orthopaedic Surgeons recommends the following - If you're a golfer and you want to avoid stress injuries to wrist, knee, hip or spine, squeeze a tennis ball for five minutes to strengthen wrist and forearm muscles and try rowing and pull-down exercises to strengthen back muscles. Before your first round, do some simple stretches and hit a bucket of balls.

Breathing is good for your health. Studies have found that deep breathers, report suffering fewer symptoms of stress, have fewer reported incidents of illness and lower rates of depression and anxiety. Try practicing a few slow, deep breaths. The spiritually wise, through chanting and harmonic intonations of religious song, have used this secret for centuries.





Did You Know?

If diagnosed with a terminal illness, 9 out of 10 Americans would prefer to be cared for at home rather than in a hospital or nursing home.

Source: The National Association of Social Workers newsletter Volume 1, #1 Jan 2002

Jell-O® has its own museum!



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.

Talking and Listening

Often, what makes a good relationship can seem deceptively simple. That there are many different versions of the following exercise is proof of its power.

STEP 1. Agree to give this exercise time to work. Three times a week for four weeks is a good trial period.

STEP 2. Set aside a regular time when both of you are relaxed, comfortable and won't be interrupted. The exercise should take about 30 minutes.

STEP 3. Keep a clock handy. For 10 minutes one person tells the other how their day went, how they're feeling, and anything else that might be on their mind. The other person's job is to listen completely and attentively without speaking.

STEP 4. Switch roles without discussion. The one who spoke now listens, and the first listener speaks for 10 minutes.

STEP 5. Take the remaining 10 minutes to talk together in any way that's satisfying to both of you.

When a couple builds this ritual into their life together early on, it can benefit the relationship in an amazing number of ways. What effects did you notice the first time you tried it? After doing it three times or more?

TRENDS IN TREATMENT

A recent and somewhat shocking study found that "Cognitive therapy", a particular type of talk psychotherapy, was actually equally as effective for treating severe depression as medication but more cost-effective in the long run. The study determined that even after the cessation of therapy, the results were comparable to ongoing medication.

Source: MedscapeWire reporting on American Psychiatric Association annual meeting 5-23-02



"Difficult as it is really to listen to someone in affliction, it is just as difficult for him to know that compassion is listening to him."

- Simone Weil

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.

Savon Drugs (<http://www.savon.com/>) – An Internet pharmacy resource that sells discount prescriptions but also offers help, suggestions and answers to prescription drug-related questions such as side effects and effectiveness of treatment.

Desk Gym Workout Center (<http://www.deskgym.com>) - A quirky little site that offers information, equipment and other stuff for desk-bound persons who need to get moving and get the blood pumping.

