



## 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](http://Employeehealthconsultants.com)

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### A Note from the Director

Those of you who are old friends may or may not have noticed that we haven't produced a newsletter in about a year. We weren't getting much encouragement to continue and there were no loud complaints when we stopped, in fact, no complaints at all. Our goal with the newsletter was always to inform primarily, entertain secondarily and to produce something helpful to employees in the realm of

health, mental, physical and spiritual. And as the moniker "newsletter" implies, give you something current as it applies to Employee Assistance.

We've re-thought our position and decided that the

idea of writing and sending a newsletter is a service that we should be providing and whether you use it or not should be your choice, not ours. With that said, it was a nice vacation and we're now back to work on the quarterly e-newsletter from Employee Health Consultants, Inc. and in the spirit of Spring and the renewal of life, following is the Spring 2007 edition.



- Rick Atwater, Director  
Behavioral Health Services

### New Staff Introductions

We'd like to welcome two new staff members.

Tom Hayes, father of two twenty-something sons, golfer and all around good guy. Tom's Boston accent earned him the nickname "Boston". Tom has a master's degree and is a licensed Professional counselor. He works well with couples, young adults,

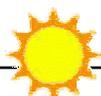
depression, anxiety and substance abuse. Tom specializes in working with anger problems and runs our anger management program.

Donna Ireland joined us from another local EAP. She has



experience in assessing and counseling with a short-term, problem solving approach. She has a bachelors degree and is a certified addictions counselor and a Certified Substance Abuse Professional. She is an expert in corporate training and handles our Department of Transportation regulated referrals.

The emergency number worldwide for mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly this number 112 can be dialed even if the keypad is locked. Try it.





### Health & Fitness

Most Americans don't get enough fiber in their diets. Current recommendations call for adults to get anywhere from 21-38 grams each day, yet the average American eats only about half that. Fiber-rich foods include vegetables, especially deep green such as broccoli and kale along with legumes (beans), fruits such as apples, nuts and whole grains.

The applied Kinesiology department at Georgia State University calculates that a 175 lb. Man can burn as many as 188 calories through thirty minutes of vigorous house cleaning while a 135 lb. Woman can burn about 145 through the same activity and time. Jogging can burn up to 292 and 225 respectively.

A study of 8000 infants suggests that those who drink formula and take vitamins are more likely to develop food allergies and asthma than breast-fed babies.

## To-Do List for Well-Being

Those who have experienced some kind of trauma or violence need to take steps to regain personal health and well-being. If you or someone you know has had this type of experience, you are urged to try the following:

1. Talk about the incident and your feelings about it in order to move into solution-based thinking.
2. Find forms of expression that are appropriate for you. There is no single right way to grieve or mourn.
3. Find someone you feel safe with to talk to about your fears. It's good to talk about what's bothering you – over and over again! Explore your feelings.
4. Offer support. Helping others, in good times and bad, builds the relationships that assist us in recovering from trauma.
5. Listen with your heart. If you are the listening ear, the friend of someone having trouble coping, you don't need to have all the answers. Your task is to listen.
6. Understand that listening to other's struggle can leave you feeling helpless and ineffective. By being aware of our helplessness, we ultimately become helpful.
7. Exercise, stay motivated and motivate others.
8. Seek help for yourself or for those who aren't coping well.
9. Get 'into the groove' and back into a routine. Before the trauma, life had structure – it still does.

## Did You Know?

Prescription drug abuse is up 181% in the last ten years according to the National Institute on Drug Abuse. Abuse is particularly severe with opiate painkilling drugs like vicodin and oxycontin.

According to a University of Wisconsin researcher, people who learn during the day, sleep more deeply at night.

Nearly 1 in 7 US families are struggling with medical expenses even though they have medical insurance. Health care costs are a factor in half of bankruptcy cases.

## Words to Live By

*A loving person lives in a loving world. A hostile person lives in a hostile world: everyone you meet is your mirror.* Ken Keyes Jr.

## 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.

- Assess your risk for a variety of diseases (<http://www.yourdiseaserisk.harvard.edu/>).
- The best recipes in the world (<http://www.randomhouse.com/broadway/bittman/>).

