

## 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)

### Simple Wisdom

It's about time for me to have my annual bout of TOWD (Tired of Winter Disorder). It's about this time of year that I get antsy thinking about swimming, paging distractedly through endless seed catalogues and mowing the lawn in my mind. There are those that suffer legitimately from Seasonal Affective Disorder (SAD) and have to sit under bright lights to offset their looming depression. This is truly a debilitating problem, but for me it's just a distraction. I don't have the symptoms of

SAD because I'm not depressed, just anxious. I simply wish it were over and can no longer fool myself with the old "playing in the snow" fantasy or the "sit in the hot tub at the resort" routine. I've done both of these months ago.



My wife and I have a ritual of starting the move to Northern California, normally at the end of February every year. We pick out the town, talk about the house, how we would explain the move to our kids, how we would manage early retirement (real early retirement) and then say, "nah, maybe next year." This gets us through until mid-March and by then the seed catalogues start to work for me. Heck, I think I'll just get a discount flight to Key West and sleep on the beach until May.

### EAP FACTS

Past studies have indicated that patients who participate with their doctors in medical decisions relating to their health are more likely to comply with treatment and therapy recommendations. This, of course, requires good communication between physician and patient. A recent study by the University of North Carolina identified that doctors that empathize, reassure and support, and spend more time with their patients had improved patient outcomes. Perhaps this also suggests the importance of patient's willingness to open up communications with their doctors in order to improve their health outcomes. Are you telling your doctor

everything you should?

According to a study by The Task Force on College Drinking, drinking on college campuses is more pervasive and more destructive than many people realized. The task force discovered that nearly 1,400 deaths and as many as 1/2 million injuries annually can be linked directly to drinking. For more information see [College Drinking, Changing the Culture](#).

Many psychological researchers say human behavior fits into five categories; "the big five."

- Ability to cope with stress (stress)
- Tolerance to stimulation from people and situations (stimulation)
- Openness to new ideas and experiences (novelty)
- Degree of deference to others (dominance)
- Goal orientation (achievement).

"The research shows that you can account for 99% of the differences in human behavior with these five words."

*Center for Applied Cognitive Studies, Charlotte, NC*





## What Do You Do All Day?

Have you ever spent a day working frantically and got nothing done? Does it sometimes seem that the faster you work the farther behind you get? Create a schedule similar to the one below and include your typical workday activities. Include time used for personal chores and leisure or for just doing nothing. Supply as much detail as you can recall:

Time	Activity
to	

### Did You Know?

There's a new type of therapy called Outdoor Behavioral Therapy (OBT) that aims to rehabilitate adolescents suffering from alcohol or drug abuse. The therapy takes place in the wilderness where clients experience "hands-on learning of personal and social responsibility. Results of a recent study indicate a reduction in the severity of behavioral and emotional symptoms as perceived by the clients and even more so by their parents.

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### Notices

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

Are there areas you could consolidate into one time slot? Time wasted *between* productive tasks? Time used inefficiently because high-energy work was scheduled during your low-energy time of day? Activities that really should have been postponed to another time? On a separate sheet of paper write down some ways you could rearrange your day to make it more efficient.

Sometimes it turns out that reality doesn't fit our recollections of what we do all day. Try repeating this exercise for one particular day, filling out the schedule as you go through the day. Was there a close match between what you thought was your "typical" day and what turned out to be your actual day?

## TRENDS IN TREATMENT

Several new treatments for PTSD (Post Traumatic Stress Disorder) are now being used with some success. The most notable is EMDR or Eye Movement Desensitization and Reprocessing. This is a technique used by trained practitioners which couples specific movement of the eyes with the retelling of traumatic events. Apparently the eye movements affect the way in which the brain processes the memories and can rapidly reduce the vividness and adverse effects of those recurring memories.

For more information go to [www.emdr.com](http://www.emdr.com)

Some things a King never has to say:  
 "Hey guys wait for me." or "Can I play?"

George Carlin



## 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.

[Eye Movement Desensitization and Reprocessing \(EMDR\)](#) – (see "Trends in Treatment" above)  
[College Drinking, Changing the Culture](#) – (see "EAP Facts" on page one)

