

## Employee Health Consultants, Inc.

### Inside this Issue:

- Simple Wisdom
- EAP Facts
- Get Out of That Rut
- Words to Live By
- Health & Fitness

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

I got to thinking about a phrase I heard recently that goes, "what you hold onto holds onto you." I was thinking about what I hold onto. I hold onto old habits, old ways of thinking. I hold onto possessions and I hold onto things I think I need for security. I hold onto beliefs, opinions and attitudes that I define as "me".

The question really becomes, "do these things I'm holding onto still serve me...are they still in my best interest?" I think its fine to hold onto things that are meaningful and valuable - old friends, cherished possessions, family

traditions, values and routines. I think the most important issue is the questioning itself. Can I continue to question the real importance of these things against my current situation and value system?

Am I holding onto things out of unwillingness to face the

anxiety associated with change? Am I holding onto something because it supports my ego-driven notion of who I should be? Am I holding onto something simply because I haven't questioned its current value to me? Am I holding onto things because of a subtle self-righteousness, stubbornness or need to be right?

If I examine my life in light of these questions and I answer them honestly, perhaps I can travel a little lighter and with a little less resistance.

- Rick Atwater, Director of EAP Operations



### EAP FACTS

A government subcommittee of the House Energy and Commerce Committee subpoenaed records of three companies suspected of marketing products intended to fool the drug tests designed to detect the use of illegal substances. Most of these products are sold online and

thirteen states have enacted laws cracking down on such products.

According to the American Management Association US companies are doing more to promote wellness among employees. The number of companies offering programs

on self-care topics is up in all seven categories surveyed including smoking cessation, exercise and fitness, cholesterol management, blood pressure management, weight management, stress management and nutrition.

#### Did you know?

- It's easier to smile. It takes 43 muscles to frown, but only 15 to smile.
- According to Snapple.com (Real Facts), Texas is the only state that allows absentee ballots to be cast from space



### Health & Fitness

Rapid recognition of a stroke can be life-saving but sometimes symptoms are very subtle. A slight fall, a blank look, a forgetful moment, blurred vision or scrambled words on a page can spell trouble. Doctors say that bystanders, friends or family members can recognize a stroke by three simple questions:

- 1) ask the individual to smile
- 2) ask him or her to raise both arms
- 3) ask the person to say a simple sentence

If the person is unable to perform *any* of these tasks call 9-1-1 immediately and describe the symptoms to the dispatcher. These simple steps could save a life.

According to the US Department of Agriculture in a recent study, men and women who doubled fiber consumption absorbed 130 and 90 fewer calories a day respectively.

## Get Out of That Rut

Life runs smoothly and uneventfully when we follow a regular routine. But when we allow our daily routine to blind us to new ideas or choices, we pay a price. People who make creative breakthroughs are the ones who are continually looking for different ways to do things.

If you'd like to break out of your daily routine, try a few of these rut-busting activities. Below each one, write down one or two new things that you learned or thought of on the day you did the activity.

- Speak to someone you see every day but have never spoken to before.
- Rearrange your work area.
- Take a different route to work in the morning.
- Part your hair on the other side.
- Sign up for an activity you have never done before.
- Use your left hand if you're right-handed or right hand if you're left-handed, for one day.
- Pretend you're a photographer. For one day, look at your surroundings as opportunities for unusual photographs.
- Read a novel, except the last chapter - then write your own ending.
- Eat lunch in a different place, with a different person. Order something you have never eaten before.
- Draw something you see every day - don't worry about how good the drawing looks, but how you "see" the object.
- Read a book on a subject you know nothing about.
- Pretend it is your first day at work. What are your reactions?
- Find a new use for an object commonly found in your work area.

*"Possessions, outward success, publicity, luxury - to me these have always been contemptible. I believe that a simple and unassuming manner of life is best for every one, best both for the body and the mind. "*

Albert Einstein

## WORDS TO LIVE BY

Drive carefully. It's not only cars that can be recalled by their maker.

## 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.

World of Inspiration (<http://www.worldofinspiration.com>) – Quotes of inspiration.

