

LIFEWATCH BEACON—WINTER EDITION

HOW TO GET THAT SECOND WIND

Feeling run down? You can turn things around in five minutes if you do the following:

- **REFUEL.** Snack on fiber rich munchies, such as dried apricots, bananas, baby carrots or rye wafers.
- **BREATHE DEEPLY.** Every 1-2 hours, spend five minutes inhaling and exhaling deeply, hands on ribs. You'll promote calmness and mental focus as well as renewed energy.
- **GO ON AN IMAGRY VACATION.** Close your eyes and take a mental vacation by imagining a peaceful scene such as the ocean or meadow. Imagine yourself relaxing there.

HOW TO MANAGE ANGER

- **COUNT TO 10.** When something angers you, give your body time to defuse before you react. Take three or four deep breaths. Ask yourself: "Will this really matter a year from now?"
- **WALK IT OFF.** Go for a short walk until you calm down. Take a second look at how you are reacting to a situation.
- **DISTRACT YOURSELF.** Example: In a traffic jam, play soothing music or listen to a relaxing program instead of pounding the horn. At work, dive into a task to turn negative energy positive.

ASK FOR HELP..

If managing outbursts seems impossible, don't be afraid to try counseling, a one-on-one training for anger management, meditation, lifestyle changes or other kinds of psychological help. Your health may depend on it. LifeWatch EAP can help you with options if you decide you need to try something different to manage your anger or sort out the real causes of your anger. Sometimes these are things which you have no control.

Special points of interest:

- *Second wind*
- *Stress relief*
- *Anger management*

Coming in next issue:

- *Sure-fire ways to get a good night's sleep*
- *Problem solving techniques*
- *Recognizing a teenager in trouble*

Are you getting your 5?

Research shows that most people eat an average of three servings of fruits and vegetables a day. That's far short of the 5-9 daily servings recommended. Ideas: add fruit to cereal at breakfast....snack on raw vegetables instead of potato chips...sip juice instead of coffee, tea or soda.

QUICK HANDS—ON STRESS RELIEF

The scalp soother:

Place thumbs behind your ears and spread fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.

The shoulder saver.

Place your left hand on the right side of your neck by your shoulder. Press fingers firmly into the muscle while tucking your chin in toward your chest. Exhale and hold for 10 seconds, release, then repeat on the left side.

The eye easer.

Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase pressure for five seconds, then gently release. Repeat 2-4 times.

Contact us.....

LifeWatch Employee Assistance Program

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Remember, help is only a phone call away.....