



**CORPORATE
FAMILY
NETWORK**

HELPS YOU MANAGE LIFE'S CHALLENGES

HEALTHY

EXCHANGE

THE NEWSLETTER OF YOUR
EMPLOYEE ASSISTANCE PROGRAM

For Your Information

♦ MODERATE EXERCISE IS BEST

Moderate exercise — as opposed to vigorous, short-burst activities — has the edge when it comes to long-term weight control. Studies show that more body fat is burned during exercise done at a sustained, low-intensity pace than during high-intensity, short-burst activities. Best activities: Brisk walking, swimming, cycling, running, rowing or moderate or low-impact aerobics.



♦ BETTER SLEEP

Don't use alcohol to induce sleep. A nightcap can lull you to sleep, but alcohol typically produces light, unsettled sleep.

♦ TIME MANAGEMENT TIPS

1. Make a list, prioritize and check things off as you get them done.
2. Review your list from time to time. Is everything on that list necessary?
3. Ask yourself, "What's the best use of my time right now?" Then do it!



SELF-TEST:

Is Your Attitude Causing Your Anxiety?



Do you have realistic expectations of yourself and others? Are you a perfectionist? Are you a victim...do you play the blame game? Do you feel guilty when you have to say "no"?

It has been said that, "Attitude is everything!" When reflecting on why we feel stressed and anxious, most of us look outside of ourselves. We look at other people, institutions, work places and family for the reasons for our distress. The following evaluation will give you an opportunity for insight into the role your basic thinking plays in your level of anxiety.

As you read each statement, consider it not on an intellectual level, but by your emotional and physical response when you make that statement. How does your stomach feel? How does your head feel? What is your tension level? Reflecting in this manner, circle a one, two, three or four. Respond quickly, do not analyze! Your first response is usually the most accurate.

STEP 1: Go through the statements at this time; circle the number that best describes your response.

1 = I never feel this way

2 = I occasionally feel this way

3 = I frequently feel this way

4 = I almost always feel this way

1. I like to be in control at all times.....	1	2	3	4
2. I like things to be fair.....	1	2	3	4
3. I have a hard time saying "no" without feeling guilty.....	1	2	3	4
4. I like things to be perfect.....	1	2	3	4
5. I have high expectations of myself.....	1	2	3	4
6. I worry about what other people think.....	1	2	3	4
7. If I want something done right, I feel I should do it myself.....	1	2	3	4
8. I feel guilty easily.....	1	2	3	4
9. I do not like to fail.....	1	2	3	4
10. I feel people should listen better.....	1	2	3	4
11. I don't like to cause conflict.....	1	2	3	4
12. People don't appreciate all that I do.....	1	2	3	4
13. I'm not where I want to be in my life.....	1	2	3	4
14. There is not enough time in my day.....	1	2	3	4
15. I don't really feel rested.....	1	2	3	4

Subtotal _____

Total of all Subtotals _____

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SELF-TEST

Continued from front page

STEP 2: Find the subtotal for each column by adding the numbers in each column. (If you circle three number 3/s, your subtotal would be 9).

STEP 3: Add the subtotal together and note your grand total. Consult the score sheet below to determine your level of affectedness.

SCORING: This self-evaluation inventory may help you see that it is your attitude, inner beliefs, your picture of how life *should be*, that is causing most of your anxiety. It is impossible for things to always "be fair." You may have known this intellectually, but this evaluation measures your response and therefore, stress level, when you mentally stomp your feet and say, "It's not fair! I am a good person. I follow the rules. I don't deserve this!"

0 - 15 You are a very realistic person. You realize how ridiculous all of these statements really are.

16 - 25 Your attitude is responsible for a mild amount of anxiety in your life. With some minor adjustments, you can improve your stress level considerably.

26 - 35 You experience a moderate to high amount of anxiety as a direct result of your thoughts and expectations. You will be less anxious and more content if you learn how to change the way you think.

36 - 60 You are probably anxious and dissatisfied with yourself and others much of the time. It is your attitude and subsequent reaction process. You can be taught to see life experiences in a different way.

Most of the statements on this inventory are ridiculous, perfectionist, anxiety-producing statements. If you scored high on this inventory, you really need to change the way you think in order to minimize and eliminate some of your distress and anxiety. It is unhealthy — physically and emotionally. Call your Employee Assistance Program (EAP) for confidential counseling, referrals or information.

The self-test above was provided by the Midwest Center for Stress and Anxiety. For information and help overcoming anxiety, depression and stress, you may contact them at: 1-800-944-9428, or visit their website at: www.stresscenter.com

How To Recognize A Teenager In Trouble



The following are some things to look for — or be aware of — to help you recognize when a teenager is in trouble and in need of help:

THINGS TO LOOK FOR

Sleeping too much — We know that the teen years can sometimes find our children sleeping late or being lazy. You know the habits of your child — is your teenager sleeping even more than usual? Are they difficult to rouse? Do they complain of headaches or queasy stomach on rising? These may be symptoms of drug or alcohol use.

Not sleeping enough or insomnia — Is your teen staying out all night? Is your teen reluctant to tell you where they've been or who they've been with? Do they want to sleep during the middle of the day or "crash" for no apparent reason?

Irritable, erratic, moody or irrational behavior — Use or withdrawal from some drugs is accompanied by some or all of these behaviors. Does your teen become irrationally angry when confronted about their behavior? Do they show signs of rapid mood swings from sullen to happy and effusive?

Depression — Certainly, adolescence is a time of great change for teens and they often experience depression or sadness. With all of the hormonal changes happening it is not so hard to understand. However, are they unusually quiet or reserved? Have they been more withdrawn than usual? Have they changed their relationships with friends, their lifestyle, their habits or cleanliness? These are just some of the indicators that beg for you to talk with your child and make sure everything is okay.

Keeping secrets or lying — Is your teen telling lies about significant things like where they've been, who they were with? Are they lying about their grades, getting in trouble in school, cutting classes, disappearing for long periods without an explanation?

CALL YOUR EAP FOR HELP

If you have concerns about a parenting or family issue, your Employee Assistance Program (EAP) can help you. Why not call an EAP counselor today?

Employee Assistance Program Services

PROVIDED BY YOUR EMPLOYER FOR YOU AND YOUR DEPENDENTS



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Your Employee Assistance Program is a prepaid and confidential program designed to help employees and their families resolve personal problems which may be interfering with their personal, work or home life. If you're experiencing problems which are causing concern, you and your EAP counselor can work as a team to find solutions.

For **FREE** confidential short-term counseling call:

1-888-777-0052