

CURRENTS



PEACEHEALTH EAP QUARTERLY NEWSLETTER

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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