

EAP Wellness Letter

Healthy living habits for a lifetime

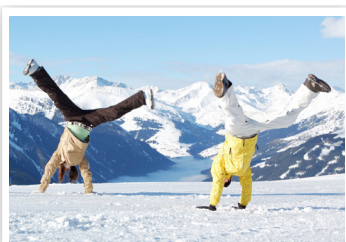


Choose two or three of the following activities to carry through the week, at a comfortable level. Continue four months while gradually adding the others. Then decide how to keep them up all year.

Stop dieting. Stop making weight loss goals and “waiting to be thin.” Stop weight-obsessive thoughts. Instead, be your own best self, starting right now. Decide it’s time to get on with living your life to the fullest.

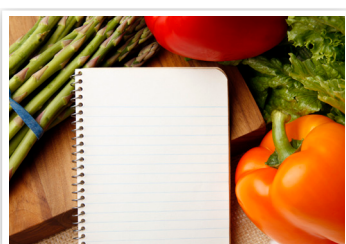


Be active in your own way every day. Focus on the pleasure of movement and its health and energy benefits, not calories burned. For most adults, an appropriate level is about 20 to 30 minutes a day for at least five days a week. Avoid long periods of inactivity.



Identify and build on your own special talents, traits and interests. Use self-talk and affirmations to enhance personal acceptance, respect, self-esteem and positive body image.

Feel good about others. Expect and extend respect, tolerance and acceptance.



Promote good relationships and communication with family, friends and acquaintances. Spend time enjoying social activities.

Rediscover normal eating. Eat at regular times, typically three meals and snacks to satisfy hunger. Eat when you’re hungry and stop when full and satisfied. Enjoy your food.



Eat well. Include all five food groups every day: bread and grains, fruits, vegetables, milk and dairy, meat and alternates. Choose balance, variety and moderation. All foods can fit.

Relax and relieve stress in your life. Take time for a daily 10-15 minute relaxation session. Be flexible, relax and go with the flow.

Respect and appreciate size diversity. Reassure yourself and others that beauty, health, and strength come in all sizes.



January 6, 2012

Friday Facts

Promoting *good* Relationships

Listen and understand. Listening and understanding are important to develop relationships as well as resolve any conflicts.

Trust. Without trust nobody builds a strong and good relationship. It plays an important role.

Forgive and forget. Never show that you are right and do not blame the other. Try to forget the fault and look forward to a caring tomorrow.

Take time. It not only takes time to build a good relation but one needs to spend time with the other to build it.



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January 13, 2012

Friday Facts

Hobby *ideas*

Find an interest or talent and develop it. Here is a list of ideas:

Collect things... coin or stamp collection

Mind games... jigsaw puzzles, crossword puzzles, brain teasers

Fun games... bingo, bowling, pool, darts, ping pong

Outdoor adventures... fishing, walking, biking, camping, golfing,
hiking (mountains too)

Musical instrument... guitar, piano



Craftwork... pottery, origami,
scrapbooking, knitting,
painting

Dance... ballet, ballroom,
line dancing

Other... cooking, woodworking,
gardening, bird watching

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January 20, 2012

Friday Facts

Relaxation

The relaxation response brings your system back into balance: deepening your breathing, reducing stress hormones, slowing down your heart rate and blood pressure and relaxing your muscles.

A variety of relaxation techniques help you achieve the relaxation response. Those whose stress-busting benefits have been widely studied include deep



breathing, progressive muscle relaxation, meditation, visualization, yoga and tai chi.

Learning the basics of these relaxation techniques isn't difficult. But it takes practice to truly harness their stress-relieving power: daily practice, in fact. Most

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January 27, 2012

Friday Facts

Eating well: variety, balance & moderation

Variety, in the context of eating right, means eating different foods from the 5 major food groups of the Food Guide Pyramid. Variety is also about eating different foods within each food group.

Balance really has to do with mixing and matching the types of food we eat to make sure we get enough of the nutrients we need plenty of, and not too much of the ones we tend to overdo.

Variety and balance are important attributes of a healthful eating plan. Perhaps the hardest component of all, though, is moderation.

One of the keys to moderation is recognizing and honoring the body's hunger and fullness cues. Eat when you're hungry and stop when you're full.



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