

For Your Information

ANGER MANAGEMENT TIP

Change your environment. Get out of the situation if you need to. The quickest way to uncouple yourself from a source of anger is to take a five-minute walk and get some fresh air. The walk will help you calm down and the break can give you time to think about the cause of your anger. Find someone to talk things over with, who can help you calm down and gain perspective.



MYTHS AND FACTS

Myth: Alcoholics drink every day.

Fact: Some alcoholics drink only on weekends, some abstain for months. Alcoholism is not determined by how often people drink, but whether or not they can control their drinking once they start.

5 SIGNS THAT YOU NEED TO BUST SOME STRESS

1. You're irritable.
2. You're losing sleep.
3. You're losing or gaining weight.
4. You feel tense – with muscle aches or headaches.
5. You feel overwhelmed.

If you or a family member is feeling overwhelmed by stress, contact your EAP for confidential counseling, referrals or information. We're here to help you.

MAINTAINING A HEALTHY LIFESTYLE

8 Tips To Help You Decrease Overeating

Do you overeat on a regular basis? Do you often feel “out of control” with food? Are you unable to maintain a healthy weight? Below are suggestions to help you decrease overeating:



1. Eat breakfast. A recent study reports that when you skip breakfast your chances of overeating at lunch increase by as much as 50%. Overeating is best prevented through healthy, satisfying eating. Get each day off to a good start by eating a nutritious breakfast. If time is an issue, a cup of low-fat yogurt topped with low-fat granola and banana slices makes for a quick and nutritious breakfast.

2. Don't skip meals. Skipping meals to maintain or lose weight almost always leads to overeating. The biological wisdom of your body prompts you to eat more whenever you restrict your caloric intake. When you skip a meal you actually set off a series of physiological changes in the body which intensify your preoccupation with food and your urge to eat. Most people mistakenly believe that when they later give in to this powerful urge to eat – and subsequently overeat – that it is because of a lack of will power. Actually, it is the body's own physiology which has urged them to make up for the caloric deprivation.

3. Get adequate sleep. A study from the University of Chicago found that lack of sleep makes you want to eat more. The reason? Sleep loss appears to trigger changes in hormones that regulate appetite and stimulate hunger for high-calorie foods like cookies and chips. Researchers believe that we crave high-calorie foods when we're tired because they offer up instant energy. According to a Columbia University study, people who get less than the recommended seven to eight hours of sleep a night are up to 73% more likely to be obese. Commit to getting seven to eight hours of sleep each night.

4. Learn to distinguish the difference between physical hunger and eating to relieve stress. Many people are unaware that they eat food in response to stress and confuse the physical discomfort brought on by stress with the physical discomfort of needing food. Getting a handle on overeating begins by recognizing the difference between physical hunger and emotional eating. Physical hunger builds gradually, is felt below the neck (stomach), occurs hours after a meal, goes away when full, and eating leads to a feeling of satisfaction. Emotional hunger develops suddenly, is felt above the neck (having a “taste” or craving for chocolate), is unrelated to the last time you ate, persists despite fullness, and eating leads to feelings of guilt. When you feel the urge to eat, get in the habit of asking, “Is it physical hunger or is it emotional hunger?”

5. Untangle your emotional connections to food. Many people use food to fill emotional needs, contributing to overeating and being overweight. Do you use food to:

- relax or calm your nerves?
- comfort yourself?
- numb yourself from emotional pain such as sadness, hopelessness, rejection, or anger?

To eliminate emotional eating, use a food diary to identify when and why you eat for emotional reasons. Keep an accurate record for at least one week of what you eat, when, and where. Include how you feel when you were eating. Ask yourself: What happened today to make me feel

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this way? You may discover patterns that reveal the emotional cues that cause you to turn to food. Next, find healthier methods to deal with your emotions and find alternative behaviors to eating.

6. Manage your stress. When you're stressed, a chemical produced by your brain called cortisol increases your appetite. Not surprisingly, more than two-thirds of overweight adults report that they eat when they're stressed out. Instead of eating when you're stressed, learn how to manage stress in healthier ways. Start by exercising regularly. Walking for 20 to 30 minutes a day will help release tension, drain stress-producing hormones circulating in the body, and reduce your appetite. Educate yourself about other ways you can eliminate, manage or dissolve stress.

7. Eat more whole grains, fruits and vegetables. Your body needs you to give it nutrients for energy and to feel satisfied. If you aren't giving your body a balanced diet from whole grains, vegetables and fruits, your body will crave more food in order to get the nutrition you need – and you overeat. Eat at least five servings of vegetables and fruits per day. Try substituting them for higher calorie, less nutritious foods. Note: Low-fat dairy products, lean meats, poultry, fish and legumes are also important elements of a healthy diet.

8. Practice portion control. Overweight people have a tendency to eat a high percentage of their daily caloric intake in one meal. The calories they consume are often in excess, resulting in weight gain. If you've had a problem with overeating, following the recommendations above will help you cut back on your food portion sizes. Remember, overeating is best prevented through healthy and satisfying eating. You can maintain or lose weight and still eat your favorite foods, just decrease your portion sizes. Suggestion: Start a meal with soup or salad. Having a salad or cup of soup for starters can add nutrition to your meal and curb your hunger, which will help you keep portion sizes in check and prevent you from overeating.

Getting help when overeating is a problem

Issues with food and overeating often seem overwhelming. If you find that you overeat on a regular basis or you can't seem to cope with your emotions without eating, your Employee Assistance Program (EAP) can help you with counseling, referrals or information. Cognitive behavior therapy is extremely effective in treating overeating. If you need help, why not call an EAP counselor today? We're here to help you.

How Can Family and Friends Help the Depressed Person?

Depression causes pain and difficulty, not only to those who suffer from depression, but also to those who care about them. If you are concerned that a family member or friend may be suffering from depression, what can you do to help?

The more you know about depression, the better you can help the depressed person and yourself. Follow the guidelines below to help:

- 1. Learn all you can about depression, the symptoms and treatment.** Start by having a proper understanding about what depression is. A depressive disorder is not merely a passing blue mood. People with clinical depression cannot simply "pull themselves together" and get better. Depression is the result of an alteration of brain chemistry. Without treatment, symptoms often get worse, and can last for weeks, months, or years. The good news? Up to 90% of people with serious depression can be treated successfully with "talk" therapy, antidepressant medications, alternative treatments, or a combination of these. Seeking professional help is the key to healing and recovery.
- 2. Get appropriate diagnosis and treatment.** The most important thing anyone can do for a depressed person is help them get appropriate diagnosis and treatment. The first step is for them to see a doctor and ask to be examined for depression. Sometimes an actual illness can cause depression-like symptoms, so that is why it is best to see a doctor first. Next, seek the care of a licensed mental health professional – with training and experience in helping people recover from depression – for further evaluation and treatment.
- 3. Encourage them to stay with treatment.** Once a treatment program is prescribed, helping may involve monitoring whether the depressed person is taking their prescribed medication, or encouraging them to stay with treatment until symptoms begin to abate (several weeks).
- 4. Offer emotional support.** This involves understanding, patience and encouragement. Do not accuse the depressed person of faking illness or laziness or expect him or her to "snap out of it." Eventually, with treatment, most depressed people do get better. Keep this in mind, and keep reassuring the depressed person that with time and help, he or she will feel better.

Contact your EAP

If you suspect that you have a family member who may be suffering from depression and in need of professional help, contact your Employee Assistance Program (EAP) for confidential counseling, referrals or information. EAP counselors are specially trained to help people get the right kind of help for depression. We're here to help you.

Employee Assistance Program Services

PROVIDED BY YOUR EMPLOYER FOR YOU AND YOUR DEPENDENTS

Your **E**mployee **A**ssistance **P**rogram is a prepaid and confidential program designed to help employees and their dependents resolve problems which may be interfering with their personal, work or home life. EAP Consultants offers help for marital and family issues, substance abuse, job concerns, emotional problems, life adjustments, legal issues, financial matters, and elder care and child care referrals.

If you're experiencing problems which are causing concern, you and your EAP Counselor can work as a team to find solutions.

For assistance, call EAP Consultants Inc. at:

800-869-0276

