

Viewing Food Through a Kaleidoscope

of each and ever eat able, drinkable and smokable which has in any way acquired a shady reputation. They pay this price for health. And health is all they get for it. How strange it is. It is like paying out your whole fortune for a cow that has gone dry. -Mark Twain

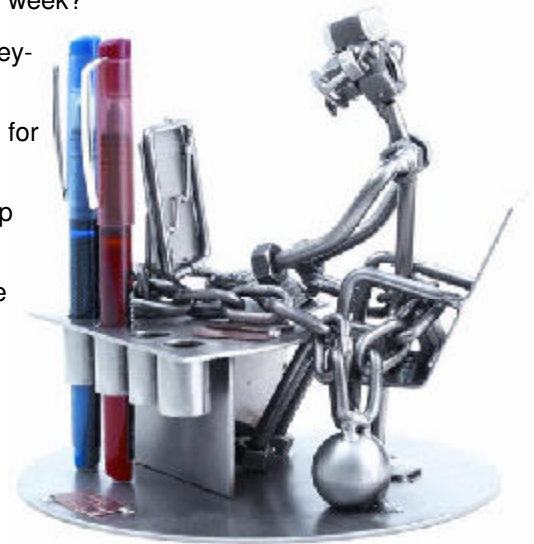
Our current food worldview encourages us to look at food with binoculars. One moment we point them at protein, the next at carbohydrates, and then at fat—both in food and on our body. Viewed through such a restricted field of vision, we see food solely from a singular, biological perspective of “isolated findings.”

But toss away the binoculars and instead view food through a kaleidoscope, and the multidimensional healing secrets of socializing, feelings, mindfulness, appreciation, connection, and optimal food emerge. And then, with the simple turn of the kaleidoscope, suddenly the healing secrets are distilled into the “four facets of food” [biological, psychological, spiritual, and social nutrition]. In place of our interesting but limited binocular focus on food, stunning new nutrition insights are revealed: suddenly, subtleties that reflect physical, emotional, spiritual and social nourishment are manifested. Viewed from such an interactive, ever-changing, multifaceted vantage point, food and nutrition become integrated, interconnected, and whole.

Rather than thinking about the four facets of food as a new diet or as more dietary dogma, consider that they integrate our current nutrient-oriented view of food while also acknowledging the harder-to-measure healing dimensions of food, such as its link to emotions, spiritual well-being, and community. Once you begin to view food from this authentic, multifaceted framework, your entire relationship to food—and your perception about its power to heal holistically—will change.

How Do I Know If I'm a Workaholic?

- Do you get more excited about your work than about family or anything else?
- Are there times when you can charge through your work and other times when you can't?
- Do you take work with you to bed? on weekends? on vacation?
- Is work the activity you like to do best and talk about most?
- Do you work more than 40 hours a week?
- Do you turn your hobbies into money-making ventures?
- Do you take complete responsibility for the outcome of your work efforts?
- Have your family or friends given up expecting you on time?
- Do you take on extra work because you are concerned that it won't otherwise get done?
- Do you underestimate how long a project will take then rush to complete it?
- Do you believe that it is okay to work long hours if you love what you are doing?
- Do you get impatient with people who have other priorities besides work?
- Are you afraid that if you don't work hard you will lose your job or be a failure?
- Is the future a constant worry for you even when things are going very well?
- Do you do things energetically and competitively including play?
- Do you get irritated when people ask you to stop doing your work in order to do something else?
- Have your long hours hurt your family or other relationships?
- Do you think about your work while driving, falling asleep or when others are talking?
- Do you work or read during meals?
- Do you believe that more money will solve the other problems in your life?



If you answer “yes” to three or more of these questions you may be a workaholic. Relax. You are not alone.

Assertiveness

It takes confidence to move ahead--but gaining confidence is not as hard as you think. Try these tips and surprise yourself with your growing assurance.

- **Stop Putting Yourself Down.**
- **Stop Apologizing.**
- **Stop Sounding Wishy-Washy.**
- **Stop saying "I Can't."**
- **Stop Procrastinating.**
- **Start building yourself up.**
- **Start Playing the Part**
you really will feel more confident.
- **Picture yourself the way you want to be.**

Assertive, Non-Assertive, and Aggressive Behavior

	Aggressive	Non-Assertive
Characteristic of the behavior	Expresses wants, ideas, feelings At the expense of others.	Does not express wants, ideas, and feelings or expressed them in a self-depreciating way.
	Intent=dominate or humiliate.	Intent=to please
Feelings when acting this way	Self-righteous, superior, sometimes embarrassed later.	Anxious, disappointed in self; often angry
Other people's feelings about themselves when acting this way.	Humiliated, hurt.	Guilty or superior.
Other people's feelings about us when we act this way.	Usualy respect.	Irritation, pity, disgust.
Outcome	Often get what we want at the expense of others; others feel justified in "getting even."	Don't get what we want; anger builds up.
Payoff	Feels good; respected by others. Improved self-confidence; improved relationships.	Ver's anger; feels superior.
		Avoids unpleasant situations; avoids conflict, tension, confrontation.

—ASSERTIVENESS.COM

Buyer's Remorse

If your buried in bills, here's more bad news: help isn't on the way. Lenders are less likely to offer concessions to cash-strapped borrowers, reports the National Consumer Law Center. And that traditional last resort—the credit-counseling industry—is getting squeezed, too. How come? The Internal Revenue Service is preparing to drop the nonprofit status of as much as half the industry because many firms charge high fees and don't do enough to educate their clients. Demand for the firms that will be left is high, thanks to the counseling requirements of the new bankruptcy law. If you are too far gone to work out your credit problems yourself, utilize your EAP program's

referral service for Credit Debt Services and Debt Counseling— by calling 1-800-937-7770.

—TIP SHEET--L.S.

Human Behavior Associates is your Employee Assistance Program. Employees and their family members can call **1-800 937-7770**, 24 hours per day, 7 days a week to request assistance with personal, family, financial or legal problems.