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## EAP NEWSLETTER

EAP News #105

**NEW YEAR CEREMONIES ARE DESIGNED TO GET RID OF THE PAST AND TO WELCOME THE FUTURE. JANUARY IS NAMED AFTER THE ETRUSCAN WORD FOR JANUA WHICH MEANS DOOR.**

**Open the Door for the New Year** and welcome ways to make your life more successful:

Imagine, as clearly as you can, your ideal future.

Feel the excitement, but pay attention to the doubts and fears that arise. Write them down.

Look under the fears and doubts to find the beliefs they are stemming from. Write those beliefs down.

Once you have identified the core belief that is sabotaging success, write out a new set of beliefs that you want to live by. Connect with the basic human truth that you are a valuable person, that you deserve love and success, that you are powerful enough to create your life.

Then connect with the feelings those new beliefs generate: that success feels great, that love feels terrific, and that there is lots of it out there.

Visualize a future that incorporates those new beliefs. You don't do it just once. You keep on doing it. That will continually motivate you to go through the process of peeling back the curtains on your core self until you tackle every belief that is holding you back.

As you get closer to the core you tap the source of all change and success—self-love and forgiveness for past failures.

What we *believe* is what we will get, because we are powerful enough to create it. *"Whether you believe you can or believe you can't, you are right."* – HENRY FORD



### A Plan of Action for Keeping Your New Year's Resolutions

Once you have decided you are ready to make that New Year's resolution develop a plan of action and make it a priority plan. If you wish to start an exercise program, plan what kind of exercise you will do and how often. Try to pick something you enjoy doing, and be sure not to set your goals too high. Taking on too much too soon can lead to a slip and that one slip can lead to quitting all together. It's important to be reasonable in what you expect yourself to do. For example if you are trying to cut down on carbohydrates, don't tell yourself you'll never eat pizza ever again...because you probably will. Be willing to make small changes at first. Included in your plan of action should be your plan for dealing with inevitable temptations that come your way. Here are some ideas that may help:

- Make a list of the benefits of changing and put it someplace where you will see it every day.
- Form a support system of friends and family, who will cheer you on and also challenge you to stick to your goals.
- Pay attention to your thinking and try to counter negative ideas like "I'll never succeed" with positive thoughts, like "Today, I made some progress."
- Get plenty of rest and sleep. If you're trying to quit smoking, adequate rest and exercise are especially important.
- Surround yourself with people and situations that encourage you in good habits. Join a support group, get an exercise partner, or spend more time with friends who don't have the habits you are trying to break.
- Have a plan for when you are tempted— like to call a friend or go for a walk instead of...
- Be good to yourself. Give yourself rewards for your progress.

Change happens little by little, day by day. If you can just do a little bit to get going you'll soon feel the positive effects of change and that little bit can lead to long-term healthy habits.



## Laughter and our Health

For hundreds of years, it has been acknowledged that "Laughter is the best Medicine." Breakthrough medical research is shedding new light on the physiological

beneficial effects of humor on health. A sense of humor can come in handy, whether it's for dealing with an illness, the pressures of daily living, stress, coping at work even, humor can dramatically change the quality and outlook of our lives. Humor is an easy way to get in touch with your feelings, and control them in difficult situations.

Laughter is *not* the same as humor. Laughter is the physiological response to humor. Laughing makes us feel good for a reason. The physiological effects on our body are amazing. For instance:

- Laughter appears to reduce levels of certain stress hormones.
- Laughter boosts and brings balance to the Immune System.
- Blood Pressure is lowered, and there is an increase in vascular blood flow, and an increase in oxygenation of the blood which further assists healing.
- Laughter gives your diaphragm and abdominal, respiratory and facial, leg and back muscles a workout.

Humor provides psychological benefits too. It helps us get some distance from problems and gain a fuller and more realistic perspective of the world and the overall significance of problems. It is a cathartic (cleansing) release, which clears our head of fogging emotions and renews our bodies so they are refreshed for action! Laughing invokes feelings of happiness and joy and under those conditions it's easier to think creatively around problems.

Shared laughter promotes unity within a group so people can solve problems together. Shared laughter makes people feel free to risk sharing their opinions and to offer suggestions and think out loud.

*As the saying goes: "Those who laugh...last."*

EVIDENCE HAS BEEN FOUND THAT WILLIAM TELL AND HIS FAMILY WERE AVID BOWLERS. HOWEVER, ALL THE LEAGUE RECORDS WERE UNFORTUNATELY DESTROYED IN A FIRE. THUS WE'LL NEVER KNOW FOR WHOM THE TELLS BOWLED.

## Self-Assessment for Addictive Disorders

Common addictive disorders include compulsive gambling, compulsive spending, sexual addiction, compulsive overeating, compulsive drinking, or even workaholism. If a behavior has gotten out of control for you, review the symptoms checklist below to recognize if your behavior has become an addictive disorder.

Recognizing that you have a problem is the first step toward recovery. Your EAP can help you with information and how to get help, counseling and referrals. EAP services are FREE. Your confidentiality is guaranteed and mandated by law.

### Symptom Check List:

- The person thinks about the activity a lot when they're not doing it.
- The person is unable to control the amount of time spent doing the activity.
- The person denies having a problem, when many things are obviously going wrong.
- The person hides the activity from friends and family.
- When unable to do the activity, the person becomes irritable, moody, tearful, angry or hostile.
- The person forgets or ignores family events such as birthdays and visits from friends because of his or her involvement with the activity.
- The person would rather do the activity than spend time with a family member or friend.
- The person blames other people for his/her troubles and does not take responsibility for his/her own actions.
- The person has headaches, stomach disorders, and other unexplained and ongoing physical symptoms.
- The person begins to neglect his/her appearance and to do hurtful or illegal things.

Remember recovery is possible. Recognizing that you have a problem is the first step.

### **Human Behavior Associates, Inc.**

*HBA is the provider of your Employee Assistance Program.*

*Employees and their family members can call*

**1-800-937-7770** 24 hours per day, 7 days per week to request assistance with personal or family problems.