

How To: Minimize *Holiday Stress*

Follow the tips below to help ease holiday stress and help you enjoy a meaningful and happy holiday season:

✓SET A FINANCIAL BUDGET FOR THE HOLIDAYS AND STICK TO IT—

Not just for gift giving, but for the top-dollar amount you can afford to spend for everything including gifts, big family dinners, wrapping paper, decorations, parties, etc.

✓BUDGET TIME AS WELL AS YOU

MONEY— Avoid the stress of last-minute shopping and preparations. Plan ahead. Make a “To Do” list and prioritize what has to be done. Set aside some time each day to accomplish scheduled holiday tasks.

✓**KEEP HOLIDAY PLANS REALISTIC—** Don’t overload yourself. It’s not necessary to attend every social event or religious celebration that comes along. When allotting your limited time, choose quality over quantity. Learn to say “no” gently but firmly to social events that are over your limit.

✓**DELEGATE RESPONSIBILITY—** Share the shopping, cooking, cleaning, etc. responsibilities with others. Have family members draw lots from a hat or use the “grab-bag” system to assign tasks such as putting up the tree, outdoor decorations, cookie baking, gift wrapping, etc. Set time goals for each assignment.

✓**FACTOR IN CHANGED CIRCUMSTANCES—** Are you recently laid off, newly divorced, grieving a recent death? Now’s the time to “Keep It Simple.” Keep the demands on your time, energy, emotions and wallet to a minimum. It’s “okay” to pass up an activity if you’re not feeling up to it at this time.

✓**TAKE CARE OF YOURSELF—** Avoid overindulgence of holiday food, alcohol or caffeine. Be sure to get adequate sleep and rest and schedule some personal time to do things you enjoy.



November is Diabetes Awareness Month

What is diabetes?

Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn’t make enough insulin or can’t use its own insulin as well as it should. This causes sugars to build up in your blood.

Diabetes can cause serious health complications including heart disease, blindness, kidney

failure, and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States.

What are the symptoms of diabetes?

People who think they might have diabetes must visit a physician for diagnosis. They might have SOME or NONE of the following symptoms:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual.
- Nausea, vomiting, or stomach pains may accompany some of these symptoms in the abrupt onset of insulin-dependent diabetes, now called type 1 diabetes.

--FROM 4THERAPY.COM



Happy Thanksgiving from HBA



"The point is, to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer." -- RAINER MARIA RILKE LETTERS TO A YOUNG

It's not cool when you can't hear

It's no secret that today's society exposes us all to a lot of noise. Exposure to excessively loud levels of noise can't always be avoided, but we can do things to prevent damage to our ears. Recent studies have shown an increased incidence of hearing loss among grade school students and musicians. At work and home we can be subject to levels of noise that threaten our hearing. Power tools, factory noises, fireworks, and of course loud music, are all potential sources of noise that can cause irreversible inner ear damage.

At first, the hearing loss may only be temporary, with hearing returning to normal after several hours or days. But, if exposure occurs repeatedly the ears will eventually lose their ability to bounce back, resulting in permanent hearing degeneration.

Safe sound

Many people don't think twice about getting their eyes examined on a regular basis, readily purchasing glasses or contact lenses if necessary, and yet neglecting to take care of their ears. While hearing loss might not be as noticeable as sight degeneration in the earliest stages, the long-term damage can be more severe if left unchecked. What's more, many people don't realize that their increasing communication problems are caused by their own inability to clearly understand others, leading to misdirected irritability, anger and frustration.

One way to reduce hearing damage is by paying attention to noise levels and realizing when they are too high. According to the United States Safety and Health Standards, workers should not be exposed to more than 90 dB over a period of eight hours. Most audiologists would like to see that standard modified to 85 dB. If you work in a noisy environment, check out the decibel level you are being exposed to and take the proper precautions. Have your hearing evaluated at least once a year by a hearing health professional. Turn down the volume, or remove yourself from the noise area when possible. Give your ears a rest for 24 hours after exposure to dangerous levels of noise, and get yourself some hearing protection.

A variety of ear protection devices are available today. Just decide what you want, what's best for you, and go get it. No more problems, no more worries. Just good music.

When To Seek Therapy

Sometimes you need to talk to someone, someone who can help... When you feel like you can't do it alone... When you feel trapped, like there's nowhere to turn... When you worry all the time, and never seem to find the answers... When the way you feel is affecting your sleep, your eating habits, your job, your relationships, your everyday life... When even the advice offered by family or well-meaning friends doesn't really help you feel any better.

Some of the most common reasons for seeking help from therapy include:

- Emotional Distress***
- Personal Growth***
- Relationship Issues***
- Coping Mechanisms***
- Loss***
- Trauma, Violence or Abuse***
- Sexual Problems***
- Clinical Disorder or Condition***
- Excessive consumption of Alcohol or Drugs***

Recognizing the need for professional help is a good first step towards improvement. Therapy can be of real benefit, providing help for a wide range of problems such as depression, loss, marital strife, parent-child concerns, or emotional distress. It can also help fulfill aspirations for personal growth or self-improvement. Therapy has one clear and definite purpose: that something of positive value and constructive usefulness will come out of it for you.

--HUMAN BEHAVIOR ASSOCIATES 1-800 937-7770

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.

