

Bad Day? Bad Mood? Need a Hug?



**So what can you do to hug yourself?
Start with these 6.5 solutions:**

1. Call the most positive person you know. Start the conversation with small talk, Casually mention your mood and ask this person how he or she gets rid of a bad mood.
2. Act upbeat and talk about positive things. Reset your internal mood. Don't whine or kick cans.
3. Call your mentor and ask what he or she does when feeling down. Then discuss your symptoms and see if your mentor has any ideas.
4. Listen to "The Strangest Secret" by Earl Nightingale. That will provide 20 minutes of "You become what you think about all day long." it's the best piece of personal development information ever recorded.
5. Read or reread "How to Stop Worrying and Start Living" by Dale Carnegie. This is a guidebook to the positive side of life.
6. Surround yourself with some form of humor. Read it. Listen to it. Watch it. Laugh. Laughing is the best medicine for redirecting your feelings.

And the big news you already know...

- 6.5 Get to work. Start working on the problem, and the symptoms will disappear. Ask the why questions until you get to the truth. Then take action to solve, resolve, change, enhance, create new approaches, mend fences, make a plan- and dig in.

The key to bad-day-bad-mood-blah removal are support, self-discovery, reversing your thoughts, laughing and taking action to recover.

All these things are completely under your control.

-- JEFFREY GITOMER



With Fall Around the Corner Roast Vegetable Salad

You can use any vegetable in a roasted salad, I used these as they were all I had in the fridge.

String beans - strung and left long

Mushrooms - quartered as they were large

Pumpkin - diced so it would be cooked at the same time as the beans and mushrooms

Toss the veggies in olive oil and season with **Cummin, Paprika (sweet), salt and black pepper**. Roast in the oven till cooked. Turn heat off and then add some **marinated artichokes** and mix through cooked veggies, leave in oven to heat through (blends very well with chicken).

That's it. Simple. --PAULL MERCURIO

Loving Yourself = True Freedom

Loving yourself means that you are willing to stop comparing yourself to others.

It means willing to appreciate who you are in any circumstances. It is all about learning to acknowledge everything that you are.

If you are a morning person - Terrific! You have more chances to see a sunrise, a new day, a new beginning.

If you are a night person - Wonderful! You get to see the other side of the day; you learn to think unorthodoxly.

If you are a good communicator - Fantastic! You have the capacity to reach people and make contact.

If you're not such a good communicator Great! You can listen to people and people love to be heard.

No matter what you are, there is greatness in it - as it is who you are. The only way to be able to see it, is to stop comparing yourself to another.

Realize that there is only one person exactly like you in this whole world, which makes you unique and whole, and in other words - Perfect!

Perfect means that it has everything in it. The good and the bad; the beauty and the ugly; success and failure. When you are willing to accept that you are perfect the way you are, you realize that there is no need to change anything. The only thing that is left to do is fall in love with that person that you are already.

When you really love yourself, you are free to choose at any moment how to express yourself...

And isn't that what freedom is all about...?

Article by **Vered Neta**

Eating Disorders As a Midlife Crisis

More older women struggling with anorexia, bulimia



The problem is eating disorders such as anorexia or bulimia, which were once confined mostly to teenage girls, now plague a growing number of women of the baby boom generation.

Anorexia is characterized by dramatic weight loss due to excessive or compulsive dieting, often coupled with self-induced vomiting and chronic use of laxatives. Bulimia causes excessive binge eating, followed by purging or vomiting, and frequently, the use of laxatives. Both can occur independently or simultaneously.

A relatively new expression of eating disorders is what some experts are calling "anorexercise or over-exercise," and it's attracting a substantial number of older women. It involves calculating every calorie that's consumed, and then devising a workout designed to burn those exact number of calories — and doing it within 12 hours or less after eating.

While no one is certain what causes eating disorders, many believe hormones may play a role. "Hormonally speaking, perimenopause is puberty in reverse," says Dr. Saunders. "But it's the fluctuations and the changes, not necessarily the direction the hormones are going, that might influence the brain chemistry involved in eating disorders."

In addition, middle age ushers in some life-altering changes for many women, including divorce and the departure of grown children. Without that family support system, some women are left feeling isolated and out of control of their daily lives — setting the stage for eating disorders, experts say.

"They attempt to gain some control back by controlling what they eat," Saunders says. "And given the right circumstances, some women cross the line from dieting to an eating disorder before they even realize what is happening." Sometimes, undiagnosed depression is to blame, Lusskin says.

Some experts also say you can't underestimate the changing cultural influences of the past 30 years and the role they play in how women think about their bodies today. A real culprit is the evolution of a style culture that pushed "thinness" to an unrealistic ideal.

Today, the message women get from fashion magazines, movies, TV and sometimes even from their own doctors is that "size two is the ideal and the thinner you are, the more desirable you will be,"

Indeed, a recent study by professor Laurie Mintz at the University of Missouri-Columbia found that women who viewed advertisements featuring typically thin and beautiful women for just three minutes came away with increased feelings of depression.

The good news is that older women generally respond to treatment for eating disorders faster than younger women, and are generally more motivated to seek the help they need.

Treatment of eating disorders for all age groups includes counseling, medication, and, for older women, having a spouse involved in treatment.

Most important, say experts, is to join a support group. Studies show that sharing your feelings with others facing a similar problem plays a major role in helping women of all ages overcome eating disorders. --MENTALHEALTH.COM

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, family, financial or legal problems.