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# BHS A.S.S.I.S.T. JULY NEWSLETTER

## Family Vacations



## TIPS FOR A STRESS-FREE VACATION

Vacation time is here! For many people, planning to get away on vacation adds more stress to our already stressed work lives. Here are some tips to help you get ahead of the curve so you can get away without worrying what might happen—or not happen—while you are gone.

### Call on Your Network

Everyone needs a strong network of colleagues that you can call on when needed. If you have cultivated positive relationships with other managers, you can call on them to help out on projects or team leadership during your vacation and offer to do the same for them. Make sure you take time to fill them in on any procedures, deliverables, or deadlines that may come up in your absence.

### Focus on Priorities and Deadlines

Take inventory of everything due before you leave and focus on handling those. Either delegate them to someone or make them your top priorities. Also review deliverables due soon after your vacation ends and plan for them before you leave so you are not swamped when you return. Plan your calendar for the week you return to give yourself time to catch up with staff and paperwork.

### Avoid E-mail Overload When You Return

After a vacation or any prolonged time away from work, we all dread opening our e-mail in-box because we know

it will be flooded with e-mails demanding our attention. The key to controlling e-mails during vacation is a little preparedness before you go.

Make sure you turn on your "out-of-office" message before you go and include information on who can be contacted for help while you are gone.

Use rules that pre-sort e-mails and divert them to a folder, the trash, or someone else. For example, set a rule to delete newsletters, routine updates, and all other e-mails that don't need your attention when you return.

Create a rule for your most important projects that need attention as soon as you return, so you can focus on those without the distraction of other, less important e-mails.

### Do Not Take Work with You

Everyone needs downtime to recharge and relax. Taking work with you or being available for meetings or e-mails defeats the purpose of a vacation. This is time to spend with family and friends, traveling, pursuing personal interests, or doing nothing at all! If you have to stay in touch, limit who can contact you and specify under what circumstances.

Your vacation is your opportunity to disconnect from work and reconnect with other parts of your life that are important. Respect this time and use it to rest and refresh your body, mind, and spirit. When you return, you will have more enthusiasm for the job, feel less stress, and be more *positively productive*.

# EMOTIONAL EATING

## There is Help

**Learning to recognize your emotional eating triggers is the first step to breaking free from food cravings and compulsive overeating.**



If you've ever made room for dessert, even though you're already full, or devoured a pint of ice cream because you're feeling down, you have experienced emotional eating. Emotional eating is using food to make yourself feel better – eating to fill emotional needs, rather than to fill your stomach.

Using food from time to time as a pick me up, a reward or to celebrate, isn't a bad thing. But when eating is your primary coping mechanism, you can get stuck in an unhealthy cycle and never address the cause of your eating.

Keep in mind that while most emotional eating is linked to unpleasant feelings, it can also be triggered by positive emotions, such as rewarding yourself for achieving a goal or celebrating a holiday or happy event.

The first step in putting a stop to emotional eating is identifying your personal triggers. What situations, places, or feelings make you reach for the comfort of food?

**The following are common causes of emotional eating:**

**Stress.** Ever notice how stress makes you hungry? It's not just in your mind. When stress is chronic, it leads to high levels of the stress hormone, cortisol. Cortisol triggers cravings for salty, sweet and high fat foods. The more uncontrolled stress in your life, the more likely you are to turn to food for emotional relief.

**Stuffing emotions.** Eating can be a way to temporarily silence or “stuff down” uncomfortable emotions including anger, sadness, anxiety, loneliness and shame. By numbing yourself with food, you avoid the emotions you'd rather not feel.

**Boredom or feelings of emptiness.** Do you ever eat simply to give yourself something to do? You feel empty and food is a way to occupy your mouth and your time.

**Childhood habits.** Think back to your childhood memories of food. Did your parents reward good behavior with ice cream, take you out for pizza when you got a good report card, or serve you sweets when you were feeling sad? These emotionally-based childhood eating habits often carry over into adulthood.

**Social influences.** Getting together with other people for a meal is a great way to relieve stress, but it can also lead to overeating. It's easy to overindulge simply because the food is there or because everyone else is eating.

**Getting Help.** It can be difficult to ask for help when it comes to emotional eating. Feelings of shame, guilt and embarrassment often prevent individuals from reaching out.

**EAP**  
EMPLOYEE  
ASSISTANCE  
PROGRAM

If you are struggling with emotional eating you are not alone! Call your BHS Care Coordinator at 800-245-1150 to discuss the various options available to you.

# JULY IS UV SAFETY MONTH

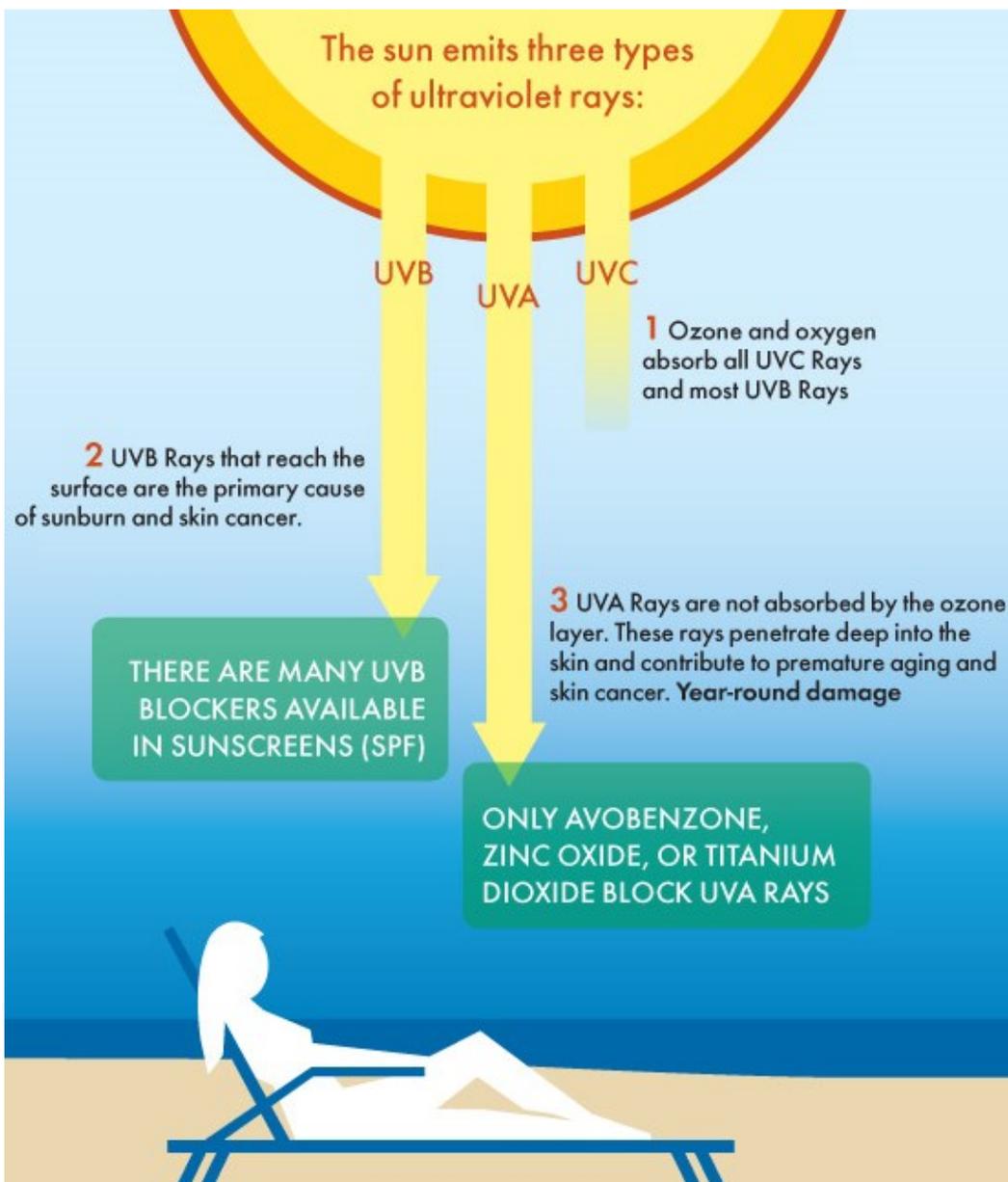
## Are You Protected?

The skin is the body's largest organ. It protects against cold, heat, injury and infection. Yet, some of us don't consider the necessity of protecting the skin from overexposure to the sun. **It's just smart to take good care of your skin!**

The need to protect your skin from the sun has become very clear over the years, supported by

several studies linking overexposure to the sun with skin cancer. The harmful ultraviolet rays from both the sun and indoor tanning "sunlamps" can cause many other complications besides skin cancer - such as eye problems, a weakened immune system, age spots, wrinkles, and leathery skin.

**However, not all sun is bad.** We all need a little sun exposure to help protect our bodies against osteoporosis, heart disease and the prevention of depression. Different skin tones can handle different levels of sun exposure from 10 –20 minutes, talk to your doctor about how much sun your body needs.



### Sun Tips

Select sunglasses with UV protection

Wear a wide brim hat that covers your ears

Reapply sunscreen after swimming

Wear a swim shirt to protect your arms and back



## 7 Things We Can Learn From Kids

At some point all of us have engaged in childish behavior, but how often do we actually behave like a child and live life to the fullest. As adults we possess intelligence and maturity, but somehow happiness still manages to elude us. Let's take some time to simplify our life and learn some important lessons, through kids.

### Laugh a lot

Try to see the funny side of life and laugh wholeheartedly, it is good for the heart.

### Play more

Playing doesn't mean that you have to achieve a purpose, sometimes it is healthy to just have some fun.

### Try new things

We get accustomed to normality and in doing so we miss out on the great adventures life has to offer.

### Show love

The best way to receive love is to give it.

### Make new friends

We tend to think too much when it comes to accepting anyone in our social or friend circle.

### Live in the moment

It gets hard for an adult to enjoy life and there are times when life is just not going the way we imagined it to be. At times like this take a step back and focus on the present.

### Nothing is impossible

By having an undying appetite for knowledge, an individual can succeed in every task he or she undertakes.

## Quinoa Salad

### Ingredients:

- 1 3/4 cups of water
- 1 cup uncooked quinoa
- 1/2 cup coarsely chopped seeded tomato
- 1/2 cup chopped fresh mint or parsley
- 1/4 cup raisins or kalamata olives
- 1/4 cup chopped cucumber
- 1/4 cup fresh lemon juice
- 2 tablespoons chopped green onions
- 1 tablespoon extra virgin olive oil
- 3 teaspoons minced onion
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



**Active Time:** 15 minutes

**Total Time:** 30 minutes

**Servings:** 5 servings

### Instructions:

Combine the water and quinoa in a medium saucepan; bring to a boil, reduce heat and simmer 20 minutes or until liquid is absorbed. Remove from heat; fluff with a fork. Stir in tomato and remaining ingredients. Cover; let stand 1 hour. Serve chilled or at room temperature.

### Nutritional Information Per Serving:

182 calories, 4g fat, 5g protein, 31g carbs