

Back To Health and Living SDC News Letter



DATE: August 1, 2005, Letter 61

Clarksburg WV

WEEKLY MEETING BHLC: ST MARK'S LUTHERAN CHURCH

The Church is located at the corner of Route 19 South & Route 98 (Davisson Run Road) Next to the United Hospital Center. (Every Thursday 5:00 pm)

EDITORIAL: This newsletter will be about Stress, as Stress is a part of our everyday life. The Strategies for Coping with Stress was given to us at our last stress management class by Elizabeth Connor. I use a lot of these strategies myself especially number 26 and following the Ornish program. The information is from the Mind/Body Medical Institute, New England Deaconess Hospital.

Strategies for Coping with Stress:

1. Start off you day with breakfast.
2. Occasionally change you routine by meeting a friend or co-worker for breakfast. Allow time to relax and enjoy.
3. Avoid drinking coffee all day – drink fruit juice instead.
4. Find some time during the day to meditate, listen to a relaxation tape, or just sit quietly.
5. Organize your work – set priorities.
6. Don't try to be perfect. You don't have to do everything.
7. Do on thing at a time.
8. Reduce the noise level in your environment, if possible.
9. Speak up about pretty annoyances while respecting other's feelings.
10. Develop a co-worker support network.
11. Don't take you job home with you or on breaks.
12. Always take a lunch break (preferably not at your desk).
13. Optimize you health with good nutrition, sleep and rest.
14. Get regular exercise.
15. Develop with co-workers you own brand of happy hour, parties, birthday celebrations, and other events that act as a break in the work routing.
16. Look a unavoidable stress as an avenue for growth and change.
17. Avoid people who are “stress carriers”.
18. Avoid people who are “negaholics”.
19. Don't watch the 11 o'clock news.
20. Give yourself praise strokes.
21. Develop a wide variety of resources for gratification in your life, whether it's family, friends, hobbies, interests, special weekends, or vacations. Treat yourself to “new and good things”.
22. Be assertive. Learn to express your needs and differences, to make requests, and to say “no” constructively.
23. Don't overlook the emotional resources available to you that are close at hand – co-workers, spouse, friends, and family.
24. Don't be afraid to ask questions or to ask for help.
25. Allow 15 minutes of extra time to get to appointments.
26. Check your breathing throughout the day. Take lots of deep breaths when you feel stressed.
27. Humor is great coping strategy. Try to find something funny in the situation.
28. Find ways to protect yourself ... take a “mental health day”.

UHC or PMRI is not responsible for the content of this newsletter.

To be removed from this email please reply to lmasey@ma.rr.com and write Remove.

SDC: Stress Management: Last week July 28, 2005 Elisabeth Connor conducted the last session in the next step of stress management at the weekly SDC meeting at 6:30 pm. It was an excellent meeting with additional instruction of the traditional yoga poses along with the conventional yoga. This class took us beyond any point in our past instruction of stretching. We also made the second CD which will be available at soon. We want to thank Elisabeth for the last six weeks of training.

SDC Meeting July 28, 2005. Last week we had a great meeting with exercise, stress management (Live with Elisabeth Connor), group and dinner at Minards. It was an excellent meeting. Please join us each week for a great time.

Modality Adherence results for the week of 7-18-2005, from the Clarksburg Electronic Adherence are shown below. The link to our weekly modality adherence form is below; just add it to your web browser for access. <http://www.equipmenthealth.com/Clarksburg.htm>. Thank you for your response. Keep up the good work.

MODALITY	RESULTS %
Exercise	87.5
Diet	86.2
Stress Management	68.9
Group Support	98.8
Out Side Group Support	90
Not at Group	6
Num input	20

RECIPES: Harvest Snack Cake
From the Kitchen of Patsy Frisenda

2 cups whole wheat flour
 1 ¼ cups packed brown sugar
 2 teaspoons baking soda
 ¾ teaspoon of ground cinnamon
 ½ teaspoon ground nutmeg 1/8 to ¼
 teaspoon ground ginger
 Egg beaters = 2 eggs
 ½ cup unsweetened applesauce

1 teaspoon vanilla extract
 1 ½ cups shredded carrots
 1 cup raisins

In a bowl, combine the flour, brown sugar, baking soda, cinnamon, nutmeg, and ginger. Combine the eggs, applesauce, and vanilla; stir in dry ingredients just until moistened. Fold in the carrots and raisins (batter will be thick). Spread evenly in a 13 x 9 x 2-inch baking pan coated with nonstick cooking spray. Bake at 350 degrees for 30 to 35 minutes or until a toothpick inserted in the center comes out clean.

JOKES: By: C. Smithson

Top things to say if you get caught sleeping at work.

1. This is just a 15-minute power nap like they raved about in that time-management course you sent me to.
2. When! I must have left the top off the liquid paper.
3. Oh, I wasn't sleeping! I was meditating on our mission statement and envisioning a new paradigm!
4. I was testing the keyboard for drool-resistance.
5. Boy, that cold medicine I took last night just won't wear off!
6. I am actually doing a "Stress Level Elimination Exercise Plan" (SLEEP) I learned at the last mandatory seminar you made me attend.
7. I was doing a highly specific Yoga exercise to relieve work-related stress. Do you discriminate against people who practice Yoga?
8. Darn! Why did you interrupt me? I had almost figured out a solution to our biggest problem.
9. They told me at the blood bank this might happen.
10. This is the exchange for the six hours last night when I dreamed about work!