



# Total Wellness<sup>®</sup> BECOMING A TOTAL PERSON<sup>®</sup>

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## Tips for Safe Summer Grilling

- ◆ Never use a grill indoors. Use the grill at least 10 feet away from your house or any building. Don't use the grill in a garage, breezeway, carport, porch, or under any surface that can catch fire.
- ◆ Be sure the grill is on a level surface and well away from landscaping and hanging tree branches.
- ◆ When you take cooked foods off the grill, place them on a clean plate. Don't place them on the same plate which held the raw meat. Also, use separate, clean utensils.
- ◆ Check the internal temperature of grilled meats – T-bone steaks, 115° F; hamburgers, 160° F; hot dogs, 165° F; and chicken breasts, 170° to 175° F.
- ◆ Be sure the fire is out when you're finished. For gas grills, turn off the control valves and the tank valve. Let the grill cool completely before you cover it. With a charcoal grill, replace the lid and close all vents. If you're going to dispose of the coals, soak them in water first or wait at least 48 hours.

Source: United States Department of Agriculture, [www.usda.gov](http://www.usda.gov).

## Planning a Safe, Enjoyable Picnic

Picnicking and entertaining outdoors provides an excellent breeding ground for bacteria. In fact, illnesses from undercooked foods and improper food handling skyrocket during the summer, causing people to suffer from stomach pain, nausea, vomiting, headaches, fever, and diarrhea. As summertime outdoor celebrations begin, it's important that picnickers take a fresh look at their food safety habits.

**Here are a few basic safety tips to remember as you embark on a picnic this summer:**

- Plan your menu beforehand and bring along only the amount of foods you'll need for your picnic.
- Select foods for your picnic that pose less risk for spoiling. Avoid using recipes that contain raw eggs.
- If you choose to purchase takeout food for your picnic, eat it within two hours of purchase.
- Pack all meat and other perishables in an airtight cooler with several inches of ice, ice packs, or containers of frozen water. Pack your food directly from the refrigerator to the cooler.
- Pack drinks in a separate cooler. The beverage cooler will probably be opened more frequently.
- Travel with the cooler inside an



air-conditioned vehicle instead of in the trunk. Keep the cooler in the shade while at the picnic site.

- Wash hands and cooking surfaces often. Choose a picnic location that has a facility for hand washing. If a facility isn't available at the site you've chosen, pack disposable towelettes.
- For protection while grilling, wear a heavy apron and an oven mitt that fits over your forearm.
- Wash the rind of melons before cutting into them to minimize bacteria. Use a clean knife to cut melons. Keep cantaloupes and other melons cold.
- Place perishable foods back in the cooler as soon as you've finished eating. Never leave your food out while you go hiking or swimming.
- Throw out food left out more than two hours in the heat. Tip: When in doubt, throw it out!

For more information on food handling on a picnic, visit the Food Safety and Inspection Service of the U.S. Department of Agriculture at [www.fsis.usda.gov](http://www.fsis.usda.gov).

## Should You Be a Landlord?

Throughout America, one of the primary ways people supplement their income, or make their living, is through residential rental property. You may be thinking about the purchase of such property yourself, but before you act, here are some things you need to consider.

If you're comfortable with handling real estate and rental property, it can be an attractive investment and part of a balanced portfolio.

Try to have equity in it, an ideal location for rental property, and enough cash flow in your own budget to carry the additional payments during the times it's not rented.

Even in a bad economy, people need somewhere to live, but include in your cash flow calculations the possibility of rent decreasing or of the property being vacant for a month or two.

Decide if it will be an ideal long-term holding for you and your temperament. If it is, then hang on to it and even begin to prepay the current amortized mortgage against it.

The more equity you have in rental property, the more likely the value of the property will never drop below the loan value on the property if real estate plummets again.

Rental housing is one of the soundest areas of investing for the average family, but it's perhaps the most difficult area because it requires a lot of work.

Your mutual fund investment portfolio will never call you on the coldest night of the year to say that the plumbing is stopped up and will never leave a mess to clean up after vacating.

### Here are a few other specific considerations:

- ◆ Look for residential housing in a good rental area.
- ◆ Be certain your rental house is a fair deal for the renters and for you.
- ◆ Be sure your personality is compatible with being an effective landlord.
- ◆ Have enough equity to ensure a good cash flow.

If you can do most of the maintenance yourself, then your chances to realize a profit improve. The major disadvantage of rental property is the aggravation factor resulting from repairs and late payments (or nonpayment) from renters.

The advantages to owning rental housing include these: you receive some tax advantages on your income tax; the rental payments can retire the loan on the house (someone else making your payments); and rental housing is virtually inflation proof.

*Larry Burkett (1939-2003), a well-known author, teacher, and radio personality, was co-founder of Crown Financial Ministries, whose daily radio broadcasts are heard on more than 1,000 stations in the U.S. Larry's best-selling books include *The Coming Economic Earthquake*, *What Ever Happened to the American Dream?* and *Victory Over Debt*.*

## Tips on Selling Your Home

If you're trying to sell your home, here are some helpful tips from the Soap and Detergent Association on making your home more attractive for a sell:



- ▲ Get rid of clutter. Purge your home of items that you no longer use so rooms and closets look bigger and roomier.
- ▲ Keep focus rooms – living room, dining room, kitchen, and bathrooms – especially clean.
- ▲ Wash your home's windows, inside and outside.
- ▲ Vacuum regularly, using long straight strokes.
- ▲ If painting is not in your budget, carefully clean the grime and fingerprints off of surfaces. Note: Be sure to test in an inconspicuous area first.
- ▲ Stay on top of the cleaning by doing a little each day.

## Cool Moves for Hot Weather

The electric power company offers these tips for saving money on air conditioning this summer: • Make sure the air flow to an outdoor air conditioner isn't blocked by bushes or other obstructions. • Keep the sun outside. Close drapes and blinds during the hottest part of the day. • Check to see that windows and doors are closed when the air conditioning is running. • Close closet doors in air-conditioned rooms. Close openings to the attic and other storage areas too. • Clean or replace filters on air conditioning units often. • Do hot things during cooler morning and evening hours, including cooking, showering, drying clothes, and ironing. • Always turn off unnecessary lights.

## Raise Your Credit Score

Big department stores often run promotions during which customers can get 10 or 15 percent off their purchases by opening a new charge account. While the deals sound good, consultants writing in *Newsweek* say each credit card you have lowers your credit score by 12 points. As your credit score drops, the percentage of interest you pay on new mortgages and other loans may rise. Canceling several cards can also lower your score. Instead, use them a little and pay them off every month. Then gradually reduce the number of cards you hold.



## Drive Wisely

A study by the World Health Organization and the World Bank found that traffic fatalities, including those caused by alcohol, are a serious world health problem.

One in every 50 deaths worldwide is associated with road accidents, the study found, and traffic crashes are second only to childhood infections and AIDS as a killer of people between the ages of five and 30.

Each year, 1.2 million drivers, passengers, cyclists, and pedestrians are killed in traffic crashes. By 2020, traffic deaths are expected to increase by 80 percent as hundreds of millions of cars are added to the roads.

Making wise choices while on the road can save lives. Here are a few:

- Never drink and drive.
- Obey road signs.
- Always buckle-up your seatbelt.
- Don't drive drowsy; always be alert.
- Watch out for other drivers.

## Stock Extra Medicine for Emergencies

A survey by the American Society of Health-System Pharmacists has doctors worried. It shows that half of respondents had no plan for maintaining their supply of medicine during emergencies. Weather problems, power failures, national security situations, and other factors could limit access to medications. Additionally, a third of those surveyed said it would be a serious problem if they or a relative went without certain drugs for more than three days.

Pharmacists recommend refilling prescriptions a week before the current supply is gone and wearing a medical-alert bracelet if needed.



## Keeping Cool This Summer

Did you know that your body decreases blood flow to the skin when you're cold and increases it when your skin is hot? This process is thermoregulation.

In the summer, when your skin is hot, blood flow to the skin is increased to trigger sweating. Your skin is cooled as sweat evaporates, and that prevents overheating your body's core.

Sometimes the system doesn't work, mainly in older people, children, and people taking certain medications. Heat exhaustion and heat stroke can occur if there's an increase in core temperature.

Heat exhaustion causes cold, clammy, or sweaty skin. It causes weakness,

fatigue, and a cold sweat. Cool yourself by getting out of the sun and having cool water. It's important to bring your temperature back to normal.

Heat stroke is a medical emergency that can be fatal without immediate treatment. It causes headache, vertigo, fatigue, and hot, dry skin. Body temperature may climb as high as 106° F.

Here are tips on how to keep yourself cool even in the dog days of summer:

- Drink plenty of water so your body can cool itself.
- Wear lightweight, loose-fitting clothing.
- Try to stay inside during the hottest time of the day.
- Seek air conditioning and run fans to keep air moving so sweat can evaporate.



## Use Caution with Firearms in Home

Correct handling and storage of guns in your home could prevent a tragedy. To prevent injury, death, and theft, Indiana State Police say you must assume a 24-hour responsibility for any firearm present in your home. Consider creating an injury prevention program to protect your family from danger. **Here are some tips:**

- ▲ Store firearms unloaded in a gun safe, lock box, or another secure location that is separate from the ammunition.
- ▲ Make sure children and unauthorized adults don't have access to your guns.
- ▲ Before storing, check to see that the gun isn't loaded. Then, clean and inspect it regularly.
- ▲ Keep a record of your firearm's serial number in case of theft.

- ▲ Take a class on firearm safety.
- ▲ Be familiar with your gun and its safety features.
- ▲ Never use alcohol or drugs before or while you're shooting.
- ▲ Always keep your firearm pointed in a safe direction.
- ▲ Keep your finger off the trigger until you're ready to shoot.
- ▲ Never show off with a firearm.
- ▲ Don't let any unauthorized person handle your gun.
- ▲ Teach children the difference between toy guns and real guns.

- ▲ Explain that TV violence isn't real and that guns are often handled unsafely on television.
- ▲ Teach your children that any gun found anywhere is dangerous and should be left alone.



## Are You an Authentic Communicator?

By Paul J. Meyer



Authentic communicators are people who project open-mindedness, understanding, and confidence. They reach their personal and professional goals by creating worthwhile ideas, by being steadfast to their own principles, and by motivating and involving others. Authentic communicators understand themselves, and they understand what motivates others. They take into consideration basic communication styles and are willing to be flexible with their style to meet their goals, as well as to help others meet their goals.

The most successful communicators succeed by developing their own potential, not by trying to imitate others. Being authentic involves being your best, truest self – warm, open, and human. Authenticity creates a climate of trust because it promises others the freedom to act without a need to build protective walls. This positive atmosphere establishes rapport, cements relationships, and enhances communication. The actions of authentic communicators are in tune with their words, and they have no need to say, “Do what I say, not what I do.”

A realistic grasp of their own capabilities and a recognition of their limitations is another trait common to authentic communicators. Accurate self-assessment of your personality in general and of your specific communication skills is invaluable. When you know your strengths, you know how to capitalize on them; when you acknowledge your weaknesses, you can work on them. You avoid the trap of clouding your communication with irrelevant and distracting attempts to hide weaknesses – because you already acknowledge them and are taking action to overcome them. This self-understanding and acceptance allows the authentic communicator to be spontaneous and confident. When conveying information and when listening, the authentic communicator is free to not only share honestly, but also to view and interpret situations and other people with confidence – without walls of defensiveness or paranoia.

In addition to holding a confident self-image, authentic communicators hold positive regard for others. They believe that other people possess great potential and that others want to cooperate. They give others “the benefit of the doubt.” They avoid attempting to mold people in their own image. Instead, they allow others to use their unique strengths and styles to communicate for best results. Authentic communicators encourage people to grow by helping them develop their hidden talents and their full potential.

People are the wellspring of productivity; dealing with people in integrity and authenticity is good from both a human and a business standpoint. Begin today to become an authentic communicator!

*Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, *Forgiveness... The Ultimate Miracle*. For more information, visit his website at [www.pauljmeyer.com](http://www.pauljmeyer.com).*

## Discover the Keys to Success

Just as professional athletes do, people in business have to train to stay in competitive condition. In his book *The Corporate Athlete: How to Achieve Maximal Performance in Business and Life*, coauthor Dr. Jack Groppe gives this advice:



- ❖ Get physically fit. Exercise daily and eat right.
- ❖ Take ownership and responsibility for who you are.
- ❖ Motivate yourself and others.
- ❖ Increase your capacity for stress.
- ❖ Cultivate your spiritual side.
- ❖ Always determine your starting point before beginning a new program.

## Managing Your Career

At one time, the job you were hired to do was what you did for the next 20 years. But today, opportunities come more frequently, and unless you know what you want, you won't be prepared. Ask yourself if you want a more powerful position. Or would you be more satisfied with a job that pays less but brings more enjoyment? Job counselors say the biggest mistakes people make in managing their careers are being unsure about their personal values and not having specific life and career goals. They recommend making a plan that includes:

- Your goals for three to five years from today.
- A schedule of the amount of time you will be able to devote to the training or extra work involved in reaching various goals.
- What courses or training you'll need and when you can pursue further education.

The workplace changes, but instability can work in your favor if you're prepared for new opportunities.

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Stimulating the brain gives you greater access to your mental capabilities. Turn off the automatic pilot. Learn something new. Get to know someone who is different from you. Do familiar things a different way. Break your routine. Engage in thinking games. Take up a new hobby. Listen to baroque and neoclassical music. Experience your emotions. Take a risk. Stimulate your brain today!



© Susan Pilgrim, Ph.D., author of *Living InSync®*. Contact her at 1-877-InSync® (1-877-467-9627) or at [spilgrim@transbay.net](mailto:spilgrim@transbay.net).

## Protect Your Hearing

Did you know that 28 million people nationwide suffer from hearing loss? And with the arrival of summer comes an increased risk to loud, potentially damaging noises. Summertime activities such as watching a fireworks display, mowing the lawn, attending a concert, or riding a motorcycle can produce dangerous noise levels that can damage your hearing.

According to the American Speech-Language-Hearing Association, here are some precautions you can take to protect your hearing:

- ◆ Alternate noisy activities with periods of quietness.
- ◆ Use earplugs or other hearing protectors when possible.
- ◆ Limit the time you're exposed to loud noises.
- ◆ Be a smart consumer when buying appliances. Choose ones that have low noise levels.

For more information on hearing health, visit the American Speech-Language-Hearing Association at [www.asha.org](http://www.asha.org).

## Recognizing the Signs of Diabetes

According to the Centers for Disease Control and Prevention, diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Therefore, recognizing its symptoms is important. Here are some of the symptoms that may indicate you have diabetes: • fatigue • recurrent infections • frequent urination • bad breath • swollen gums • frequent thirst • dry, itchy skin • unexplained weight loss • extreme hunger • sudden vision changes • tingling or numbness in hands or feet • feeling tired much of the time • sores that are slow to heal. If you have these symptoms, call your doctor and schedule a checkup.

Source: [www.cdc.gov](http://www.cdc.gov)

## Preserve Your Vision

According to Prevent Blindness America, knowing how to take good care of your eyes is the first step to protecting your sight. In fact, any changes in the appearance of your eyes or vision should be checked out. Here are some changes to look for: • Unusual trouble adjusting to dark rooms • Difficulty focusing on near or distant objects • Squinting or blinking due to unusual sensitivity to light or glare • Change in color of iris • Red-rimmed, encrusted, or swollen lids • Recurrent pain in or around eyes • Double vision • Dark spot at the center of viewing • Lines and edges appear distorted or wavy • Excess tearing or “watery eyes” • Dry eyes with itching or burning • Seeing spots or ghost-like images.

There are also some potentially serious symptoms that might require emergency medical attention. According to Prevent Blindness America, these include: • Sudden loss of vision in one eye • Sudden hazy or blurred vision • Flashes of light or black spots • Halos or rainbows around light • Curtain-like blotting out of vision • Loss of peripheral (side) vision.

If you notice any of these signs of possible eye problems, get your eyes checked by an eye professional. Even if you don't have any of these signs, regular eye exams are recommended – especially for those with some chronic health conditions such as diabetes and high blood pressure.

For more information on eye care, visit [www.preventblindness.org](http://www.preventblindness.org).



## Attn. Men: Making Wise Choices

On average, women live five years longer than men. New studies show that what men do in their lives can play a significant role in their shorter lifespan. **Some men could live longer by making wiser choices based on these facts:**

- ◆ More men than women smoke. Take steps to quit right away.
- ◆ Men are more often heavy drinkers. Choose not to drink or to set a limit.
- ◆ Men are more likely to engage in behaviors that put their health at risk, such as driving without a seat belt. Always buckle up when in a vehicle.
- ◆ Men suffer more motorcycle fatalities, which are up sharply over the

past five years. Wear a helmet.

- ◆ Men are twice as likely to get hit by lightning or die in a flash flood, according to the Centers for Disease Control and Prevention. They're also more likely to drive around barricades and drown in high water. Pay attention to warning signs on the road.
- ◆ Men visit their doctors half as often as women and are less likely to schedule checkups when symptoms arise. Seek treatment when sick.
- ◆ Men are less likely to see a doctor for hypertension or heart disease, though these are more common in men. Have regular medical checkups.



## Water Workouts: Make a Splash!

Working out in the water offers a variety of benefits. It boosts strength, stamina, and flexibility, burns fat, and is easy on achy joints and muscles. Water exercises can be highly beneficial for people who have arthritis or other ongoing joint pain. Water supports joints and encourages free movement and also acts as resistance which helps to build muscle strength.

**Here are ways to workout in water:**

- ◆ Swim laps. Set a goal for how many laps you want to swim and then pace yourself to reach your goal. Try to use different strokes to vary the muscles you're working out.
- ◆ Walk around the pool. Walk normally across the pool or walk in a circle around the edge of the pool. Swing your arms in the water as you walk.
- ◆ Do water aerobics, water toning, or water flexibility training. Sign up for



a water exercise class at a local gym or athletic club.

- ◆ Do some jumping jacks. Start with your legs together and then jump out and back. Be sure to push the water with your hands and arms.
- ◆ Lift your shoulders and arms. First, straighten your arms out in front of you and lift up and down, pushing the water up and down. Then, straighten your arms out to the sides and lift them up and down, pushing

the water as you move.

- ◆ Lift your legs. Hold on to the side of the pool for balance, and swing your right leg out toward the center of the pool and back to the standing position. Repeat this with the left leg.

**If you're going to begin a water workout plan, consider these tips:**

- ◆ Check with your doctor before beginning your water workout.
- ◆ Start slowly and avoid overdoing it.
- ◆ Begin and end your workout with simple, easy-to-do exercises.
- ◆ Do three to eight repetitions of exercises, depending on your skill level.
- ◆ Seek help getting in or out of the pool if necessary.
- ◆ Never get into a pool after drinking alcohol or using drugs.
- ◆ If you're pregnant, talk to your doctor before entering the water.
- ◆ Drink plenty of water to avoid dehydration, since you may not feel the body heat as much in the water.

*For more tips on safe water workouts, visit the Arthritis Foundation at [www.arthritis.org](http://www.arthritis.org).*

## Get High on Exercise, Not Drugs

Most people have heard of the "runners' high," which is a great feeling people get after exercising. Many people who run regularly report that they even miss the feeling if they skip a day of running.

According to the University of California Irvine and the Georgia Institute of Technology in Men's Fitness, it seems that the high people get from running and the one pot smokers get from lighting up are pretty much the same. They're caused by similar changes in brain chemistry.

Researchers say that just one hour of running could be enough to give runners this natural high. Therefore, say "no" to drugs and "yes" to running!

## Working Out in the Heat

Exercising outside during the warm summer months can be exhilarating. However, it can also be dangerous if you don't take the necessary precautions to protect yourself from extreme temperatures. **Here are a few tips on working out in warm weather:**

- Schedule your exercise time during parts of the day when it's the coolest. This may be early in the morning or in the evening. Pay attention to the heat index in your area and avoid outside workouts when the temperature is more than 90° F.
- Avoid working out in a heated pool during hot summer months. Despite being in the water, the warm water can cause you to become dehydrated and overheated more quickly.
- Be sure to drink plenty of water before, during, and after your workouts.
- If you feel dizzy, faint, or nauseous, stop exercising and seek rest in a shaded area. Drink water and wait until you recover to resume exercising. If your symptoms don't go away, see your doctor as soon as possible.
- Avoid outdoor exercise if there's a forecast or danger of thunderstorms or lightning in your area.
- Wear loose clothing, preferably made of cotton or breathable fabric. Keep cool by wearing a wet bandana or an ice pack scarf around your neck.



## Bite Into a Delicious Piece of Fruit for Dessert

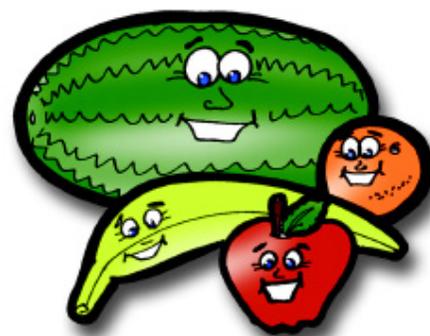
According to the United States Department of Agriculture (USDA), seasonal fruits and vegetables are fairly inexpensive and offer a delectable treat for dessert.

**Here are tips from the USDA on selecting summer fruits:**

- **Apricots** – Look for apricots that are plump and juicy looking, with a uniform, golden-orange color. Ripe apricots will yield to gentle pressure on the skin.
- **Blueberries** – Look for a dark blue color with a silvery bloom. This silvery bloom is a natural, protective, waxy coating. Buy blueberries that are plump, firm, uniform in size, dry, and free from stems or leaves.
- **Cherries** – Look for a very dark color and bright, glossy, plump-looking surfaces and fresh-looking stems.
- **Kiwifruit** – Look for plump, unwrinkled fruit, either firm or slightly yielding. Kiwifruit is fully ripe when it is yielding to the touch but not soft. Firm kiwifruit can be ripened at home in a few days by leaving it at room temperature.
- **Cantaloupe** – Look for cantaloupes

where the netting, or veining, is thick, coarse, and corky, and stands out in bold relief over some parts of the surface. Also, examine the skin color between the netting and select those that are yellowish-buff, yellowish-gray, or pale yellow.

- **Honey Dew** – Look for a soft, velvety texture. Slight softening at the blossom end, a faint pleasant fruit aroma, and yellowish-white to creamy rind color indicate ripeness.
- **Watermelons** – Look for watermelons where the outside surface is relatively smooth; the rind has a slight dullness (neither shiny nor dull); the ends of the melon are filled out and rounded; and the underside, or “belly” of the melon has a creamy color.
- **Oranges** – Look for firm and heavy oranges with fresh, bright-looking skin which is reasonably smooth.
- **Peaches** – Look for peaches that are fairly firm or becoming a little soft. The skin color between the red areas (ground color) should be yellow or at least creamy.
- **Pineapples** – Look for a bright color and fragrant pineapple aroma. At their mature stage, pineapples are usually dark green, firm, plump, and



heavy for their size. The larger the fruit, the greater the proportion of edible flesh.

- **Plums and Prunes** – Select plums and prunes that have a good color and are fairly firm to slightly soft to the touch.
- **Raspberries, blackberries, etc.** – Look for a bright, clean appearance and a uniform good color for the species. Select berries that are fully ripened, with no attached stem caps.
- **Strawberries** – Look for strawberries with a full red color and a bright luster, firm flesh, and the cap stem still attached. The strawberries should be dry and clean, and usually medium to small ones have better eating quality than larger ones.

### Cinnamon Tortilla Chips

2 burrito-sized, fat-free flour tortillas

2 tsp. cinnamon

Preheat oven to 400° F.

Cut tortillas into thin strips. Sprinkle the tortillas with cinnamon. Bake until crisp and lightly browned, about three minutes. Makes 20 long strips; two strips per serving.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at [www.pamsmith.com](http://www.pamsmith.com). Her book, *The Energy Edge*, gives power points to have energy for life!



### Berry Banana Sundae

3 oz. scoop (1/3 cup) of fat-free frozen vanilla yogurt

3 oz. scoop (1/3 cup) of orange sorbet

2 Tbsp. raspberry pourable fruit (purchased)

4 fresh berries

3 orange sections

1/2 banana, cut lengthwise and into quarters

2 Cinnamon Tortilla Chips (see recipe on this page)

Put yogurt and sorbet scoops into sundae glass. Top with sauce and fruit. Stand sliced bananas on end against sides of glass. Garnish with fruit and cinnamon tortilla chips.

One serving



From Pamela Smith's *Healthy Living Cookbook*. Visit [www.pamsmith.com](http://www.pamsmith.com) for more information.

Each serving contains: 246 calories, 15 g. protein, 2 g. fat, 4 mg. cholesterol, 41 g. carbohydrates, 195 mg. sodium. Calories from fat: 7 percent

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## mental

### Clean to Relax

Feeling a little stressed out? Psychologists at Washington & Jefferson College, have some good advice for you: Clean your house. It seems that vacuuming the living room, grouting your bathroom tile, or performing any task requiring repetitive motion can be a powerful soother.

The rhythmic motions put you in a state of “passive attention,” say the doctors. The rhythm keeps you in the moment and focused on the task, instead of on your worries. Repetitive motions are also the basis of popular meditation techniques.

Ironing is good, especially ironing bed linens. Everyone can benefit. Not only is it relaxing, but it leaves the guest room looking great.

While repetitive motion cleaning can be relaxing, avoid complicated jobs, because they could have the opposite effect. Also, don't get too compulsive about cleaning. If you're scrubbing the kitchen floor every day, you've got another problem to deal with.

## Deal with Stress by Facing It

What is the best way to deal with stress? Face it. There are times when your work or personal life almost make you dizzy with stress. When you feel overwhelmed with stress, try these ways to get calm and refocused:

- Stop and do nothing for five or 10 minutes. Sit quietly and listen to the sounds. This slows heart rate and reduces blood pressure, two of the effects of stress. The University of Massachusetts School of Medicine says to remember that the only thing you can control is the present moment.
- Listen to background music. In an Australian study, two groups were working on a presentation. Those who worked in silence had increases in blood pressure and heart rates. Those who worked to a calm musical background had steady readings and felt much less stressed.



- Take a happy-thought break. Think about a vacation or someone you care about for a few seconds, or up to five minutes. Repeating a positive statement is helpful as well.
- Laugh at something. Laughter isn't only one of the most effective stress busters, it also helps improve your immune system. Reading or listening to something humorous will help reduce your stress level which makes you feel better too.
- Take a walk. Taking a five- or 10-minute walk has a very calming effect, much better for you than a cup of coffee, say psychologists at Stanford University School of Medicine.
- Practice belly breaths. For several minutes, practice slow, deep belly breaths. They make you stretch your shoulders and loosen your muscles. Take three or four belly breaths every hour when doing stressful work.