



Total Wellness[®] BECOMING A TOTAL PERSON[®]

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Recognizing Heat-Related Illness

According to the Occupational Health and Safety Administration, heat-related illnesses are dangerous and could result in death. It's very important to recognize the symptoms and take precautions to prevent heat-related illness.

The symptoms of heat exhaustion are: • headaches • dizziness • lightheadedness • fainting • weakness • heavy sweating • moist skin • paleness • muscle cramps • irritability or confusion • upset stomach or vomiting.

The symptoms of heat stroke include: • an extremely high body temperature • dry, hot skin with no sweating • rapid, strong pulse • nausea • mental confusion or losing consciousness • throbbing headache • seizures or convulsions.

The elderly, the young, and people with mental illness and chronic diseases are at highest risk for heat-related illness. However, even healthy people can succumb to heat if they participate in strenuous activities during hot weather.

If you think you have heat exhaustion, get out of the heat quickly. Rest in a cool, shady place. Drink plenty of water or other fluids. Don't drink alcohol as it can make heat exhaustion worse. If you don't feel better within 30 minutes, contact your doctor.

Protect Yourself from the Heat

As the temperatures outside rise, it's vital for people to use caution outside in the heat. Heat-related illness can strike without much warning and when you least expect it. In fact, many people are enjoying outdoor activities with family or friends when they fall victim to dangerous heat-related illness.

Certain people are at a higher risk for heat-related injury. **They include:**

• Older adults • People with jobs that require physical exertion • Infants and young children • Animals and pets • People with medical conditions like diabetes, respiratory problems, heart disease, obesity and alcoholism.

To avoid heat-related illness, consider these safety tips:

- Drink water every half hour, even if you don't feel thirsty.
- Wear loose-fitting and light-colored cotton clothing.
- Put a wide-brimmed hat on for shade.
- Apply sunscreen that has SPF 30 or higher liberally, and reapply it after getting in the water.
- Know if your prescription medications reduce your tolerance for heat.
- Avoid sudden changes in temperature.

For example, air out a hot car before driving it.

- Take a cool shower or bath to cool off after being outside in the heat.
- Be extra careful for the first two weeks if you move to a hotter region. Let your body adjust to the new climate.
- Stay indoors, preferably in an air conditioned area, when temperatures are high.

Goto a cool place like an air-conditioned mall, grocery store, library, or other place that will be cool.

• Stay in the shade. Being in direct sunlight can speed up the effect the heat has on your body. Do outdoor ac-

tivities in the morning or evening hours and avoid being in the afternoon heat.

- Check the weather forecast to prepare for hot days.
- Never leave children or pets in a vehicle with windows rolled up or even partially rolled up. Temperatures inside a car with windows up can reach over 150 degrees quickly, resulting in heat stroke and death.



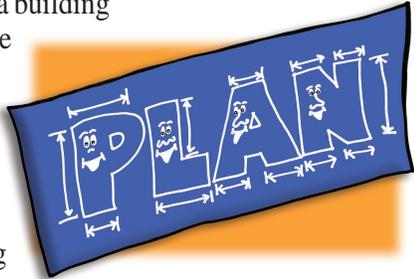
For more information, visit the Centers for Disease Control and Prevention at http://emergency.cdc.gov/disasters/extremeheat/heat_guide.asp.

It Pays to Plan

Are you living day to day without a life plan, with no idea of where you're going? If your future seems a little murky, it's the time to take action. Make a plan!

Your life plan is similar to the foundation or ground level of a building, just like a building plan or blueprint is the start of that building.

A building plan clearly shows you all the parts of the building – where the doors are, where the wiring is, and how they relate to



each other. Your life plan is a map of your priorities. It should outline different parts of your life – time, work, family, and so forth – and how these parts fit together.

A plan can also be defined as a method for achieving an end. In other words, a plan isn't wandering around with absolutely no idea where you're going. That's not a plan, that's a maze. So, before you start your plan you must have a clear idea of where you want to be when it's finished.

An architect has a drawing or model of the building that shows what the building is going to look like and what it's going to be used for. A plan has a definite start, end, and goal. So should your life plan!

A good plan is a detailed program of action – like building a house. First, you dig a hole, then pour the foundation, and then build the frame. There are steps to building a house and steps to building your life.

So, what is a plan? A plan helps you prepare for life. It gets you where you need to be going and keeps you on track while you're going there. But what happens if you fail to plan? Let's look at the tough game of football.

The team huddles. The game plan is called. For each play there's a set of moves and strategies for which each player is responsible. If everybody does what they're supposed to do, the players should make their touchdown and accomplish their goal of winning the game. But if one player forgets his role, the game can be lost.

Living and working without some kind of understanding of what your goals are and how to achieve them is like going out onto that football field without having gone to practice, talked to the coach, learned the game, or brought the proper equipment. You're going to get hurt. Instead, know where you're going and how you're going to get there.

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.

Making Money this Summer

With everyone feeling the effects of the economy, teens may be having a more difficult time finding a summer job. **Here are some ideas and tips on how you can make money this summer:**



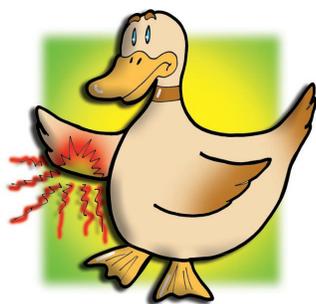
- **Yard or house work:** Make an attractive flyer with your contact information and post it in high traffic areas – community center bulletin board, senior centers, YMCA, local markets, coffee shops, etc. – to mow lawns or clean houses. Often, older adults are looking for reliable teens to help with cleaning and yard maintenance services. Offer reasonable prices and superb service.
- **Babysitting:** Start small with friends and family, and ask them to recommend you to their friends and family. Obtain a calendar and schedule your babysitting sessions so you avoid scheduling conflicts.
- **Pet sitting:** If you love pets, then offer your services to take care of pets while neighbors or friends are on vacation or away from home. You could also offer pet walking services.
- **Refreshment:** Bottled water, sports drinks, lemonade, visors, cheap sunglasses, and battery-powered fans sell in sunny areas. Check on local requirements like permits in public places.

Here are some tips to remember: • Make sure the price you charge for your services is enough to cover the cost of your materials. • Always do your best. • Avoid suspicious people, neighborhoods, and situations. • Be wary of get-rich-quick schemes when it comes to online jobs.

Cut Your Cooling Costs

- Install and use a programmable thermostat. Turn the temperature up when no one's home.
- Close the shades on windows that get a lot of direct sunlight.
- Reduce the use of appliances that generate heat, such as the oven, dishwasher, or clothes dryer, during the hottest parts of the day.
- Make sure your air conditioning unit is in good working condition.
- Use your ceiling fan or a floor fan to offer a cool breeze.
- Seal cracks along window and door frames, attic eaves, and electrical outlets that allow cool air to escape.





Bursitis: Easing Your Discomfort

Bursitis is inflammation of one of your bursa sacs – the filmy-colored sac that protects and cushions your joints. The inflammation may result from arthritis in the joint or injury or infection of a bursa. Bursitis produces pain and tenderness and may even limit the movement of joints.

People typically get bursitis in their shoulders, elbows, hips, knees, heels, or big toe. Injuries, overuse, and repetitive stress are common causes of bursitis. **The symptoms may include:** • a dull ache or stiffness in the area • a worsening of pain with movement or pressure • an area that feels swollen or warm to the touch • occasional skin redness in the area.

Here are ways to find relief for the pain associated with bursitis: • Rest and avoid moving the affected area. • Apply an ice bag to reduce swelling. • Take over-the-counter pain relievers. • See your doctor and take any medication prescribed to help relieve pain and reduce inflammation. • Be patient during recovery and avoid activities that may reinjure the site. It takes about two weeks to heal.

To prevent bursitis, remember: • Warm up or stretch before exercise. • Strengthen your muscles. • Take breaks during repetitive tasks. • Use cushioned chairs, cushions for kneeling, or elbow pads. • Avoid shoes that don't fit properly. • Get up and move about frequently. • Practice good posture when sitting or standing.

Source: MedLine Plus, <http://www.nlm.nih.gov/medlineplus/bursitis.html#cat3>

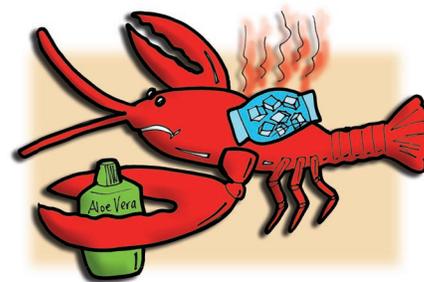
How to Soothe a Sunburn

Sun exposure often leads to first or second degree burns if people are outside for long periods of time or stay outside unprotected. Over-exposure to the harmful ultraviolet rays of the sun can cause long-term damage to your skin.

If you do get a sunburn, here are some tips on treatment:

- ▲ Take a cool shower or bath or apply wet, cold wash rags to the burn. You can mix baking soda in the water to help relieve the pain.
- ▲ Apply lotions or gels that contain aloe vera to sunburned areas. Avoid products that contain benzocaine, lidocaine, or petroleum jelly.
- ▲ Apply a soothing lip balm to sunburned lips.
- ▲ If blisters are present, dry, loose bandages may help prevent infection. Don't break the blisters. Leave them alone. Avoid wearing clothes or shoes that rub or irritate the blisters until they have healed.
- ▲ Take over-the-counter medications, like ibuprofen, to help relieve the pain from sunburn.
- ▲ Lie down in a cool, quiet room to help relieve a headache.
- ▲ Call your doctor if you have a fever with the sunburn or if fluid-filled blisters, dizziness, or vision problems occur with it.

Source: Medline Plus, <http://www.nlm.nih.gov/medlineplus/ency/article/000062.htm>



Dealing with Motion Sickness

For some people, riding in a car, train, airplane or boat can cause a queasy feeling and cold sweat that can lead to nausea, dizziness, and vomiting. The condition is called motion sickness.

Motion sickness is caused when the brain senses movement by getting signals from your inner ears, eyes, muscles, and joints and the signals that don't match. For example, when you're down below on a boat, your inner ear senses motion, but your eyes cannot tell you're moving.

For some people, where they sit can make a difference. The front seat of a car, forward cars of a train, upper deck on a boat, or wing seats in a plane may offer you a smoother ride. Looking out into the distance – instead of trying to read or look at something in the vehicle – may also help deter motion sickness.

Here are some other tips on how to deal with the effects of motion



sickness: • Avoid smoking or drinking alcoholic beverages before traveling. • Eat soda crackers or sip ginger ale to help relieve nausea. • Take anti-nausea medicine by mouth or through a patch to prevent motion sickness. • Get some fresh air by opening a window, opening an air vent, or going to a ship's top deck. • Eat small amounts of low-fat, starchy foods and avoid eating strong-smelling or strong-tasting foods.

Grasp Onto Personal Success

By Paul J. Meyer



Most studies of great achievers fail to reveal any profound secrets of success because the studies concentrate on actions rather than thoughts, habits, attitudes, and emotions. But it is these intangible ingredients that spark observable actions and make the successful person stand out above the average.

Although there is no single list of success personality characteristics, several key attitudes are common among high achievers. **Apply these attitudes in your quest for success:**

- ▲ Crystallize your thinking so that you know the specific goals you want to achieve and where you stand now in relation to those goals. Become aware of your conscious thoughts, the nature of your actions, and your prejudices, emotions, attitudes, and habits. Use what you learn to take an objective look at the future. Crystallize your thinking about yourself and your present position and form a vivid mental image of the goals you wish to attain.
- ▲ Develop written plans for the achievement of your goals. A star to shoot for, a goal line to cross, or a hurdle to overcome requires a plan of action. Your plans must be clearly drawn and detailed so they eliminate confusion about what to do next. A written plan minimizes procrastination, and the mere act of writing your goals on paper constitutes a personal commitment to their achievement. Add target dates, or deadlines, for accomplishing each step in the plan. Deadlines cause you to think, act, and react with urgency and with appropriate energy.
- ▲ Cultivate a burning desire for whatever you want to accomplish. Desire is the difference between a goal and a wish. Without desire, you will never succeed – no matter how worthy your goals are. Visualizing goals and experiencing them in your imagination produces the desire for achievement.
- ▲ Act with supreme confidence in yourself and your abilities. Knowing the specific actions needed to reach your goals and the order in which to take them produces supreme self-confidence. If you are to be successful, do not wait for time and circumstances to transform your dreams into reality. Work progressively toward their achievement and be willing to take a few risks to reach your goals.

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.

Have a Sense of Humor

E. B. White was probably correct in saying that most of us think we have a good sense of humor. We like to think that we have the capacity to appreciate or understand not only jokes or comedy or funny stories but also the humor that occurs in everyday life. But I think that there are many people who never learn to see things in a humorous way. While they may chuckle at television sitcoms, funny movies, or professional



comedians, they rarely appreciate the humor that happens all the time at home or the office, at the mall or the grocery store, with family members, colleagues, strangers, and friends.

Professional comedians and comedy writers constantly look for the funny things that happen in everyday life. That's how they gather material. They observe and record what's going on around them. They look for humor everywhere – in the newspapers, at the gas station, in restaurants, in their neighborhood, and at the office. And, as one professional humorist told me, they try to “think funny.”

What a great way of looking at life! We could have more great days in our lives if we tried to see the humor in the ordinary and tried to “think funny.” Doing this would certainly improve our attitudes and make us feel better about ourselves and the world around us.

Today, pretend you're a comedy writer. Try to “think funny.” Look for the funny things that happen at home, at work, and everywhere you go. Focus on the fun! When you start looking for it, you will find it and have more great days!

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life and Make Life Count! – 50 Ways to Great Days. For more information, visit www.JulieAlexander.com.



InSync® Moment – Creating Options

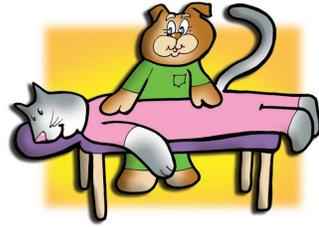
Options are always available to you. When you feel stuck, consider using the mindstorming technique to generate options. Here's an example: Think of at least 25 ways that you could spend an hour of free time. Then, pick and act on the option that suits you best. When you want to create options, mindstorm! Then, consciously choose the best option for you.



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Give Your Muscles a Massage

Did you know that massage can help relieve tension in your body, and offer you relaxation, relief of stress and anxiety, and reduce muscle soreness? Massage can also cause your body to release natural painkillers that may boost your immune system.



Some athletes get massages after they exercise or participate in their specific sport, especially to the muscles they use most in their sport or activity. According to experts, massage might also help increase blood flow to your muscles and may reduce muscle soreness after you exercise.

Here are some tips from the American Massage Therapy Association:

- Avoid eating just before a massage session.
- Be on time since rushing and arriving frenzied will take you longer to relax.
- Take off only as much clothing as you're comfortable removing.
- Communicate with the massage therapist. Report any discomfort.
- Give accurate health information.
- Breathe normally to enhance relaxation.
- Relax your muscles and mind by closing your eyes and focusing on relaxing.
- Avoid getting up too quickly after a massage. Allow for some quiet time to relax after the session.
- Drink extra water after your massage.
- Know that massage offers the best benefits if received over time.

For more information, visit the American Massage Therapy Association at <http://www.amtamassage.org/consumers.html>.

Walking for Weight Loss

Walking can increase your intake of oxygen, strengthen your heart to pump more blood, improve circulation, help lower your blood pressure, slow the development of degenerative joint disease, tone your muscles gently, reduce stress, help you keep a positive outlook, make you feel and look younger, and help you sleep more restfully. And for those of you looking to lose a few pounds, walking is a healthy way to exercise and lose weight.



According to the American Academy of Orthopaedic Surgeons, here are some tips:

- Warm up by walking as you normally would for five minutes at first, pick up the pace for about 15 minutes, and then cool down by walking at your warm-up speed for five minutes at the end.
- Swing your arms.
- Keep your head up, back straight, and abdomen flat.
- Point your toes straight ahead.
- Take long strides, but don't strain.
- Stretch your muscles when done.

Targeting Trouble Spots?

Diminishing your trouble spots may feel attainable if you merely look at it as a quick diet or a few months of exercise, but this way of thinking will only lead to frustration and disappointment. Targeting trouble spots is a specific daily lifestyle, not simply adjusting your diet or a few months of obedience to the latest and greatest workout fad. It's important to remember that while there are dietary and lifestyle changes that we all need to make, we also have to remember that any real changes are unique and individual to every person due to genetics and body type. That's one reason the latest diet or fad may not be right for you.



I do believe that you can target your trouble zones or spots, but only if you're working the entire body as well. It's imperative to build muscle in all areas of the body in order to burn fat. Resistance training, cardio, and nutrition all work together to attack the trouble zones. Once you're working the entire body then you can perform some progressive "burn-out" type of moves to target the areas that need a bit more attention.

For instance, if you're working to rid your "jiggle in the middle," then focus on adding 10-20 more abdominal exercises to your current routine. Use slow, controlled resistance to confuse the muscle. Count slowly to three as you lift into your crunch and the same as you come down. At the end of the reps – hold at the top of your crunch for 8-10 seconds. Changing it up a bit will activate your muscles in a new way.

What about your butt or thighs? Squats are great for both the butt and thighs so why not hit them at the same time. First, make sure that your knees are in a healthy condition to perform squats. Next, keep these rules in mind: make sure your knees don't go out over your toes, stick your butt out, back straight, and stomach in tight. A plyometric squat will increase your heart rate, shed fat, and build muscle. Jump straight up in the air and come down gently and squat back with weight in the heels of your feet. Do this throughout your day for faster results and do 10-12 each time.

It's a fact, you can target your trouble spots when you focus on your entire body then add some progressive "burn-out" moves. You'll see that your trouble spots will soon be no trouble at all. Keep in mind that the same old hum-drum workout not only gets boring to you, but to your muscles as well. Mix it up!

Wendie Pett is a mother and fitness expert, the author of Every Woman's Guide to Personal Power and co-author of The Miracle Seven. She trains people individually and conducts seminars to corporate groups to help teach others how to maximize their wellness through the balance of mind, body, and spirit. For more information on Wendie visit www.wendiepett.com.



Take to the Water Safely

- Check the local weather conditions before you depart. If you notice darkening clouds, rough changing winds, or sudden drops in temperature, play it safe by getting off the water.
- Check the boat for compliance with fire safety regulations, fuel, and other safety gear.



- Operate the boat at a safe speed at all times, especially in crowded areas. Be respectful of buoys and other navigational aids.

- Make sure more than only one person on board is familiar with all aspects of your boat's handling, operations, and other boating safety tips.
- Use lifejackets. The majority of drowning victims from boating accidents were found not to be wearing a lifejacket.
- Avoid alcohol while operating a boat. The probability of being involved in a boating accident doubles when alcohol is involved.
- Learn how to swim. Anyone who is in or around the water should know how to swim.
- Learn how to operate a boat by taking a boating course.

Stay Safe at Theme Parks

Here are a few tips to help you stay safe on your next visit to an amusement park:

- ▲ Wear cool, comfortable clothes during summer months. Choose comfortable shoes as well.
- ▲ Drink plenty of water during the day to help prevent dehydration.
- ▲ Read and follow amusement park rules for riding rides and keeping your family safe.
- ▲ Avoid riding a roller coaster with gum in your mouth in case you swallow it and choke.
- ▲ Wear sunscreen and seek shade periodically to cool off.
- ▲ Note where the first aid stations are in the park in case you need them.
- ▲ Take precautions against getting lost. Wear bright-colored clothes and explain to children what to do if they get lost. Designate a special meeting place.
- ▲ Tie long hair back and avoid long necklaces or purses with long straps.

Backyard Pool Safety Tips

Backyard pools offer much enjoyment for families but they can also be dangerous if safety is not addressed. **If you have a backyard pool, here are several ways to keep your family safe:**

- Never leave a child unsupervised near a pool.
- Instruct babysitters about potential hazards to young children in and around swimming pools and the need for constant supervision.
- Completely fence the pool. Install self-closing and self-latching gates.
- Keep rescue equipment by the pool and be sure a portable phone is poolside with emergency numbers posted.
- For above-ground pools, steps and ladders to the pool should be secured and locked or removed when the pool is not in use.
- If you have a pool and a child is missing, look in the pool first. Seconds count in preventing death or disability.
- Never dive into above-ground pools. They are too shallow.



Ensure Your Baby's Safety

- ❖ Place your baby on his/her back in a crib with a firm, tight-fitting mattress.
- ❖ Don't leave pillows, quilts, comforters, sheepskins, pillow-like bumper pads, or pillow-like stuffed toys in the crib with your sleeping baby.



- ❖ Consider putting a one-piece sleeper on your baby instead of a blanket.
- ❖ If you use a blanket, place your baby with feet to the foot of the crib. Tuck a thin blanket around the crib mattress, covering your baby only as high as his/her chest.
- ❖ Place the crib far away from window blinds, draperies, or wall hangings.
- ❖ Use only a fitted bottom sheet specifically made for crib mattress use, and make sure it's secured.
- ❖ Remove mobiles when your baby can pull up into a standing position. These can become strangulation hazards once your baby can reach them.
- ❖ Make sure the crib hasn't been recalled. Check the U.S. Consumer Product Safety Commission website at <http://www.cpsc.gov/cpscpub/prerel/prerel.html>.

Fiesta Slaw

Colorful bell peppers not only add to the appearance and nutrition of the cole slaw, but they're a good source of vitamin C and contain fair amounts of vitamin A and small amounts of calcium, phosphorus, iron, thiamine, riboflavin and niacin.

Try this recipe for Fiesta Slaw from the American Institute for Cancer Research:

- 5 Tbsp. fresh lime juice
- 3 Tbsp. reduced-fat mayonnaise
- 5 cloves garlic, finely minced
- 2 tsp. minced canned chipotle chilies (or to taste)
- 1 Tbsp. honey
- 1 large red bell pepper, cut into thin strips
- 1 large green bell pepper, cut into thin strips
- 1 large yellow bell pepper, cut into thin strips
- 12 oz. jicama, peeled, cut into thin strips
- 1/3 cup minced fresh cilantro leaves
- Salt and freshly ground black pepper to taste

Purée first five ingredients in a blender or food processor until dressing is smooth. Place peppers, jicama, and cilantro in a large bowl. Add dressing and toss to coat. Season with salt and pepper to taste. Cover and refrigerate until the vegetables soften a little but remain crunchy. (About four hours.) Serve at room temperature. Makes 10 servings.

Per serving: 49 calories, 2 g. total fat (less than 1 g. saturated fat), 8 g. carbohydrate, less than 1 g. protein, 2 g. dietary fiber, 39 mg. sodium.

Source: American Institute for Cancer Research, www.aicr.org

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. Her book, *The Energy Edge*, gives power points to have energy for life!



Have a Healthy Summer Fiesta

When you think of Mexican food, you might think eating healthy is impossible. It's true that many Mexican food dishes are laden with sodium and fat. However, by making wise choices, using fresh vegetables and ingredients, and cutting the fat, you can enjoy a wonderful summer fiesta with various Mexican food choices.

Here are tips on how to make healthier choices for Mexican food meals:

- ◆ Serve baked, low-fat chips and salsa.
- ◆ Make low-fat or fat-free queso for dipping by using fat-free or low-fat cheese.
- ◆ Avoid foods with these descriptive words: crispy, fried, refried, cheesy, and served with guacamole.
- ◆ For a topping choice on foods,



select salsa instead of sour cream or cheeses.

- ◆ Select dishes made with chicken instead of ground beef.
- ◆ When eating out, cut your meal in half and take half home for later. Portions are usually larger than a single serving should be.
- ◆ Serve fresh fruit for desserts instead of fried items.
- ◆ Use corn tortillas instead of flour ones.
- ◆ Eat black beans instead of refried beans. Black beans are low-fat, high in protein, and provide lots of fiber.
- ◆ Use low-fat cheese, brown rice, and whole-wheat tortillas.
- ◆ Serve a side dish of marinated fresh vegetables.

Tortilla Tip

Look for low-fat and fat-free versions of tortillas made without lard. You can also get the whole-wheat variety which are full of flavor and nutritious. **To warm tortillas:** wrap them loosely in a paper towel or wax paper and pop them into the microwave on high for 15 seconds per two tortillas.

TURKEY TORTILLA ROLL

- 2 Tbsp. black bean dip
- 2 Tbsp. fat-free sour cream
- 1 burrito-sized fat-free flour tortilla
- 1 cup shredded mixed lettuces
- 2 oz. turkey breast, sliced
- 4 strips red bell peppers
- 4 strips green bell peppers
- 2 tomato slices



Makes 1 serving

Spread black bean dip and fat-free sour cream onto tortilla to cover. Top with lettuce, turkey, peppers, and tomatoes. Roll tortilla tightly burrito style, secure with toothpicks, and cut in half.

Each serving contains: 262 calories, 24 g. protein, 2 g. fat, 40 mg. cholesterol, 37 g. carbohydrates, 433 mg. sodium. Calories from fat: 7 percent

From Pamela Smith's *Eat Well, Live Well*. Visit www.pamsmith.com for more information.

✂ clip and keep

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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wellness

Ensure Your Teenager Maintains Good Mental Health

Being a teenager is hard. They're under stress to be liked, do well in school, get along with their family, and make big decisions. They can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless, or worthless may be a warning sign of a mental health problem.

Mental health problems are real, painful, and sometimes severe. Some teens need help if they:

- often feel very angry or worried
- feel grief for a long time after a loss or death
- think their mind is controlled or out of control
- use alcohol or drugs
- exercise, diet, and/or binge-eat obsessively
- hurt other people or destroy property
- do reckless things that could harm themselves or others.

To find help, teens need to talk to their parents, school counselor, religious leader, or doctor.

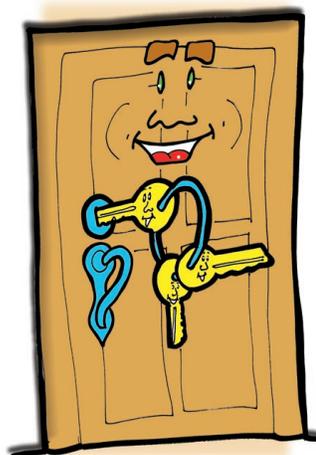
Source: National Mental Health Information Center, <http://mentalhealth.samhsa.gov/>

Overcome Compulsive Disorder

Obsessive-Compulsive Disorder (OCD) is a type of anxiety disorder that affects millions of people. It's characterized by recurrent, unwanted thoughts or repetitive behaviors – such as handwashing, counting things, checking things repeatedly, or cleaning excessively. **According to the Anxiety Disorders Association of America, people with OCD may have these characteristics:**

- ▲ **Cleaning** – Repeatedly washing one's hands, bathing, or cleaning household items, often for hours at a time
- ▲ **Checking** – Checking and re-checking, sometimes several to hundreds of times a day that the doors are locked, stove is turned off, hair dryer is unplugged, etc.
- ▲ **Repeating** – Inability to stop repeating a name, phrase, or simple activity (such as going through a doorway over and over)

- ▲ **Hoarding** – Saving useless items such as old newspapers or magazines, bottle caps, or rubber bands
- ▲ **Touching and arranging** – Rearranging knickknacks or adjusting things on the wall or counter
- ▲ **Mental rituals** – Counting or endless reviewing of conversations; repetitively calling up “good” thoughts to neutralize “bad” thoughts or obsessions; excessive praying and using special words or phrases to neutralize obsessions



reviewing of conversations; repetitively calling up “good” thoughts to neutralize “bad” thoughts or obsessions; excessive praying and using special words or phrases to neutralize obsessions

If a member of your family has OCD, here are some tips on how to support them in their recovery:

- Learn about the disorder.
- Recognize and praise small accomplishments.
- Modify expectations during stressful periods.
- Measure progress on the basis of individual improvement, not against some absolute standard.
- Be flexible and try to maintain a normal routine.

Source: Anxiety Disorders Association of America. Visit their website at http://www.adaa.org/treatOCD/help_OCDselftest.html to take a quiz on OCD.