



EMORY

all about health

November - December 2012

FACULTY STAFF ASSISTANCE PROGRAM - www.fsap.emory.edu

The Gift of Volunteering

The holidays are just around the corner. This time of year can bring much joy, and at the same time, much anticipation about fulfilling our own and others' expectations. During the holidays, we often become overwhelmed focusing on gift giving and trying to meet a self-imposed standard that may be unrealistic. Although recognized as a time of giving to family members and loved ones, it is also important to help those around us who may not be fortunate enough to have a holiday full of presents, parties and special meals.

Volunteering can be a great gift to give not only to those in need, but also to yourself. With busy lives, it can be hard to find time; however, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you meet new friends, support the community, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health. According to the research done by Pillemer, Fuller-Rowell, Reid, & Wells (2010), participation in volunteering improves psychological and physical well-being and lowers mortality.



Tips for Getting Started With Volunteering

The key is to find a volunteer position that supports others and enhances you! Ask yourself if there is something specific you want to do. For example, do I want to ...

- ... help make my community better?
- ... meet people who are different from me?
- ... try something new?
- ... see a different way of life and new places?
- ... do more with my interests and hobbies?
- ... do something I'm good at?
- ... feel more productive and fulfilled?

Give the gift of volunteering to your community and to yourself!

Source: Pillemer, K., Fuller-Rowell, T.E., Reid, M.C., Wells, N.M. Environmental Volunteering and Health Outcomes Over a 20-Year Period. *The Gerontologist* (2010)

Clevevoya Jordon, LPC, Employee Assistance Clinician, FSAP

Volunteer Opportunities

The best way to volunteer is to match your personality and interests.

There are numerous volunteer opportunities available in metro Atlanta. They include but are not limited to:

- Volunteer Emory, www.volunteer.emory.edu
- Senior Connection-Meals for Seniors, www.srconn.org
- Atlanta Community Food Bank, www.acfb.org
- Hosea Feed the Hungry, www.hoseafeedthehungry.org
- United Way, www.unitedwayatlanta.org/volunteer
- Atlanta Humane Society, www.atlantahumane.org

Wellness and Lifestyle

How to Make Your Time, Health, and Happiness Soar at Work

One of the best predictors of happiness, health, and productivity is the extent to which we feel satisfied in our relationships with coworkers. While probably not a surprise, this may seem unattainable at times. Given our base levels of stress, we are often discouraged when we don't experience instant results when we attempt to make changes or expect others to adapt to "our" style.

Though problems at work may seem overwhelming, the new and empowering research in positive psychology has discovered that in general, we are four times more influenced by our own choices than by our life circumstances. In other words, we tend to underestimate ourselves and others ... and how even little adjustments can make a big difference.

Here are some helpful hints to be healthier, happier, and more productive by adding to our toolbox of emotional and social skills:

1. Develop techniques to help you slow down, such as listening to soft music, deep breathing, or visualizing your goals.
2. Try to ensure that positive sentiments, such as gratitude, appreciation and forgiveness, outnumber negative interactions.
3. Do something thoughtful every day that displays your individuality or recognizes someone else's uniqueness.
4. Learn to challenge negative assumptions about people with curiosity and openness. When we are frustrated, tunnel vision and selective listening are quick habits that trap us.
5. Avoid gossiping or talking about others in anger, seek opportunities to be direct and provide supportive feedback to others. Remember feedback is a gift that can support the growth and development of colleagues.

To learn more about increasing your level of happiness in the workplace, please contact FSAP.

Source: Peterson, Christopher. (2006) LIVING BY THE GOLDEN RULE: POSITIVE PSYCHOLOGY EXERCISES FOR THE WORKPLACE

Jad Tompkins, LCSW, FSAP Clinician

Being Present this Holiday Season: Give Yourself the Gift of Time

The holiday season is fast upon us. We can get caught up in doing, giving, eating and easily become over-extended. This year, think about extending less, doing less, buying less, and instead, turning inward and giving yourself the gift of time. Allowing time to be present with yourself is one of the most precious gifts of all. In savoring and nourishing such moments, your experience may deepen and your heart may naturally radiate towards the ones you love. Presence with yourself then becomes presence with others.



According to Thich Nhat Hanh, a mindfulness meditation teacher, "Life is available only in the present moment. If you abandon the present moment you cannot live the moments of your life deeply." It is in rushing outward that we abandon the present moment. The holidays are good for encouraging that! Take some time to notice how you may abandon yourself. Working too much? Eating or drinking too much? Shopping too much? Slow down, breathe, and be still. Feel yourself embedded in your own life. It doesn't take much time or money. However, it does take intending, remembering, and ongoing practice.

Some simple ways you can give yourself the gift of time this season might be starting the day with five minutes of quiet breathing, reading a centering poem or prayer at lunch, or signing up for an evening Tai Chi class. There are many possibilities. If depression, anxiety, grief anniversaries, or general life stress are getting in the way, remember your FSAP resources. Making an appointment with the FSAP is another way to take time for yourself.

Every year offers a new chance to practice presence during the holidays. It is not easy, but the opportunity is there to give yourself a very special gift of self-time. Happy Holidays!

Sue Matthews, PhD, FSAP Psychologist

Nutritious Gratitude and Giving This Holiday Season

The holiday season is the ideal opportunity to inventory the various aspects of life for which we are most grateful. Loved ones and memories of those in our hearts are often at the top of the list, and we may also be thankful for all our worldly possessions, right down to the shoes on our feet.



In the spirit of harvest and health, it's also important to remember to take note of the blessing that is food and nutrition. Be mindful of the food you have access to on any given day.

Regardless of how "healthy" you consider a particular food item to be, think about the positive physical effects of its nutrients: sustained energy, strong bones, lean muscle development, disease prevention and appropriate digestion. Even when indulging in comfort foods that provide little nutrition aside from calories, be mindful of and grateful for each delectable bite. This practice of gratitude and mindful eating may even help curb overeating during a time of year when calories are often overabundant.

While nurturing your own sense of appreciation for health and nourishment, consider spreading it to those around you in your family, workplace and community. Host a healthy cooking party with family and friends. Organize a healthy holiday potluck and recipe swap with coworkers. Donate food items to a local food bank or volunteer to prepare and serve foods to those in need. Prepare healthy holiday treats for residents of an assisted living facility. The possibilities are endless when it comes to spreading the joy of food and nutrition!

Diane Weaver, MS, RD, LD, FSAP Wellness Specialist

Homemade Gifts from Your Kitchen: Nutritious and Economical

Jar recipes are a great way to have fun in the kitchen while encouraging others to have fun in their kitchen too. This bean soup recipe is loaded with protein, fiber and a host of vitamins and minerals. This colorful gift can be a special way to recognize family, friends and co-workers.

Bean Soup in a Jar

Ingredients:

- 1/2 cup dried black-eyed peas
- 1/2 cup dried black beans
- 1/2 cup dried red lentils
- 1/2 cup dried pinto beans
- 1/2 cup dried green or yellow split peas
- 1/2 cup dried white beans (navy, great northern or white kidney)
- 1/2 cup dried red kidney beans
- 1/4 cup dried parsley flakes
- 1/4 cup dried onion flakes
- 1/2 teaspoon garlic powder
- 2 teaspoons bouillon granules



Layer beans in a one quart jar starting with the black-eyed peas and ending with the red kidney beans on the top. Combine parsley and onion flakes, garlic and bouillon and place in a small plastic bag; close with a twist tie and place on top of the red kidney beans. Seal jar well and attach an information note (see below). **Note:** You may also make bean selections based on colors to be more festive, such as using only green and red beans.

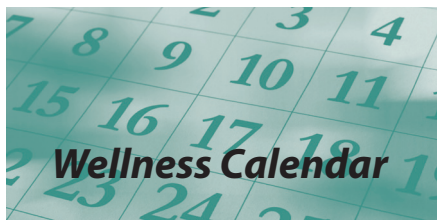
Information to attach to the jar:

Bean Soup

Remove plastic bag of seasonings from jar. Place beans in a 5 - 6 quart pot; add enough water to cover beans. Bring to a boil, reduce heat and simmer, uncovered, for 5 minutes. Turn off heat and let beans sit covered for 1 hour. Drain beans. Add 8 cups water and seasonings to the drained beans. Bring to a boil, cover, reduce heat, and simmer for 90 minutes or until beans are tender. Add salt and pepper to taste. Serve with grated cheese and/or low-fat sour cream on the side and enjoy!

Contents of one jar make 8 servings. One serving contains approximately: Calories 220, Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 135mg, Protein 20g, Carbohydrate 50g, Fiber 15g.

Recipe provided by Diane Weaver, MS, RD, LD, FSAP Wellness Specialist



BLOOD PRESSURE SCREENINGS

November 7

Grady Faculty Office Building (FOB)
Grady Hospital Campus
Classroom 103
11 a.m. – 1 p.m.

November 15

Emory Police Department
1784 North Decatur Road, 30322
1st Floor Training Room
8:30 a.m. – 10:30 a.m.

December 5

Callaway Center
2nd floor Center Hallway
537 Kilgo Circle (on The Quad)
11 a.m. – 1 p.m.

December 10

Law School
5th Floor, Faculty Lounge
(Room G575)
11 a.m. – 1 p.m.

BLOOD GLUCOSE SCREENINGS

November 14

School of Nursing, Room P16
1520 Clifton Rd
9 a.m. – 11 a.m.

December 11

Blomeyer Fitness Center
1525 Clifton Rd. NE
5th floor conference room
4:30 p.m. – 6 p.m.

December 19

1599 Building, Room 2A
8:30 a.m. – 10:30 a.m.

Holiday Cooking Demo - November 14, 2012

Want some ideas on how to jazz up your holiday meals? Drop in and learn some great cooking tips that you can use to feed your family this holiday season! Tastings will be provided.

Few Hall
(Demo kitchen on ground floor)
November 14
11 a.m. – 1:30 p.m.

Cooking demo will be held in a “drop-in” format. Several dishes will be prepared and sampled throughout the 2.5 hour session.



Groups and Workshops

Life Cycles Workshop – Caring for the Caregiver

Date: Thursday, November 29, 2012
Time: 12 p.m. – 1:30 p.m.
Location: 1599 Clifton Road, Room 5C
Facilitator: Metta Johnson & Associates

Open to all Emory faculty and staff. Bring your own lunch; drinks will be provided. Register for workshops at www.fsap.emory.edu/workshops or contact FSAP at 404-727-4328 for more details.

Group - Freedom From Smoking

Date: Mondays, January 7 – February 18, 2013
Time: 4:30 p.m. - 6 p.m.
Location: TBD

Pre-registration is required. This American Lung Association program includes eight sessions and features a step-by-step plan for quitting smoking. Contact Diane Weaver, Wellness Specialist at 404-727-4328 or diane.n.weaver@emory.edu.

2012 Great American Smokeout - November 15, 2012

The 2012 Great American Smokeout is Thursday

November 15th! If you are ready to quit smoking, the American Cancer Society encourages you to plan ahead and use the date as your official “Quit Day.” If you are just thinking about quitting, use the date as practice, and then make a plan to quit for good.



Are you a non-smoker wanting to support others as they become tobacco free? Commit to giving up one of your own less-than-healthy behaviors (ex. watching TV, drinking caffeine, etc.) on November 15th, and remember to congratulate anyone you know who is quitting tobacco!

However you plan to participate, FSAP will be offering tips, support and activities throughout the month of November, which is Lung Health Awareness Month. Visit www.fsap.emory.edu/health and click on “Great American Smokeout” for more information and resources.



Please forward comments and suggestions to:
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