



May - June 2012

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

Embracing Family Relationships

"The bond that links your true family is not one of blood, but of respect and joy in each other's life." ~ Richard Bach

In society today, family means different things to different people – families may span several generations, several households, and may change in response to life events such as divorce, remarriage, and children leaving the parental home. Families may include two parents and children; a single parent and child; a couple; grandparent and grandchildren; a sibling group; a circle of friends; pets or however that family defines itself. We could define a family not by what it looks like but by what it does.

The family unit is considered the most important social unit in most countries of the world. Every culture promotes the concept of a strong family unit as this is a major social strength of human beings. Historically, family relationships have played the most basic role of all -- ensuring survival. Today, most of us rely on family and relationship interactions to provide an affirming, positive experience. Healthy families provide a sense of support, trust and an identity of who we are and what's unique about us. While some of us may be connected to a healthy family system, others need to create their families through friendships, spiritual connections, and community/neighborhood connections. Families, however we define them, are people who we share our lives with and the people who share their lives with us. This relationship has a huge impact on how we see ourselves, relate to others and make decisions.

Embracing family enables us to feel a sense of belonging and can provide a source of comfort and a safe haven that promotes warmth, security and protection. As we embrace family, each member should be made to feel unique and encouraged to follow individual dreams. Developing and embracing the sense of family opens us to receive and give unconditionally. Mutual trust, communication and interdependence are a must.



There are several ways to enhance family relationships and create healthy connections: 1) Teach love and respect by showing love, respect, and openness with others and they will learn these habits from you. 2) Clearly communicate your personal values. Making sure that values are well-known and understood can help us make healthy individual choices. 3) Take time to relax. Finding time to sit and rest, read, watch a movie, or simply wind down with good conversation together can help maintain positive interactions. Psychologically, people who surround themselves with a healthy "family" system of support are stronger and better equipped to face the ups and downs of life. A person can survive through very tough times if he or she has a support network. Embracing healthy relationships as family helps us with maintaining positive self esteem and connections. Creating a healthy family begins and ends with love, respect, and engagement.

Clevevoya Jordan, NCC, LPC, EA Clinician

Wellness and Lifestyle

Helping Families Cope with Mental Health Challenges

After over 25 years of clinical practice, experience tells me it is not a question of whether your extended family will face mental health challenges, but when and how seriously. All families face stress that can trigger psychological difficulty: grief and loss can become depression; common worries can become anxiety disorders; and a drink or two can lead to addiction. According to the National Alliance on Mental Illness (NAMI), 100 million Americans deal with serious mental illness each year. That's a lot of families affected.

Often families, the first responders to members in distress, keep problems private. Sometimes families try to manage the situation all alone. The message that I want to share loudly and clearly is this: you do not have to go through this alone! There is help for families impacted by mental health concerns, and that includes the workplace family too.

Supporting family members who don't know what to do when faced with the mental health concerns of a loved one has been an extremely rewarding part of my work at FSAP. In some cases this has meant assisting with referrals for intensive treatment. Other times, linking parents to early treatment for a child who is struggling. And so very frequently, we help people understand that what might be going on with their loved ones is not their fault, and what they can and cannot do to help. Knowing when to let go of control and manage the anxiety of not being able to "fix" things is crucial.

I have some favorite resources for families to use. When the problem is more serious, NAMI (www.namiga.org) offers a free Family-to-Family class for family members of folks with mental illness. These classes have now been studied by the National Institute for Mental Health (NIMH) and meet the criteria for evidence-based practice, which simply means they work! Another support is Alanon/Alateen (www.ga-al-anon.org), sister to AA, for family members dealing with a loved one's alcoholism. There are similar groups for most addictive patterns.

These are just a few of many resources. Please don't suffer in silence: reach out for information, resources and support. FSAP is one place to start.

Dr. Sue Matthews, Psychologist

Family Strategies for Health & Wellness

You know what they say: "The family that eats and plays together, stays healthy together." Well, that might not be the traditional saying, but it certainly holds quite a bit of truth in today's world!



Research shows that families who dine together for at least a few meals each week tend to make healthier food choices—not to mention the benefit of strengthening family relationships through regular active communication. Even before sitting down to the table, cooking as a family can be an enjoyable way of practicing healthy eating behaviors, helping children build key life skills, and overall enhancing the family dynamic. Playing or exercising as a family is another phenomenal way to support each other's commitment to a healthy lifestyle.

More ways to make "healthy" a habit in your family:

- Set a weekly "Kids in the Kitchen" night, assigning a different family member to be in charge—including recipe selection and grocery planning!
- Turn off the TV, computers and cell phones during mealtime. Start a health-related conversation by having each person describe the healthiest food or activity he or she tried or accomplished that day.
- Limit "screen time" (i.e. the use of TVs, computers, cell phones, etc.) to 1 hour on weekdays and 2 hours on weekend days.
- Engage in outdoor group activities such as soccer, basketball, walking...the list is endless! On rainy days, consider learning the latest dance craze together or even a friendly Nintendo Wii competition.
- Use non-food rewards (ex. one less household chore for drinking water instead of soda this week).
- Remember: you are a role model and have a powerful influence on those with whom you are closest. Each healthy choice you make will encourage family members to follow suit.
- Check out the following resources: www.myplate.gov, www.kidseatright.org, and www.americaonthemove.org.

*Diane N. Weaver, MS, RD, LD
FSAP Wellness Specialist*

Helping Hands Can Lead to Healthy Kids in the Kitchen

When it comes to food and nutrition, every parent wants to be sure that their child is eating healthy meals. Many find this increasingly harder to achieve while trying to balance busy work schedules, social engagements and precious family time. Having kids help with meal preparation can save time and gives them a creative outlet. Children learn about food by using their senses (touching, smelling, and tasting), gain independence and are more likely to consume the meals since they had a hand in the preparation process. When asking for help, always consider the age of the child involved (see chart).

Children have short attention spans so give instructions one at a time and repeat directions as often as needed. Expect spills and messes but remember that spending quality time cooking in the kitchen with your children, combined with the Five R's will help promote healthy eating at home with you and your family:

- **RESPONSIBILITY** – It's the parent's responsibility to make sure nutritious food is available for their child.
- **RESPECT** – Respect a child's need to be cautious when trying new foods.
- **RESIST** – Resist power struggles with your child.
- **REINFORCE** – Reinforce good eating habits.
- **RECOGNIZE** – Recognize child-size portions.

Remember ... if you make healthy and nourishing meals and snacks available, in a structured timeframe, in a setting that is relaxed and comfortable, you can be confident that you have gotten a headstart on your child's health!

For additional information on this topic: <http://www.kidseatright.org>,
Dawn McMillian, MS, RD, Wellness Specialist

2 year olds are learning to use their large muscles, so they will enjoy activities such as:

- scrubbing vegetables and fruits
- tearing lettuce and salad greens
- breaking bread for stuffing
- snapping fresh beans

3 year olds are learning to use their hands. They can handle activities like:

- pouring liquids into a batter
- mixing muffin batter
- kneading bread dough

4 & 5 year olds are learning to control smaller muscles in their fingers. Let them:

- roll bananas in cereal for a snack
- mash soft fruits and vegetables
- measure dry and liquid ingredients
- beat eggs with an eggbeater

6 - 8 year olds have mastered all of the previous tasks and are ready to:

- clean surfaces before and after use
- gather utensils and ingredients
- grease or spray baking pans
- crush crackers in a bag with a rolling pin
- wash fruits and vegetables

9 - 12 year olds still need adult supervision, but they can handle jobs such as:

- planning and preparing simple meals and snacks
- following a recipe, measuring accurately and preparing a product
- reading and interpreting ingredient and food labels

Kid Friendly Granola

- 4 cups old-fashioned oats
- 1 cup Cheerios
- ½ cup chopped almonds
- ½ cup packed brown sugar
- ½ tsp salt
- ½ tsp cinnamon
- ¼ cup canola oil
- ¼ cup maple syrup
- 1 tsp vanilla
- 1 cup raisins or dried cranberries



Preheat oven to 300°F. In a large bowl, mix oats, Cheerios, almonds, brown sugar, salt and cinnamon. In a saucepan, warm the oil and honey. Stir in the vanilla. Carefully pour the liquid over the oats mixture. Stir gently with a spoon until the mixture is evenly coated. Spread the mixture onto a large cookie sheet. Bake for 40 minutes, stirring carefully every 10 minutes. Remove from oven and cool completely. Stir in raisins or dried cranberries and serve. (Store in an airtight container at room temperature for one week or in the freezer for 3 months.)

Yield: 7-8 servings (1/2 cup) . Nutrition Information Per Serving: 240 Calories; 8 g Fat; 1 g Saturated Fat; 100 mg Sodium; 40 g Carbohydrate; 3 g Fiber, 4 g Protein

Source: *So Easy Toddler Food Cookbook*
Reviewed by: Dawn McMillian, MS, RD, Wellness Specialist



Wellness Calendar

BLOOD PRESSURE SCREENINGS

May 21

Department of Human Genetics
2165 N. Decatur Rd.
1st Floor Conference Room
11:30 a.m. – 1 p.m.

BLOOD GLUCOSE SCREENINGS

May 16

Emory Police Department
1784 N. Decatur Rd.
Training Room
11 a.m. - 12:30 p.m.

June 5

Blomeyer Fitness Center
1525 Clifton Rd. NE
5th Floor Conference Room
4:30 p.m. – 6 p.m.

WALKING GROUPS

Meet Me @ Lullwater

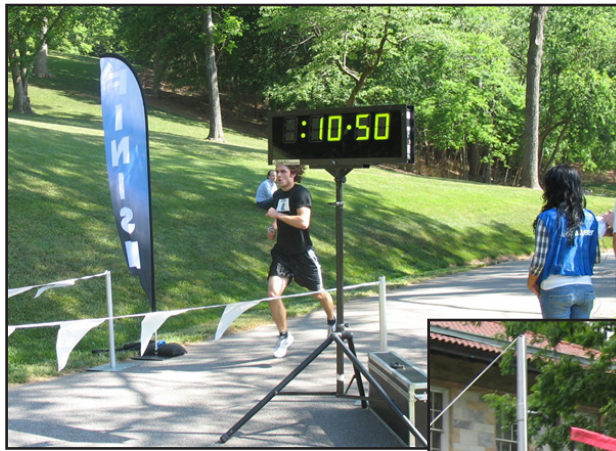
Every Tuesday through May 22
12:15 p.m. – 12:45 p.m.
Meet at the gates to Lullwater Preserve

Meet Me @ 1762

Every Thursday, through May 24
12:15 p.m. – 12:45 p.m.
Meet at the bus stop in front of 1762
Clifton Road

Meet Me @ Wesley Woods

Every Tuesday, May 15 - June 19
7:30 a.m. – 8 a.m.
Meet at the start of the walking path
near Wesley Woods Towers



Fun Run/Fun Walk: Join your co-workers on May 18th for the annual Fun Run/ Fun Walk in Lullwater Park to kick off Staff Fest 2010. The two-mile run starts at 10 a.m., with the one-mile walk following at 10:30 a.m. Register online at www.emory.edu/staff_fest.

Volleyball: Refereed games will be from 11 a.m. until 2 p.m. To register, team captains are asked to visit www.emory.edu/staff_fest. Please note that there is only one (1) registration per team.



Staff Fest 2012: Friday, May 18

Learn more at
www.emory.edu/staff_fest.

Results of the 2011 FSAP Health & Wellness Survey!

Survey Highlight #4 – The top reported perceived barrier to utilizing FSAP services was difficulty leaving work/office due to job responsibilities.

FSAP's Response – FSAP, in collaboration with the WorkLife Resource Center, conducted a "Managing Financial Stress" webinar to make the program more accessible for employees. This webinar was held at Noon to accommodate those who preferred to participate during a lunch break.

Check our website and future *All About Health* newsletters for more highlights and updates on action steps taken as a result of the survey findings.

Additional Programming at FSAP

Grief & Loss Support Group (6 sessions)*

Begins June 7, 2012; meets weekly on Thursdays from 4 p.m. - 5:30 p.m.

Anger Management Skills Group (7 classes)*

Begins June 5, 2012; meets weekly on Tuesdays from 12 p.m. - 1:15 p.m.

* All prospective participants must schedule a screening appointment prior to joining this group. Call FSAP at 404-727-4328 to register and for more details.



Please forward comments to:
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