



## Go Beyond Being Grateful, Live Gratefully!

Most of us have heard the expression, "Be grateful," either after we complained about something, when faced with disappointment, or in the context of a spiritual or motivational talk. This expression may bring us solace or may induce feelings of guilt, or both.

Current advances in psychology have invited us to go beyond just using gratitude to put challenging circumstances into perspective or to feel better during the moment. The practice of gratitude is actually an approach to living that can lead to greater overall long-term health and contentment.

Dr. Robert Emmons, Psychologist, has devoted much of his time and talents to understanding gratitude. He studied thousands of people who practiced various rituals to communicate thankfulness and practice gratitude in their lives. Dr. Emmons noticed that people who did so had improved self-esteem, sleep, clarity of thought, physical health, and relationships. These individuals were more content and confident, even in the midst of stressful life events.

Wouldn't we all benefit from infusing more gratitude into our daily lives? Consider these strategies:

- Catch your child, significant other, or coworker doing something well, something you might usually overlook or take for granted. "I appreciate how you \_\_\_\_\_."
- For a few minutes, pay closer attention to one of your five senses. Savor the feel of the crisp autumn air on your face or the sound of birds chirping in the morning.
- Each night before bed or when you awaken, rather than watch the news or surf the internet, write down at least five things you are grateful for.
- The next time you, your family or work team experiences a success, write a thank-you note or make a "gratitude visit" to



someone who helped you achieve success, even if through moral support.

- Allow gratitude to be as contagious as possible. Develop a gratitude section on your Facebook page. Place an inspirational quote in your email signature.
- Volunteer during the holidays. Randomly surprise someone. When recipients ask how they can repay you, encourage them to show their kindness in a meaningful way to someone else - "pay it forward."

So, what if you feel you have nothing to be grateful for or nothing left to give? Perhaps you are exhausted from caregiving and have neglected your own self-care. It may be that the first person who needs gratitude is in the mirror!

Remember, taking care of yourself is not selfish. It allows you to feel more healthy, confident and genuinely involved and influential, rather than feeling controlled by outside forces. To learn more about ways to care for yourself, contact the FSAP.

*Jad Tompkins, LCSW, EA Clinician II*

*Source: Emmons, Robert. (2007). Thanks! The New Science of Gratitude Can Make You Happier.*

## Speak Up If You Suspect Someone is a Victim of Violence

In the previous edition of *All About Health*, recognizing signs of potential domestic abuse/intimate partner violence was highlighted as the first step to getting help. If you suspect that a friend, family member or co-worker is being abused, the next step is to speak up! Don't be afraid to reach out; expressing concern will let the person know that you care and may even save his or her life. What can you do to help?

- Approach the person in a private setting.
- Let him or her know that you're concerned ("I've noticed that you haven't seemed like yourself lately").
- Point out behavior changes you've noticed that make you worried.
- Listen and acknowledge their feelings.
- Recognize that they may become embarrassed, angry, resentful and/or resistant during the conversation.
- Remind them that, "All of us face challenges in our lives. You are not alone."

- Help them understand that the abuse is not their fault; no one deserves to be battered. Encourage them to seek help.
- If the victim is a coworker, offer to help her/him speak with their supervisor, HR and/or security about options for safety and support.
- If the individual is not ready or willing to seek assistance yet, help her/him make a safety plan ([click here](#)).
- Maintain confidentiality (unless victim/others are in imminent danger or safety in the workplace is at risk).
- Give information, not advice. Connect them to resources at Emory and in their community and go with them if they ask you to ([click here to see list of resources on page two of the September/October issue of All About Health](#)).
- Check in with them again in the future.
- Take care of yourself and don't hesitate to contact FSAP for support at any point.

*Robin Huskey, Manager of Education and Outreach*

## Overcoming Tobacco Addiction: Getting Healthy Support from Loved Ones

Kicking the habit of smoking is one of the toughest addictions to overcome. Quitting smoking can result in increased irritability, stress, depression and a rollercoaster ride of emotions. However, quitting can be the best gift you can give to yourself. It can add years to your health, improve wellbeing and enhance relationships.

According to the American Cancer Society, getting support from your friends and family can make a difference on your journey to better health. Some key strategies:

- Let friends and family know that you need support.
- Let them know activities they can share to help (e.g., taking a walk, cooking together, going to the movies, etc.).
- Let them know you may be irritable and not to take it personally.
- Celebrate your positive steps by rewarding yourself or receiving acknowledgement from others.

Do you know a colleague who is trying to quit smoking? Tips to assist your colleague:

- Inform them of the free Emory smoking cessation services.
- Remind them to take it one day at a time.
- Be willing to listen. Don't criticize; find ways to be positive.
- Have mints or gum available to support them during the day.
- Let them know you are proud of them.
- Be patient of their mood changes and irritability.
- Provide them with inspirational words.
- Slipping is part of the journey, so don't berate - remind them they can start over at that moment.

You can quit by participating in one of the programs available through Emory. For information, contact the FSAP at (404) 727-4328 or visit [www.fsap.emory.edu](http://www.fsap.emory.edu).

*Dr. Paula G. Gomes, PsyD, FSAP Director*

*Source: J. Lee Westmaas, Director of Tobacco Control Research, Behavioral Research Center, American Cancer Society, 2011*

## Squash Your Dinner Plans

With autumn at our doorstep and the holidays approaching, our body and soul crave comforting sights and flavors. But when you admire your neighbors' pumpkin decorations or see a squash display at the market, are you thinking décor or dinner? While there's no substitution for the pumpkin when crafting the perfect jack-o-lantern, there is no reason to overlook it as the perfect component of dinner.

Along with its variety of sister squashes, this veggie glows with beta carotene, Vitamin A, potassium, and complex carbohydrates. Enhancing your dish with a pinch of cinnamon and nutmeg can end the holdout for those reluctant to say goodbye to summertime. These starchy treasures can entice anyone to welcome the fall season with open arms.

Lack of preparation knowhow is often to blame for squash's absence from meal plans, but most of the time all you need is a good chef knife and maybe a peeler. Many recipes include explanation, but for some varieties such as spaghetti squash (where you simply cook and rake out the flesh with a fork), online video demonstrations may help. If you're not up for do-it-yourself squash prep, check out the freezer aisle where you can find cooked squash ready and waiting for whatever you have in store.

Try pumpkin in a smoothie or serve chili over a bed of spaghetti squash. Roasting cubed acorn squash along with some apples may have even kids mistaking dinner for dessert. So whether acorn, winter, yellow, butternut or otherwise, squash your dinner plans tonight, and enjoy the vegetable that singlehandedly embodies the season.

*Diane N. Weaver, MS, RD, LD*



## Better Mac 'n Cheese

8 ounces whole grain macaroni noodles, uncooked  
1 tablespoon trans-fat free butter spread  
1 tablespoon whole wheat flour  
10 ounce bag (2 cups) cubed frozen butternut squash, thawed  
2 ounces (½ cup packed) reduced-fat cheddar cheese  
Sea salt, to taste

Boil noodles according to directions. Drain and reserve 2 cups pasta water.

In pot over medium heat cook butter spread with flour for 1-2 minutes.

Whisk in 1 cup pasta water.

Add squash and cook/mash until smooth. (Note: Add more pasta water as needed for a smooth cheese-like consistency.)

Add cheese and stir until melted.

Fold in cooked noodles until combined and season with salt.

**Nutrition Facts:** 1 Cup: 300 Calories, 6g Fat, 2.5g Saturated Fat, 290mg Sodium, 53g Carbohydrate, 6g Fiber, 13g Protein.

Source: [www.kidseatright.org](http://www.kidseatright.org)

Recipe reviewed by Diane N. Weaver, MS, RD, LD



## Wellness Calendar

### BLOOD PRESSURE SCREENINGS

#### November 10

Yerkes, 2nd floor Lobby  
954 Gatewood Road  
11 a.m. – 12:30 p.m.

#### November 16

Decatur Plaza, Room 131  
101 W. Ponce De Leon, Decatur  
11 a.m. – 1 p.m.

#### December 8

Emory Parking Office  
Conference Room  
Clairmont Campus, 1945 Starvine Way  
10 a.m. – 11:30 a.m.

#### December 9

Briarcliff Campus, Bldg A Lobby  
1256 Briarcliff Road  
10 a.m. – 11:30 a.m.

### WEIGHT WATCHERS @ WORK

#### Weight Watchers @ Clinic A:

Mondays, 12:15-1:15 pm  
Brown Auditorium, Tunnel Level

## Results of the 2011 FSAP Health & Wellness Survey are in!

Check our website and future newsletters for highlights and updates on action steps taken as a result of the findings.

**Survey Highlight #1:** "Caregiving for a family member" was reported as one of the top personal issues impacting work performance.

**FSAP's Response:** FSAP is sponsoring a "Caring for the Caregiver" workshop on December 6 to assist caregivers with strategies for self-care and avoiding burnout (see below for more details).

### Life Cycles Workshops

#### "Building and Maintaining Healthy Partner/Spousal Relationships"

Date: Wednesday, November 16  
Time: 12:30 p.m. – 1:30 p.m.  
Location: 1599 Clifton Road, Rm 1.432  
Facilitators: Visions Anew - Margot Swann and Joan Miller, PhD

#### "Caring for the Caregiver"

Date: Tuesday, December 6  
Time: 12 p.m. – 1:30 p.m.  
Location: 1599 Clifton Road, Room 5C  
Facilitator: BrownRichards & Associates

Register for workshops at <https://apps.hr.emory.edu/register/?kind=FSAP> or contact FSAP at 404-727-4328 for more details.

## Great American Smoke Out - Thursday, November 17, 2011



The American Cancer Society is marking the 36th Great American Smokeout on November 17, by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

For more information on smoking resources at Emory, visit [www.tobaccofree.emory.edu/cessation](http://www.tobaccofree.emory.edu/cessation).

## Visit FSAP's New and Improved Website



- Meet the staff
- New self-assessment tools
- Updated media library
- View upcoming events



Please forward comments to:  
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