

fseap SOLUTIONS

Could Keeping a Happiness Journal Lengthen Your life?

Journaling (expressive writing) has been studied scientifically. It's considered a powerful tool to support change, overcome challenges, accelerate goal achievement, and support the therapy and medical treatments used for many challenges. These include anxiety, depression, grief, and stress. It's not a gimmick. UCLA scientists in a brain-imaging study discovered that putting feelings into words produces therapeutic changes in the brain. The real news is that everyone can benefit from journaling, and the theme you might want to consider is "happiness." Journaling daily about happy moments in your life may lead to more of them, an upbeat mood, and perhaps a longer life, because happy people have been shown to live longer. Learn more by reading "The Healing Power of Journaling" by Zoe McKey.

Source: www.newsroom.ucla.edu/releases/Putting-Feelings-Into-Words-Produces-8047



Add Nutrition Counselling to Your Back-To-School List

Summer is a wonder, but fall is busy and action-packed – signaling change and the need for new routines. Kids are gearing up for back-to-school, and you're gearing up for work mode. The need for meal planning and healthy routines can loom over many of us this time of year. "How do I get back on track?" Our Registered Dietitians can help. Our Nutrition Counselling service includes an evaluation and interview with a dietitian qualified to recommend and monitor a structured diet plan, including follow-up and support. To help you feel your best, talk to a Registered Dietitian through your EAP program for personalized nutrition recommendations.



Family Goals: Making Good Stuff Happen

Helping to ensure plenty of happy, memorable moments with your family is something no one would consciously shy away from; however, most people do just that, by default. Busyness gets in the way. Time passes and it is finite, so don't let happiness be something that happens only by accident. 1) Decide what you and your partner or spouse want to do for the family. Try making weekly, monthly, and yearly goals. 2) Get everyone involved in the discussions and decisions. 3) Conduct these discussions at regular intervals as part of a larger family meeting. 4) Get things scheduled. 5) Consider scrapbooking everything so memories stick around. Get more ideas from www.lifehack.org/864433/family-goals.



Renewing Relationships at Work

Does your team or employee group need to get reacquainted after its return to on-site work? Being deliberate and organized about this goal can greatly improve communication, reduce any stress associated with leaving a remote job, and rekindle trust so you are in sync with your peers. Try weekly meetings to discuss ongoing concerns about interpersonal communication and teamwork; talk about your individual roles/duties, successes, and need for support and resources as well as any issues relating to the work environment, customer stress, and growing concerns. Make honesty a tradition of this group, and follow up at the next meeting. Start the meeting and end it on time. Make it unvaryingly regular. You will quickly refresh your commitment to each other and fire up the productivity of your group.



Don't Skip Your Health Checkups

So, you are feeling well and are without any apparent health problems? Great, but are you postponing preventive health care, screenings, and examinations because you don't seem to have any cause for concern? Don't do it, especially as you grow older. Delays in identifying and treating some medical conditions can make doing so harder or even futile later. Many detectable health conditions, like high blood pressure, diabetes, vision problems, and cancer, can be cured when they are spotted early, and you won't notice any symptoms in early stages. Postponing preventive health care might be more likely if you live alone, without someone who may urge and prod you to see a doctor because of conditions like sleep apnea. Use this month (August is National Wellness Month) as your reason for making preventive health care a routine part of your life, so you can enjoy your life longer.

What You Forgot About Dietary Fat

Many dietary fats are healthy. They give you energy and support cell growth, but they are calorie dense, and more so than carbohydrates are. Olive oil is a healthy fat, but do you know a tablespoon of it has around 120 calories? Use it in many dishes, but sparingly—splashing it on with abandon every day can add 3,500–4,000 calories to your diet each month! When you consider that a person who weighs 155 lbs. uses fewer than 100 calories to walk a mile, you can see how consuming even healthy fats can make you put on the pounds!

Learn more: “Dietary Fats: Balancing Health & Flavor”; International Food Information Council

