



BEHAVIORAL HEALTH SYSTEMS

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*Happy
New
Year!*

Behavioral Health Systems EAP Newsletter



Are you ready for the Future?

you may agree only to find out that you are just as busy next month and shouldn't have committed your time.

The same is true of money and other resources. Before making plans for the future, look realistically at the resources that you will have available. Being ready for the future means knowing what your priorities are and setting realistic goals based on accurate information of resources available.

Now is a great time to think of what you would like to accomplish during 2006. It is important to avoid the pitfalls of setting goals that are unrealistic by focusing on specific, attainable goals.

Consider the many areas of your life, such as health, career, family, leisure, and spiritual. How satisfied are you in each area? Does the way you spend your time correlate with your priorities. If not, what can you do today to more accurately reflect your priorities?

One thought process that can lead to becoming overwhelmed is assuming you will have more of a resource later than you do now and making plans based on that assumption. For instance, if you are asked to volunteer for a new project next month and assume that you will have more time than you do now without accurate data to support that assumption,

Tips to Get You Moving!



- Take the stairs
- Ride a stationary bike while watching tv
- Walk around the block during your break or lunch
- Take dance or aerobics lessons
- Park further away from your office or the store
- Take a walk around the neighborhood with your children. They just might share what is going on in their lives!

Remember, exercise and antidepressant medications act very similar in the brain. Get active to be happier and healthier!

Did You Know?

25 million Americans are rotating shift workers. Studies suggest that 20 to 30% of those with non-traditional work schedules have had a fatigue-related driving mishap within the last year. The drive home from work after the night shift can be particularly dangerous.

(Source: National Sleep Foundation Web Site - Facts About Drowsy Driving: www.sleepfoundation.org)

Vanishing Cash Syndrome

If you suffer from Vanishing Cash Syndrome, that complex disorder characterized by not knowing where your income has gone each month, there is hope for putting the disorder into remission. Often we allow this syndrome to continue because we are not ready to accept the realities of our spending.



Tracking your spending for only one month is a great start to curing Vanishing Cash Syndrome. This is not as overwhelming as you might think. There are several methods that will simplify the task:

- ~Log all expenses for the month by paying only by check. (Order duplicate checks if you aren't consistent in logging expenditures.)
- ~Carry a small notebook and log money as it is spent.
- ~Dedicate time in the evening to record that day's expenditures.
- ~Save all receipts in a shoe box

then set aside time each week to log spending.

Whatever method you choose to try, begin today. Once you know where your money has been going, you are ready to decide where you *want* it to go and budget accordingly. Contact your EAP at 800-245-1150 for assistance with budgeting and financial planning.

Heart Healthy Eating

from www.homemadesimple.com

BALSAMIC CHICKEN



Tired of turkey? Check out this chicken recipe, which is sure to please everyone at the table.

Ingredients:

- 2 boneless, skinless chicken breasts
- 1/4 cup honey
- 3 tablespoons balsamic vinegar
- 1 cup seasoned bread crumbs
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Thoroughly clean and dry chicken breasts.
2. Mix honey with vinegar in small bowl.
3. Spread bread crumbs onto plate.
4. Place chicken in honey/vinegar mix, then roll chicken in bread crumbs to coat.
5. Place chicken breasts on 9-by-13-inch baking sheet and top each with small amount of oil.
6. Bake uncovered at 350°F for 30 minutes, until no longer pink.



Almonds lower LDL and total cholesterol and reduce the risk of heart disease!

Studies have shown that 1 ounce, a small handful, of almonds five times a week reduces heart disease in people with high cholesterol.

Submit Your Recipes

If you would like to share a healthy recipe or one that you have modified to be healthier, email it to me at jbraswell@bhs-inc.com or mail to Judi Braswell c/o BHS, Two Metroplex Drive, Suite 500, Birmingham, Alabama 35209.

On average, smoking reduces adult life expectancy by approximately 14 years.

Actual Classified Newspaper Ad

Snow Blower For Sale... only used on snowy days.



