

EAP E-NEWSLETTER

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**Be yourself.
No one can ever
tell you you're
doing it wrong.**



PLANNING FOR 2007

The beginning of a new year is a time to reflect on the past year and set goals for the new year.

Unfortunately, of the goals set on New Year's Day, many are long forgotten by the next month. Fortunately, there are ways to help ensure that your goals won't fall into that category.

1. Share your thoughts about the changes you would like to make with friends that know you well. Ask them what potential barriers they see to you being successful. They can also help you determine if your goals are too extreme to be realistic. For example, if you are a night owl that struggles to get to work on time, setting a goal to exercise for an hour every morning may not be realistic.
2. Goals must be realistic. Sustainable change typically needs to be broken into small, attainable steps and built upon. Want to become more of a morning person and start exercising? Start small. Set a goal of getting to bed 30 minutes earlier every night in January. Consider what will need to change to make that a possibility. Will you have to give up favorite tv programs? Be realistic about what will need to change in your schedule. In February, begin to get up at the new time.
3. Reward yourself. Give yourself a treat for meeting your goals. Plan a reward for meet your goal five out of seven days, not just for perfection. Not sure what a reward would be? This may also be a great question for your closest friends. Together you should be able to determine some things that you enjoy but don't often indulge in. Remember, rewards don't have to cost a lot of money.
4. Make a list of the reasons for the change. What are the benefits of getting up earlier and exercising? Review the list as needed. Perhaps printing the list and placing in a frame on your bedside table will curb the desire to hit snooze. Taping a copy to the remote may inspire cutting off the tv and using the time in a way that align with your goals.
5. Strive for progress, not perfection. By rewarding yourself for progress, instead of giving up if you aren't perfect, you continue to work toward your goals.

Perhaps you'll even find that some of your friends share the same goals and you can work together as a team. Your friends can also serve as accountability for you. Knowing that they will be asking can motivate you!



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----- cut out below -----

Low-Fat Spinach Lasagna

Total Preparation Time: less than 15 minutes
Actual Cooking Time: No cooking required

Source: Petunia
Total Servings: single

Ingredients

2 cups	Low-fat cottage cheese	1	Egg or equivalent egg substitute
2 cups	Low-fat mozzarella shredded	1 jar	Spaghetti sauce (32oz)
1 pkg	Frozen chopped spinach (10oz)	9	Uncooked lasagna noodles
1 cup	Water	1/8 teaspoon	Pepper
3/4 teaspoon	Oregano		Salt to taste

Preparation

In a large bowl mix thawed and drained spinach, cottage cheese, 1 cup mozzarella, egg and seasonings. Preheat oven to 350 degrees. Spray Pam on a lasagna tray or 13x9x2 baking dish. Layer 1/2 cup sauce, 3 noodles and 1/2 cheese mixture. Repeat layer. Top with remaining noodles then sauce and sprinkle with 1 cup of mozzarella. You can also sprinkle grated parmesan cheese on top. Pour water around the edges and put a few toothpicks on top. (If you choose to use cooked noodles, you don't have to add water.) This will prevent the cheese from sticking to the foil. Cover with foil and bake for 1 hour- 1 hour 15 minutes, or until lasagna is bubbly. Let stand for 15 minutes before serving.

Cook's Notes

This is a very light and tasty lasagna. You can also substitute chopped broccoli for the spinach. You can freeze leftovers or make a second tray and freeze it for another day. Serve it with a nice salad and light garlic bread. It makes a great addition to pot luck dinners and buffets. This is so easy to make that your kids can help too!

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Meal Planning Made Simple

After the turkey and pumpkin pie are gone, try this tasty recipe for a change of pace.

PROTECT YOUR EYESIGHT

There are 54 million who have pre-diabetes, meaning their blood glucose levels are higher than normal. Without effective treatment, those cases can eventually develop into diabetes. Besides high blood pressure, heart disease and stroke, diabetes can also cause blindness.

Diabetics are 60% more likely to develop cataracts and 40% more likely to develop glaucoma than those without diabetes. Diabetic retinopathy is the leading cause of new cases of blindness in adults.

To protect your eyesight:

- See an eye doctor at least once a year if you have diabetes or if you are at high risk.
- Maintain a healthy weight – if you are overweight, even a modest weight loss can help prevent Type 2 diabetes.
- Increase your physical activity – exercising 30 minutes a day, five times a week can cut your risk of Type 2 diabetes by more than half. It is important to check with your doctor before starting an exercise program.
- Watch and control your blood sugar levels and blood pressure.
- All women who are pregnant or who are planning to become pregnant and have been diagnosed with diabetes should get a full, dilated eye exam.
- Quit smoking as that lifestyle change can help reduce your risk of developing diabetic retinopathy, age-related macular degeneration, glaucoma and cataracts.

REDUCE STRESS WITH THE SPARKLE FORMULA

S – Sleep well.

Your bed is for sleeping, reading and intimacy.

When your head hits the pillow, it's time to sleep, not think

Your bed should NOT be for:

- watching television
- balancing your checkbook
- planning the next day
- arguing with your spouse
- checking your e-mail
- making phone calls



When in bed, books are OK, laptops are not.

P – Plan every day.

Create a to-do list every morning. This gives you

- a roadmap of what you need to do at the beginning of the day
- a reminder of what still needs to be done throughout the day
- a place to check off your accomplishments at the end of the day

A – Anticipate less.

Recognize the false assumptions you make that lead to anxiety. Will things really turn out to be as bad as you think? Probably not.

When you look to the future, visualize success rather than failure. After all, you really don't know which it will be. So why not expect the best?

R – Relax.

Breathe deeply when you feel stressed. Get up and change your environment, if only for a short time.

Go for a walk at lunch.

Relaxation means taking a break from what you were doing, not just “vegging out.” For instance, watching television isn't always relaxing; it can be dumbing and dulling. Find activities that calm your body and stimulate your mind.

Create a time for your own kind of meditation. Find a quiet space and a quiet time that's just for you.

*The future
belongs to
those who
believe in the
beauty of their
dreams*

—Eleanor Roosevelt



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When someone makes you angry, remember that you have a choice in how to react.

K – Keep Anger under control.

Be empathetic and forgiving to others when they make mistakes. Like you, they're trying to do their best.

Learn to give constructive feedback rather than destructive criticism.

When someone makes you angry, remember that you have a choice in how you react. Instead of yelling at that bad driver who cut you off, do a running play-by-play on his erratic driving techniques. It's more fun.

L – Laugh.

Use positive affirmations to keep yourself on track.

Affirmations should use the 4 P's:

- Personal
- Positive
- Passionate
- Present

For instance, "I am a confident and successful manager who always runs an amazing team."

Find time to share a joke. Laugh at the curves life throws at you rather than fretting over them.

E – Eat Well and Exercise.

Your body needs to be a well-tuned machine to manage all of the stresses that act on it.

Avoid eating packaged snacks – anything that comes in a wrapper or plastic bag. Try natural fruit instead.

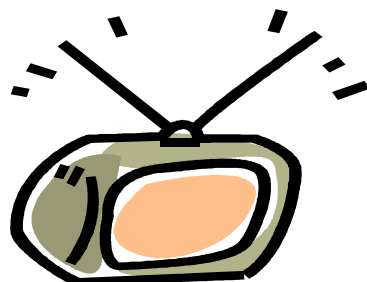
Add more colored vegetables to your meals.

Reduce caffeine in your diet. It's a stimulant and can exacerbate physical symptoms of stress that you may already have. Choose water instead.

Avoid the escalator or elevator and take the stairs.

Find opportunities to go for a walk. Ideally, get exercise that causes you to sweat for twenty minutes at least three times per week.

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Cut back on television time. Only watch those shows you decide on beforehand. Circle them in the television-listing magazine. Then turn off the television when the program is over. Cancel extra cable television packages for channels you rarely watch. Go for broke. Give up watching television altogether.