

Employee Enhancement Newsletter

Helpful Resources from your Employee Assistance Program

July 2014

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Anger Management



What is anger?

Anger is a normal human emotion that, despite what most people think, can bring about good as well as bad results. Although anger can arouse some pretty strong emotions, it also can energize you to solve problems. And while it can be destructive, you can learn to channel anger in a positive manner.

The rise of anger can be accompanied by physical changes. As a result, unexpressed anger may be associated with high blood pressure, heart problems, and depression.

Destructive Consequences

Anger may also lead to impulsive action, aggressive outbursts, inaction, or passive aggression (the indirect expression of anger). These destructive forms of anger can generate everything from hurtful comments to health problems and outbursts of violence.

It can also be difficult to think clearly when angry. People communicate less effectively, sometimes taking actions that send the wrong signals and strain relationships. Worst of all, once an individual acts aggressively, others may be roused to hostility, increasing the likelihood of negative and unproductive confrontations.

At times, anger is met with a passive response, which results in another sort of communicative barrier. Someone who responds to anger passively may well experience frustration, bitterness, resentment, lowered self-esteem and even helplessness. Any one of these feelings, or a combination of them, may build silently, surfacing later, in an unexpected or even destructive manner.

Constructive Consequences

Anger provides people with the energy to solve problems and resolve differences. If people learn to recognize lower levels of anger, such as frustration, annoyance, and irritation, these emotions can be used as tools to help people act assertively, by communicating feelings calmly and effectively. A constructive and assertive response to anger may enhance interpersonal communication, build healthier and more satisfying relationships, increase self-esteem, and decrease feelings of helplessness.

Chat Reminder

Anger Management

Connect with Deer Oaks and a counselor for a live confidential chat.

When:

July 16, 2014

Where:

www.deeroaks.com

Session Time (CST):

12:15 PM to 12:45 PM





Myths and Facts about Anger

Myth: I shouldn't "Hold in" my anger. It's healthy to vent and let it out.

Fact: While it's true that suppressing and ignoring anger is unhealthy, venting is no better. Anger is not something you have to "let out" in an aggressive way in order to avoid blowing up. In fact, outbursts and tirades only fuel the fire and reinforce your anger problem.

Myth: Anger, aggression, and intimidation help me earn respect and get what I want.

Fact: True power doesn't come from bullying others. People may be afraid of you, but they won't respect you if you can't control yourself or handle opposing viewpoints. Others will be more willing to listen to you and accommodate your needs if you communicate in a respectful way.

Myth: I can't help myself. Anger isn't something you can control.

Fact: You can't always control the situation you're in or how it makes you feel, but you can control how you express your anger. And you can express your anger without being verbally or physically abusive. Even if someone is pushing your buttons, you always have a choice about how to respond.

Myth: Anger Management is about learning to suppress your anger.

Fact: Never getting angry is not a good goal. Anger is normal, and it will come out regardless of how hard you try to suppress it. Anger management is all about becoming aware of your underlying feelings and needs and developing healthier ways to manage upset. Rather than trying to suppress your anger, the goal is to express it in constructive ways.



Source: http://www.helpguide.org/mental/anger_management_control_tips_techniques.htm

Five Numbers You Should Know by Heart for Good Heart Health



Pass codes, phone numbers, social security numbers, clothing sizes and addresses. We all have a lot of numbers in our heads, but heart experts at The Ohio State University Wexner Medical Center say there are 5 more numbers you need to know. These are the numbers your doctor will use to assess your risk for getting heart disease.

- **Blood Pressure.** This is the force of blood against the walls of the arteries. It's measured as two numbers—the systolic pressure, as the heart beats, over the diastolic pressure, as the heart relaxes between beats. A normal blood pressure is under 120/80. Talk to your doctor if it is higher than that. Simple lifestyle changes can help you lower your blood pressure and potentially avoid medication.
- **BMI.** The measurement of your weight for your body surface area and it's considered a reliable indicator of body fatness for most people. Use an online calculator to assess your risk.
- **Waist circumference.** Fat that is carried around the abdomen increases the risk of heart disease and type 2 diabetes. Measure your waist at the belly button, not where your clothing waistband sits. Women should be less than 35 inches and men should be less than 40 inches at the waist.
- **Cholesterol.** While the body makes all of the cholesterol it needs, it is also readily found in food. High cholesterol can lead to heart disease and build-up of plaque in the arteries. Know your total cholesterol number and your low-density lipoprotein, or LDL, number. That's the bad cholesterol that can cause problems. A healthy cholesterol number is below 200. A healthy LDL number is below 100.
- **Blood sugar.** This reading tells doctors how much glucose is in the blood. High levels of blood glucose cause diabetes, which increases the risk for cardiovascular disease. A healthy fasting blood sugar number is under 100 after not eating for 8 hours.

Health-e headlines™

Knee Pain and Arthritis

Consider this fact from the CDC: One pound of excess weight is equivalent to 4 pounds on the knees, so 1 pound lost relieves 4 pounds of stress on the knees.

Health-e headlines™

Walk it out

When the task at hand requires some imagination, taking a walk may lead to more creative thinking than sitting, according to research from the American Psychological Association. It was the walking, not necessarily being outdoors, that made the creative difference. Even participants who walked on treadmills came up with better ideas in the study. Which means that physical activity helps your brain as well as your heart.

Health-e headlines™

An EAP Reminder

Life Can Be Hectic. The EAP Can Help You Find Your Balance.

Deer Oaks, your EAP, is always available to you and your household members.

If you are struggling with children, finances, or just want some practical advice on health or the mind-body connection, contact Deer Oaks by calling the Helpline.

Counselors are available 24/7 to provide you with immediate care.





Clinician's Corner..

Monthly Advice from the Deer Oaks Clinical Team

Anger Management

From traffic and inconsiderate drivers to rude customers and co-workers, anger is something that most of us experience to some degree on a frequent basis. For most of us, we are easily able to handle anger-provoking situations appropriately and move on with our day. However, for some, it can be difficult to let anger go.

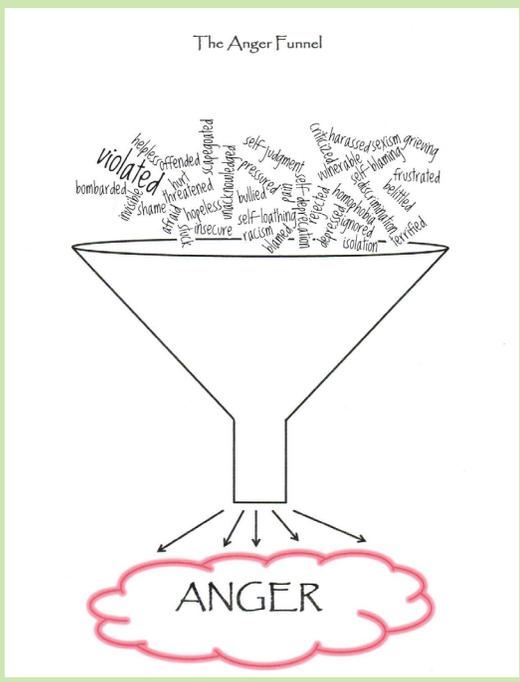
Some circumstances can make it more likely that we will act out on our feelings of anger. These can include: modeling, or how we observed our caretakers handling their anger; our current stress level; how personal the insult is (feeling disrespected by a spouse or co-worker); and our personality type – some of us are more likely to remain pacifists while others are more likely to say what they feel, when they feel it. For almost all of us, anger is what we call a secondary emotion, because it comes immediately after another emotional experience – usually feeling hurt, frustrated, or ashamed.

Imagine that our brain processes all of our emotions in a funnel. Because anger feels powerful and gives us a sense of control, many of us “convert” some of our other feelings into feelings of anger and rage. It feels better in the moment to yell than to cry or feel vulnerable, but in the long run, anger has high costs.

To help slow your mind down and process your emotions, concentrate on the three D's: Distract, Delay, and Decide. Distract yourself from an angry situation by engaging in another task to keep your mind occupied – journal, listen to music, or read. Delay your anger by walking away from the situation, at least for a short while. Decide if this trigger is worth an angry outburst. If you'd like to learn more about the three D's, join us for our chat this month!

If you feel that you act out on your anger in ways that can lead to consequences for you or those around you, sometimes a counselor can help identify what's getting your goat and offer practical tips for keeping your cool.

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What You Need to Know about Personal Credit Reports and Credit Scores



Why is my credit history important?

At some time in your life, your credit report becomes essential to obtaining mortgages, insurance, credit cards, car loans, and other credit, and may even be seen by your current employer or a potential employer. The best way to ensure that your credit report is accurate and positive is to check and monitor it regularly.

What information is contained on my credit report?

All credit reports contain a variety of personal data about you. Pertinent details regarding any loans, bankruptcies, judgements, and foreclosures, if relevant.

Another section of your credit report lists inquiries into your credit history. Potential creditors may view too many inquiries in a short period of time negatively.

Who reports to the credit bureaus?

Any company that supplies you credit, from student loans and mortgages, to personal loans and credit cards, reports information about your loan to the three major credit agencies. That information can be included on your credit report. You may have slightly different information on each of the three credit agency reports.

How often is a credit report updated?

Credit reports are updated as frequently as the supplied information changes. Most accurate negative information remains on your credit report for seven years, while Chapter 7 bankruptcy information can remain on your report for ten years.

Where do I get copies of my credit reports?

The Fair and Accurate Credit Transactions Act (FACTA) gives every consumer the right to a free annual credit report from each of the three major credit bureaus: Equifax, Experian, and TransUnion. To get your free report, visit AnnualCreditReport.com or call 877.322.8228. You can request a free credit report from one agency at a time, or all three at once.

About Money Management International

Money Management International (MMI) is a nonprofit, full-service credit-counseling agency, providing confidential financial guidance, financial education, counseling and debt management assistance to consumers since 1958. MMI helps consumers trim their expenses, develop a spending plan and repay debts. Counseling is available by appointment in branch offices and 24/7 by telephone and Internet. Services are available in English or Spanish. To learn more, call 800.432.7310 or visit www.MoneyManagement.org.