

LIFE IN *BALANCE*

Your guide to healthy living.

Choices and Consequences, Not Just for Kids Anymore

We often hear about “choices and consequences” and how this impacts our children and teens. “Don’t run in the hall”, “Don’t eat so fast”, “Get your homework done so you can see your friends” are all things adults may have said to kids. But, what about choices adults make – and the impending consequences?

As counselors, we hear people complain about co-workers. There is a litany of complaints: too talkative, too quiet, not working fast enough, working too fast, and the list goes on and on. So, the question remains – could a person make a different choice of how to perceive the co-worker in order to reduce the negative consequences? The answer is most certainly, “Yes!”

Each day, a person makes a myriad of choices. And each of those choices culminate in a consequence (positive or negative). When a person makes a positive choice to talk to a co-worker openly and assertively about a concern, it can result in a positive consequence (reward) of it creating a stronger working relationship. Or if, for example, a person “cuts some slack” to a co-worker who is going through a rough patch in their personal life, that too could result in a positive outcome.

However, the same can be said for making negative choices. Riding someone because they don’t do things the way you would do them, can result in not only more frustration for you, but depression and anxiety for the other person. Failing to try and understand that sometimes people have struggles co-workers know nothing about, could produce negative consequences as well.

Though it’s not being said that everyone should tolerate unhealthy behavior, it is being said a person should strive to understand the behavior before becoming angry, bitter, or argumentative about it. Each day, you make the choice how you want to relate to situations. Holding grudges, talking behind someone’s back, making negative inferences or assuming malicious intent is your choice to make. But, each of those choices can have negative consequences. If you need some help redirecting your choices, or to talk through situations before you make a negative choice, trying making the choice to contact your EAS first!



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October is Domestic Violence Month

What is Domestic Violence?

Domestic Violence is defined as the victimization of an individual or individuals resulting from abuse, attacks, or assault. That being said, domestic violence as a general term, is difficult to address, due to the many natures of the act; domestic violence may not only take place within a variety settings, but also through the involvement of a vast array of individuals victimized, as well.

Domestic violence can be delivered as a physical, emotional, verbal, sexual or psychological attack. In addition to these various fashions, acts of domestic violence can be initiated on both partners, males and/or females in a relationship.

National Statistics for Domestic Violence

- **1 in 3 women and 1 in 4 men** have been victims of some form of physical violence by an intimate partner within their lifetime.
- **1 in 4 women and 1 in 7 men** have been victims of severe physical violence by an intimate partner in their lifetime.
- **1 in 7 women and 1 in 18 men** have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- Domestic victimization is correlated with a higher rate of depression and suicidal behavior.

If you have been a victim of domestic violence there is help and hope! A multitude of resources and assistance exist 24 hours a day, 7 days a week.

The National Domestic Violence

HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

**National Coalition Against
Domestic Violence or NCADV.org**

**1-800-799-7233 (SAFE)
or 1/800-787-3224 (TTY)**

**National Sexual Assault or
RAINN.org HOTLINE**

1-800-656-4673 (HOPE)



Get tested at CureStigma.org

Mental Illness Awareness Week October 1-7

A time to focus on mental illness
and replace stigma with hope.

Every year people overcome the challenges of mental illness to do the things they enjoy.

If you have a mental health condition, you're not alone. One in five American adults experiences some form of mental illness in any given year. And across the population, one in every 25 adults is living with a serious mental health condition such as schizophrenia, bipolar disorder or long-term recurring major depression.

As with other serious illnesses, mental illness is not your fault or that of the people around you, but widespread misunderstandings about mental illness remain. Many people don't seek treatment or remain unaware that their symptoms could be connected to a mental health condition. People may expect a person with serious mental illness to look visibly different from others, and they may tell someone who doesn't "look ill" to "get over it" through willpower. These misperceptions add to the challenges of living with a mental health condition.

Through developing and following a treatment plan, you can dramatically reduce many of your symptoms.

**Mental illness can slow us down,
but we don't need to let it stop us.
Call your EAS to learn more.**

Confidential Helpline

800.236.4457

Counselors available 24/7



Be Aware of Self-Care!

Life can be stressful. The more stressed we are, the more likely we are to neglect self-care. We may take care of other people, but can't find the time to take care of our own needs. Self-care on a daily basis can improve physical health and mental health.

Self-care is not selfish. It is necessary to keep ourselves healthy if we want to be able to focus on other things in life. You may have heard this example on an airplane; Put on our own oxygen mask before you help someone else put on their oxygen mask. This is also true with self-care. Taking care of yourself allows you to have the energy and focus to take care of others.

Self-care is about paying attention to your emotions, and also how your body feels. It's also taking care of your needs, and speaking up for yourself when necessary. Make self-care a part of your daily routine. Practice being good to yourself.

Here are some examples of self-care activities:

- 1 Schedule "me time" on your calendar.
- 2 Take time for meditation and/or prayer.
- 3 Get a book from the library (free) or bookstore about some topic you've been interested in, but have never taken the time to learn.
- 4 Take a walk.
- 5 Listen to music that inspires and motivates you.
- 6 Write a list of things you're grateful to have in your life and post it somewhere you can see it often.
- 7 Go through your closet and purge the clothes you haven't worn in years. Donate them to a charitable organization.
- 8 Get a manicure or pedicure.
- 9 Call a family member or friend just to say hi.
- 10 Turn off your phone and step away from the computer for a whole day.

-Adapted from www.goodtherapy.org

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