

LIFE IN **BALANCE**

Your guide to healthy living.

4 Keys to Maintaining a Healthy Relationship

Love is a feeling, but it requires work. Love requires action, intention and an open heart for a relationship to survive. For a long time we have heard the metaphor that “love is like a flower, it must be watered to keep it alive and for it to grow.” It is a cliché, but it is useful to explain something important: if you water a plant a lot you’ll drown it, if you don’t water it, it will dry up. Below are some ways to “take care” of your love.

1

Respect your partner and encourage his / her goals.

This is the first key to maintaining a healthy relationship, respecting others and declaring it. We all like to know we are important and useful. This does not mean you do not have your own goals. In fact, your partner should do the same for you; to create a path where you can go forward together by supporting one another.

3

Communicate instead of complaining.

To maintain a healthy relationship you must communicate, talk things through, make constructive criticisms without irony or sarcasm, and show respect and desire to reach a solution.

2

Share life in a balanced way.

Sharing life with others is the basis of a relationship. But it is also important to have independence and to recognize your individual needs. So, it is imperative to find a healthy balance.

4

Accept your partner.

Trying to change someone is a losing game. The security we all seek in a relationship comes precisely from the knowledge the other loves me as I am, accepts my shortcomings and is aware of my limitations. Do not try to force the other person to continue along your path or to evolve with you. Let them decide freely. If you think they can improve, do not force them. Inspire them with your attitude and your way of doing things without disrespecting them.



-Adapted from <https://exploringyourmind.com>



Supervisory Concerns

When Employees Get Personal at Work

There are two problematic issues associated with listening to employees who bring their personal problems to you as their supervisor: one is giving advice, and the other is having too much information about their personal problems. The more information you possess about an employee's situation, the more responsibility you have to consider it when making decisions. And don't be fooled, the more you know, the more likely it is that information will affect your feelings about the employee. Judgments about how to manage performance will be affected. Some personal problems employees possess can be associated with disabilities under the Americans with Disabilities Act (ADA), and knowing about those problems places you in the position of having to act properly to give them due consideration.

Supervisors must listen to employees, but they must also learn the art of cutting a conversation short. For example, by using language such as "Jim, I get the picture. Let me recommend that you visit with the EAS." You are directing the employee to the proper place to process concerns.

As an employee, please keep in mind that telling your supervisor your personal problems is typically not the best thing to do. While it's fine to keep your supervisor abreast of important things going on in your life, it's best to leave the details to a professional that can listen objectively and give you tips on how to handle whatever is going on in your life, so you can be your best at work.

-Adapted from Frontline newsletter Feb 2016

A photograph of two women in white shirts. The woman on the right is smiling and holding a document, while the woman on the left is looking at her. They appear to be in a professional setting.

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Understanding Emotional Intelligence

Emotional Intelligence refers to the ability to be aware of and manage our emotions, as well as empathize and affect the emotions of others. It is a range of ability, essentially controlled by the brain's frontal lobe (that part of the brain that controls impulsivity, decision-making, and planning). However, Emotional Intelligence (EI) can be negatively affected by such things such as: low IQ, a culture that spurs hatred, domestic violence, and violent or neglectful parenting.

There currently are not any reliable tests which can measure EI. But, you can still learn enough about it in order to take steps to improve your emotional intelligence. Emotional education is the key to becoming more intellect about the emotions of ourselves and others.

There are four main areas of Emotional Intelligence: Self Awareness, Self-Regulation, Empathy/Social Skills, and Positive Motivation.

Self-Awareness is essentially your “moral compass” and your ability to evaluate/manage your emotions. Self-Regulation is your ability to handle distressing emotions as well as using coping mechanisms. Empathy and Social Skills represent your ability to have positive interpersonal relationships, whether in you work life or home life. And Motivation is the drive to put it all together in order to create meaningful relationships.

EI can be the determining factor for success at work, peacefulness in relationships, and ability to solve problems. That's why communities are working hard to find solutions for cultures of hatred, birth defects, domestic violence and violent or neglectful parenting.

For more information a good place to start is the writings of Daniel Goleman or Travis Bradberry.

National Bird Feeding Month

Whether you welcome or dread Valentine's Day, many feathered friends long for your attention. February became National Bird Feeding month in 1994 by Congressman John Porter. Being one of the toughest months of the year for birds to survive, he was determined to help feed birds during this time. And it's not just for the birds; bird feeding offers relaxation and decreases stress.

People enjoy bird feeding as a soothing source of natural beauty and entertainment. In a world overwhelmed with technology, bird feeding provides a nice escape to unwind from daily stressors.



Four Tips for Keeping Winter Birds Happy

1 Add Another Feeder to Your Yard

Or get your first feeder if you don't have any! Adding new feeders to your yard can attract new types of birds. Different birds prefer different feeders, and certain feeders are made for different types of feed. You can target new species and attract multiple types of birds.

2 Add Heated Water to your Yard

Birds are surrounded by frozen water in the winter. They need drinking water and an area to clean up. If you add a heated birdbath or fountain to your yard, it will provide an essential resource to your feathered friends, and you will likely attract more birds to your yard. Birds gather in areas where they can find reliable food, shelter, and water.

Birding tip: Make sure you are consistent with fresh water and food each week because birds will become used to the resources. Keep it up all winter and the birds will remember your yard as a safe place full of what they need!

3 Participate in the Annual Bird Count

During National Bird Feeding Month each February, the National Audubon Society coordinates the Great Backyard Bird Count. The information is gathered online and is used to create an online citizen-science project. And it's free for participants!

4 Learn a New Species

You may have a favorite bird like the beautiful red cardinal that stops by your feeder every morning, or the sparrow that sings songs when you're on a hike. There are so many birds to see and hear! Enjoy learning a new species this month, and how to attract them to your yard.



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