

LIFE IN *BALANCE*

Your guide to healthy living.

October is Domestic Violence Month

Domestic Violence is defined as the victimization of an individual or individuals resulting from abuse, attacks, or assault undertaken by their respective partners within the realm of a romantic relationship or courtship.

That being said, domestic violence as a general term is difficult to address due to the many natures of the act. Domestic violence can take place within a variety settings and also involve multiple victims.

Domestic violence can be delivered as a physical, emotional, verbal, sexual or psychological attack. Acts of domestic violence can also be initiated on both partners, meaning both the male and female of a relationship.

National Statistics for Domestic Violence

According to the National Coalition Against Domestic Violence:

- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. Over the course of a year, this equates to more than 10 million women and men.
- 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.
- Domestic violence hotlines receive more than 20,000 phone calls nationwide on a typical day.

If you have been a victim of domestic violence there is help and hope. No one deserves to be victimized by domestic violence. A multitude of resources and assistance exist 24 hours a day, 7 days a week.

- 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)



The danger of workplace gossip

People often spend more time with co-workers than they do with their own family. This constant contact and variety of communication can breed gossip in the workplace, which can become toxic for a team or company.

Counselors often hear stories of how someone's workplace has been damaged by gossip. Sometimes, people even ask *"how do I know what I'm doing is gossip and not just chitchatting with coworkers?"*

If you are unsure, use this simple litmus test: Is what you are saying negative or embarrassing to the person of whom you are speaking?

Per Inc.com, there are four criteria which can expand on that premise a bit. You can know if it's gossip by asking:

1. Does chitchat rejoice in the misfortune of others?
2. Does it have a negative emotional charge/seem to perpetuate conflict or negativity?
3. Does it hurt or damage the one being spoken of?
4. Is the chitchat an unsubstantiated rumor about someone?

If any of the above is true, you are engaging in gossip.

In order to have a healthy, productive, anxiety-free workplace, it's important all team members commit to stopping gossip. How? The best defense is really for each person to make a commitment to not engage in gossip. Gossip can't spread without fuel. People need to lead by example – and be assertive in explaining the "no tolerance" choice for themselves. In fact, you may even diffuse the gossip by sharing something positive and redirecting the conversation. If you still cannot find resolve, take the concerns to leadership. They may be able to curb the behavior.



Benefits of better time management

Time management is a skill that comes in handy in our busy lives. Whether it's at work, at home or both, effectively managing your time, life and activities can have a positive impact.

According to the website Time Management Ninja, there are a number of benefits that can be enjoyed from improving your time management, including:

1. Less stress

Effectively managing your time can reduce your stress levels by reducing the number of surprises and tight deadlines you face. It also results in less rushing from task-to-task or place-to-place.

2. Productivity

Better time management allows you to better manage your workload and get more done.

3. Fewer do-overs

Being organized can result in less re-work and fewer mistakes. Better time management can help avoid forgotten items, details or instructions.

4. More free time

It stands to reason that if you are more productive and get things done more quickly, additional time is freed up for other activities or some much-needed down-time.

For additional tips and information, check out timemanagementninja.com.



How to eat more fruits and vegetables

Fruits and vegetables are a key part of an overall healthy eating plan. They're also delicious, colorful, versatile, convenient, affordable and fun. This guide from the American Heart Association includes great tips, resources and recipes to help you add color with heart-healthy fruits and vegetables:

- Pack portable, easy-to-eat fruits and veggies in your work or school bag, and avoid vending machine temptations.
- Add frozen peas or broccoli to rice when it's almost done cooking.
- Add extra veggies to soups and stews.
- Have a meatless meal once a week. Think vegetable lasagna, Portobello mushroom "burgers" or grilled veggie kabobs.
- Fill out a sandwich with fruits and veggies. Try sliced or shredded vegetables like beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini and/or sliced fruits like apple, avocado and pear.
- Keep frozen and canned fruits and vegetables on hand for when you need to throw together a meal in a hurry. Compare food labels and choose items without sauces and too much sodium.
- Work fruits and vegetables into your family's favorite dishes. You'll be surprised how seamlessly finely diced items are able to be snuck in.
- Make adding fruits and veggies to meals a snap by cutting them up and keeping them in the fridge. They'll also be handy for snacking.
- When eating out, ask if you can substitute a fruit cup or side salad for fries and other less-healthy sides.
- Top yogurt, oatmeal and cereal with berries or sliced fruit.
- Make fruit popsicles. Freeze 100 percent juice or pureed fruit in an ice tray or popsicle mold.
- Add spinach, peppers or mushrooms into scrambled eggs and omelets.
- For snack time, keep fresh fruit and pre-chopped or no-chop veggies (such as baby carrots, cherry tomatoes and sugar snap peas) on hand, as well as single-serve containers of raisins or applesauce. Your kids may grab them instead of less-healthy snacks if they're readily available.
- Enjoy fruit for dessert most days and limit traditional desserts to special occasions.
- Make it fun for kids to try new fruits and veggies. Let them pick out a new fruit or vegetable in the grocery store each week, and figure out together how to cook or prepare it.
- Eat the rainbow: A fun and tasty way to make sure your family is eating a good variety of fruits and vegetables is to eat as many different colors as you can each day.
- Keep a bowl of whole fruit handy on the desk, table or countertop.

