Reducing Stress During the Holidays

Holidays can be exciting, but reducing stress continues to remain a common concern for many people. Holiday decorations, nostalgia, memories, and commercialization can easily paint an unrealistic picture of what your family get-together and experience should look like. Caution! Holiday excitement and anticipation are healthy and renewing things, but if anxiety and pressure to perform and get everything “perfect” are taking the cheer out of your season, then here’s a tip: Use perfection and vision as guides for what you do, not as performance measures for how well you succeed in taking it all on.

Walk at 3 MPH!

Walking for exercise is getting plenty of research attention—right down to the recommended miles per hour! A recent study of people averaging 73 years of age showed a 50% decrease in cardiovascular disease for those who walked 3 mph versus those who walked only 2 mph. The group of 4,207 walkers were followed for ten years. Walking longer also produced similar results for those walking 7 blocks versus 5 blocks. “Even late in life, moderate physical activity such as walking is linked to lower incidence of cardiovascular disease,” commented the author, Luisa Soares-Miranda, Ph.D. “It appears that if one increases the total distance or the pace of walking, CVD risk is lowered.”

Surviving a RIF

A reduction in force (RIF) creates fear, disruption, and uncertainty. It’s natural to fear whether one will find another job, but if a RIF happens to you, your first step is to manage the stress, shock, and loss with self-care, like exercise, sleep, relaxation, good meals, and time with your loved ones. These steps are keys to a positive outcome. These steps also help you build resilience necessary to manage the stress of change. Taking charge in this way will better prepare you for discovering a new job or career.

Domestic Violence and Job Performance

Ninety-six percent of employed domestic abuse survivors say domestic violence affected the ability to do their job. If you are a victim of domestic violence, you may be inclined to minimize the abuse, hope for the best, or hold on to a definition of abuse that perhaps doesn’t include your situation. Experiencing little or no physical abuse may contribute to this “comparing out” of the definition. The key question: Does your partner exercise power over you and control your life, or have you seriously wondered whether you are in an abusive relationship? If so, talk to counselor, EAP, or the police, but take that very first step toward a happier life.

Information in FrontLine Employee is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. Add “http://” to source links to follow. Link titles are always case sensitive.
Almost anything posted online is fictitious new names.

Identity theft means stolen financial information, hassles battling credit agencies, or legal nightmares. But there is a different and scarier type of identity theft—digital kidnapping. Almost anything posted online can be exploited, and children’s photos are not immune. Both medical and parenting organizations are cautioning parents to think twice about posting children’s photos online. “Digital kidnapping” describes the phenomenon of stealing or copying photos of children found on social media and photo-cataloging sites (Facebook, Instagram, Photobucket, etc.), and then storing these photos and/or using them for illicit purposes. In one survey, nearly two thirds of parents reported being concerned that strangers would learn private information about their child or download photos of them, but they still posted images. Some perpetrators have been found to have stolen photos, claimed to be the parents, and then gave the children in the photos fictitious new names.

Avoid a Digital Kidnapping

Count Bites, Lose Weight

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Is it too simple? New research found people who counted bites over a month’s time lost roughly four pounds—just about what the CDC recommends for “healthy” weight loss. Those in the pilot test counted the number of bites they took each day and then committed to taking 20 to 30 percent fewer bites over the next four weeks. Participants who stuck with the task saw results despite changing nothing else about their eating and exercising routine. “This study confirms what we already knew: consuming less food makes a difference,” said lead study author Josh West. “We’re not advocating people starve themselves; what we’re talking about is people eating less than they’re currently eating.”

Source: www.uvm.edu (search “talk outshines” and Mood Disorders Association of

Source: http://home.byu.edu (search “count bites”).