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# Wellness Wire

Winter  
2011

Published by CARE's WorkLife Solutions to help employees with life management issues

## 8 Reasons to be Optimistic for the New Year

### 1. We Give Away Before We Throw Away

In 2003, twenty or so people decided to get together and give a few odds and ends away, hoping to keep the stuff they were done using out of a landfill. Fast-forward seven years, and the online site, freecycle.org has mushroomed into millions of members in 123 countries, giving away what they don't need. All of these free things equal 800 TONS of stuff each and every day that isn't thrown away.

### 2. Our Hearts Love Anti-Smoking Laws

According to a comparison of fee-for-service Medicare patients in 2002 and 2007, the amount of hospital admissions for heart attacks dropped 23% during that time period. One possible reason? Public smoking bans are now law in 32 states and many cities across the U.S. A 2009 study in the Journal of the American College of Cardiology showed that cities with "no butts" policies saw a decline in emergency room visits for heart attacks within 3 months of the ban. Heart attacks continued to decline in these smoke-free areas, sometimes as much as 25% below pre-ban numbers.

### 3. We Move More

Strength training, working out with personal trainers, and fitness programs for older adults were among the top fitness trends for 2010, according to an American College for Sports Medicine survey. In addition, average marathon times actually increased indicated exercise among general population is on the rise. The reason for the increase in time is that lots of folks are logging miles simply for health and enjoyment versus racing against the clock for competitive reasons.

### 4. We Use Less Energy

Despite our increased standard of living and the greater consumption of energy in the U.S., the average per person consumption of energy has fallen about 9% from its peak during the oil and energy crisis of 1978-1979. Furthermore, the economy as a whole is becoming more energy efficient. From 1970 to 2008, the amount of energy needed to produce a dollar's worth of goods and services dropped 53%.

### 5. We Know the Power of Positive

An upbeat attitude does more than boost spirits. Research published in 2009 by the American Heart Association showed that those who expected good, rather than bad, lived longer. They were less likely to develop heart disease, cancer, high blood pressure or diabetes. In 2010, researchers at the University of Kentucky published a study they had conducted of law students at five points during the academic year. What they found was that a bright outlook didn't just affect class performance, but the immune system too. That means that increasing optimism, and conversely decreasing pessimism, has the potential to affect day-to-day interactions as well as general health and welfare.

### 6. We Give and We Give

More than a quarter of U.S. adults volunteered with nonprofit organizations in 2008, contributing more than 8 trillion total hours of service. Apparently, this philanthropic initiative is setting a good example for the countries youth: 441,000 more young adults volunteered in 2008, a 5% increase from 2007 numbers. But, it's not just time we're being generous with. Despite last year's economic turmoil, Americans gave \$300 billion to charities in 2009.

### 7. We Network with Wonderful Results

Research from University of California reports that within a social network, happiness is, well, contagious. For every happy friend you have on social sites like Facebook, your chances of being happy increase by 9%. And if you're single and searching for Mr. or Mrs. Right, you can skip the nightclub scene and just log onto a dating portal. For one out of every six marriages, the newly betrothed parties met via online dating, more than the one out of ten who met at bars and other traditional singles hot spots.

### 8. We Grow More of our Own Food & Enjoy the Benefits

Seed sales are increasing indicating a rise in the home gardening we're doing these days. And all that fresh and healthy homegrown produce is feeding another appetizing trend: canning. The makers of Kerr and Ball brand mason jars reported a canning equipment sales increase of 30% in 2009. Suburban canners number almost as many as those in rural areas. Half of all people preserving their fruits and veggies are under 40. Even better: growing, canning and eating your own food allows you to get good exercise and reduce food bills.

*\*Excerpt taken from "20 Positive Trends", statefarm.com, goodneighbor*

**We Can Help - Family Problems - Child Care - Personal/Job Stress - Alcohol/Drug Abuse - Marital Tension  
Elder Care - Emotional Problems - Legal and Financial Referral - And Much More!**

**CARE's WorkLife Solutions - Services are FREE and confidential to employees, their spouses and dependents. Call Toll Free 866.888.1555 or [www.caresworklifesolutions.com](http://www.caresworklifesolutions.com)**

## Angry? Not me! The High Cost of Hidden Anger

“Allen” was up each day and at work by 7:00 am. The mood at the office was tense after recent budget cuts, but he kept up with his work. The drive home was getting harder. Allen gripped the steering wheel, irritated with the other drivers on the road. “Who taught these people how to drive?” was a question he murmured out loud to no one. He had to get around these cars so he could increase his speed. Jaw clenched, Allen kept one eye on the dashboard clock. When his cell phone rang, he gritted his teeth and picked it up. It was his wife asking if he would be on time for their daughter’s school open house tonight. Allen sighed and then answered her briskly. He already said he would try his best to be there, why didn’t she believe him? He might have snapped at her, but it’s not like he was yelling. Could Allen have an anger management problem? Although he isn’t yelling, fighting, or breaking things (at least not yet!), he is showing some signs of hidden anger. Below is a checklist of possible signs of hidden anger:

- ◆ Excessive irritability over small things
- ◆ Procrastination towards imposed tasks
- ◆ Habitual lateness
- ◆ Sarcasm, cynicism or flippancy in conversation
- ◆ Frequent sighing
- ◆ Forced politeness or an attitude of “grin and bear it”
- ◆ Sleep disturbances
- ◆ Boredom, apathy, loss of interest in things you are usually enthusiastic about
- ◆ Chronic headaches or other aches and pains
- ◆ Difficulty concentrating and remembering
- ◆ Slowing down of movements
- ◆ Getting drowsy at inappropriate times
- ◆ Sleeping more than usual – maybe 12 to 14 hours a day
- ◆ Waking up tired rather than rested or refreshed
- ◆ Clenched jaws – especially while sleeping
- ◆ Facial tics, fist clenching, and similar repeated physical acts
- ◆ Grinding of the teeth – especially while sleeping
- ◆ Chronically stiff or sore neck or shoulder muscles
- ◆ Extended periods of feeling “down” for no reason
- ◆ Stomach ulcer or other medical problems

Some people, like Allen, are very good at keeping feelings hidden. This is especially true with the feelings we wish we didn’t have; feelings like anger, hurt and resentment. When emotions build up with no outlet for expression, they tend to “leak out” in the course of daily activities. In this way, hidden anger exerts a high cost to our health, relationships, and the achievement of personal goals.

Anger management classes, held at CARE each quarter, are one way to break the cycle. Feelings can come out of hiding when experiences are shared with the group. As we begin to see the sources of the hidden anger we have carried around, the challenge is to develop tools for healthy self-expression. Assertive communication is a skill that can be learned and practiced to help us reach our goals in every area of life. The rewards can be great. As one graduate of CARE’s anger management class said, “I feel more relaxed and at peace, and the effect goes far beyond my family or work life.”

## Anger Management for Adults



**DATE:** Mondays for 8 Weeks  
February 7, 2011 —  
March 28, 2011

**TIME:** 6:00 p.m. to 8:00 p.m.

**LOCATION:**  
31900 Utica Rd.  
Fraser, MI 48026

**COST:** \$150 for eight weeks.  
*This cost includes a \$50 discount given to participants who work for companies contracted with CARE’s WorkLife Solutions.*

Interrupt the Anger Cycle and Change Old Patterns

To register, visit [www.careofmacomb.com](http://www.careofmacomb.com)  
or call 586.541.0033

## 16th Annual Parenting Conference

Saturday, March 5, 2011 • 8:00 am - 3:30 pm



Macomb Intermediate School District Conference Center  
44001 Garfield Rd., Clinton Twp.

- Great speakers on parenting topics
- Over 40 local resources on-site
- Continental breakfast & lunch included
  - SB-CEUs approved

To register visit [www.careofmacomb.com/Parenting\\_Conference.html](http://www.careofmacomb.com/Parenting_Conference.html)  
or call 586.541.0033

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