

What's your happy? *Imagine, believe...*

May 2016 Newsletter



Say “yes” to believing in yourself

Improving communication with your teenagers

Water, water everywhere... but are you drinking enough of it?

e-Thoughts — Believe you can... at any age



Sometimes “yes” can be a real game changer. **More...**

Tuning in to your teens **More...**

Is it important to stay hydrated? You bet! **More...**

Life is often about attitude. If you think you can, chances are you will. **More...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

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“No” is a very important word. It’s a way to protect yourself from trying to please other people all the time. It helps you set limits and put aside time to meet your own wishes, needs and goals.

Then there’s “yes”

Yes is entirely different. Yes isn’t about protecting yourself; it’s about believing in yourself. It’s about taking action and making the most of opportunities. And it’s just as important to know when to say yes as it is to say no.

The power of yes

There are times when saying yes could create real change in your life. Here are some examples:

- **When you say yes to something that seems risky.** Sure, it’s cozy and secure within your comfort zone. But how about venturing out of that zone now and then to try something new? Comfort zones can keep you from growing. You can build creativity and coping skills by taking on challenges that feel “comfortably” risky.

You don’t have to bungee jump or skydive. But how about starting or getting involved in a new social or interest group? Reaching out to make a new friend? Turning a hobby into a side business? Trying a new sport?

Think about taking a calculated risk by saying yes. You may surprise yourself by enjoying the experience and expanding your list of successes.

- **When you say yes to something you said no to before.**

Can you think of something you’ve been afraid to try for fear of failing or being embarrassed? When was the last time you considered it? Does it still seem as scary today? Do you still think saying “no” is in your best interests? For example, have you been afraid to try for a promotion? Hesitant to try a new haircut or clothing style? Worried about traveling to new places?

Things that might’ve frightened you in the past could be less daunting now. That’s because you’re a different person today. You have more life experiences than you did even yesterday.

Don’t be afraid to revisit your past choices. This time you may say yes and change your path entirely.

- **When you say yes to change.** Many people dislike or even fear change. Yet change is the norm in life. Say yes to change by looking for the positives and finding ways to embrace the new. You can honor the past and still adapt to the present.

Break new ground with yes experiences

When you say yes, you show belief in your ability to overcome obstacles, manage setbacks and develop new skills. You’re giving yourself the chance to feel great about yourself. Open the doors to growth with yes.

Improving communication with your teenagers

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Trying to communicate with teens can be frustrating. At a time when parents think teens need guidance the most, their kids may be least open to it.

Why can teens be so hard to reach?

The teen years are full of change — social, physical and emotional. Peers increase in importance as teens try hard to fit in. At the same time, parents' influence may seem to shrink.

It's normal for teens to try to establish their own identities and stand on their own two feet. They want more independence. They want to be in charge of themselves.

Yet they know on some level that they still need their parents' love and support. This contradiction can make for some tough times and situations for both kids and adults.

How can parents help?

Concerned parents may try to push their teens to open up to them. They may want to give help before kids ask for it.

The fact is parents usually have to wait for teens to approach them. Then — when there's an opportunity to talk — parents need to avoid destructive communication blocks.

What's a communication block?

It's a remark or attitude on the part of the parent that shames, embarrasses or hurts the teen's feelings. Communication blocks end any discussion abruptly because they make teens feel it's not safe to share.

Types of communication blocks include:

- **Advising** — imposing solutions instead of helping teens explore options
- **Commanding** — telling teens what they should do

- **Interrogating** — asking too many questions instead of listening
- **Trivializing** — making teens' problems seem petty
- **Being a know-it-all** — showing how a problem can be easily solved so as to elevate parents and degrade teens

Help your teen feel safe talking to you

- **Give your full attention when your teen wants to talk.** Put down your phone, turn off the TV and avoid other distractions.
- **Don't judge feelings.** Feelings aren't right or wrong — they just are. If your teen seems upset, you might say something like: "You seem scared/worried/angry," "How can I help?" or "I'm here for you."
- **If your teen is struggling with a problem, say you're available to help look at ways to handle it.** Be a resource.
- **Help teens talk about, consider and make their own decisions unless there's serious risk at hand.** When drugs, alcohol or other dangers are involved, you, as the adult, must act.
- **Follow up.** Find out how things are going. Give praise where it's due.

Parents can find support

You can find parent support groups through community and mental health agencies. Or go online to www.nationalparenthelpline.org for more information on parenting. You can also seek advice from social workers and other professionals in your area.

It may not always seem like it, but you play a crucial role in your children's lives at every stage. Teens need your love, support and respect to grow into happy, capable adults.

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Have you noticed you can find water almost everywhere you go these days? This includes gyms, fast food restaurants and many offices. Some stores even offer a bottle of water to customers as they come through the front door.

Why? People realize just how vital water is to all of us. A store offers you water as a courtesy — and as a way to energize and revive you for shopping.

What does water do for you?

Water is essential for feeling good and staying healthy. Being hydrated — having enough water in your body — helps regulate your energy and your body temperature.

Water helps your organs work properly. It removes waste from your system, keeps your appetite in check and helps control your body weight.

When you're dehydrated, you usually feel unwell. Some symptoms include dizziness, fatigue, dry mouth and excessive thirst. Do you know you could live for six weeks without food but only a few days without water?¹

Soft drinks aren't as good for you as water

You may love soda, but don't make the mistake of thinking it takes the place of good old H₂O. There are some current theories that certain soft drinks may contribute to weight gain.²

Plus, soft drinks often contain caffeine — which is also found in coffee and chocolate. Caffeine dehydrates you. So sodas can't really do the job that water does when it comes to keeping you healthy.

How much water do you need?

There's no one answer that fits everyone. It depends on your weight, age, health, what medicines you take, the amount of exercise you get and the climate where you live. As a general rule, many experts agree you should start with about eight 8-ounce glasses per day.

If you want to get advice about your water needs, ask your doctor or a nutritionist. There are also online tools that can help you judge how much water you need given your weight, lifestyle and environment.

Start a healthy habit by drinking plenty of water. You'll feel better for it!

¹www.intellihealth.com

²www.webmd.com

e-Thoughts — Believe you can... at any age

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Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

Life is often about attitude. If you think you can, chances are you will. I experienced this just the other day.

I was babysitting for my grandson and he invited me to a jump rope challenge. I know he was secretly thinking I couldn't jump rope to save my life. Actually, I was thinking the same thing.

Then I had my second thought: Yes, I can! When my turn came, I started jumping and actually got up to twenty. Considering

I haven't jumped rope in at least that many years, I was astonished. My grandson yelled out, "How did you do that? You're a grandma!"

I sure surprised him and I was pretty impressed with myself too. It's a good reminder of what you can do if you put your mind to something. Of course, things don't always work out the way we want. But when they do, it feels great.

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