

Just for you...

Keep it simple

January 2020 Newsletter

Featured Article:
Out with the old and...not so fast with the new

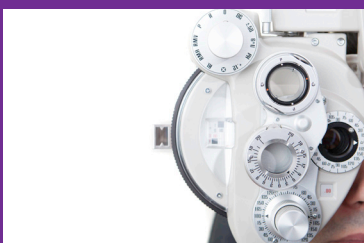
Monthly Awareness:
Watch out for glaucoma

Infographic:
Ways to cut down on worrying

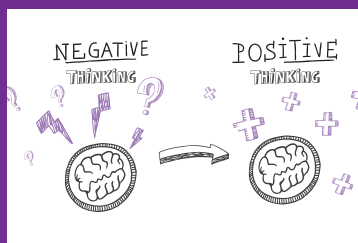
Let's Talk video:
Sit Smarter



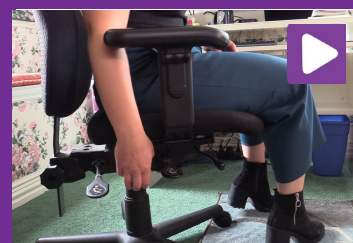
After all the de-cluttering and re-organizing, what happens to many of us next? **Read on to find out...**



Glaucoma is a disease that harms your vision as a result of the damage to the optic nerve. **Here's what happens...**



Worry is stressful, tiring and often a waste of time. **Instead of spending time on "what ifs," try these tips to cut down on worrying...**



Sitting improperly at a desk for hours every day often causes strain in our bodies. **Watch this video to learn how to adjust your posture if needed...**

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!

Resources for Living®



Out with the old and... not so fast with the new

De-cluttering is a big topic these days. There are many ideas and systems for ridding your home of things you don't use, need or want. But after all the de-cluttering and re-organizing, what happens to many of us next? We add even more "stuff."

It all adds up

Consumerism is a way of life in America. Look at these statistics: ¹

- Americans spend \$1.2 trillion a year on "nonessential goods" (things they don't need).
- There are 300,000 items in the average American household.
- Americans spend more on shoes, jewelry and watches than on higher education.
- There are more shopping malls than high schools.

Now think about how often you bring something new into your house. Once a week? Twice or more? Are they things you need or want?

If simplifying and decluttering your life are important goals to you, read on for ideas about how to avoid adding more.

Tame your temptation

- 1.Avoid "retail therapy".** Many people go to the mall when they're bored or sad. That's risky if you're trying to cut down on buying.
- 2.Wait 24-48 hours.** Avoid impulse buying. Unless it's something you really need at that moment, see if the store will put the item you want on hold for a day or two. Your desire for it may pass.
- 3.Do more things that make you happy — and don't involve shopping.** Spend more time with friends and family. Immerse yourself in sports, crafts, volunteering and other activities.

Simplifying and adding more don't mix. Challenge yourself to buy less and enjoy what you have.

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¹Becker, Joshua. [21 Surprising Statistics That Reveal How Much Stuff We Actually Own](#). Becoming minimalist. Accessed December 2019

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

Watch out for glaucoma

Glaucoma is a disease that harms your vision as a result of the damage to the optic nerve. Here's what happens: Normally, your eyes produce a liquid called aqueous humor. It constantly flows over the inside of the eye and keeps it healthy. In most cases, the liquid enters the eye and drains out.

But sometimes the drainage system doesn't work right, and the liquid keeps building up. This can cause pressure within the eye — and damage the optic nerve. That's the most common cause of glaucoma.

Who's at risk?

Anyone of any age can get glaucoma — even infants. But people over the age of 60 are the most likely to develop it. Glaucoma also tends to run in families. Glaucoma can cause visual damage that can't be fixed. It can even lead to blindness.

Symptoms of glaucoma

Sometimes early glaucoma has no symptoms. When there are warning signs, they include:

- Eye pain
- Redness in the eyes
- Blurry eyesight
- Seeing halos around lights
- Severe headaches
- Nausea and vomiting

Treating glaucoma

There's no cure for glaucoma at this time. However, eye doctors can often help slow down or prevent loss of vision, especially in the early stages. Treatments try to lower the pressure in the eye. They could include eye drops, laser treatment, surgery and/or medication.

How you can help yourself

An eye doctor can determine if you have glaucoma. Annual eye exams include tests for glaucoma that are painless and non-invasive.

See an eye doctor regularly to help keep your eyes healthy.

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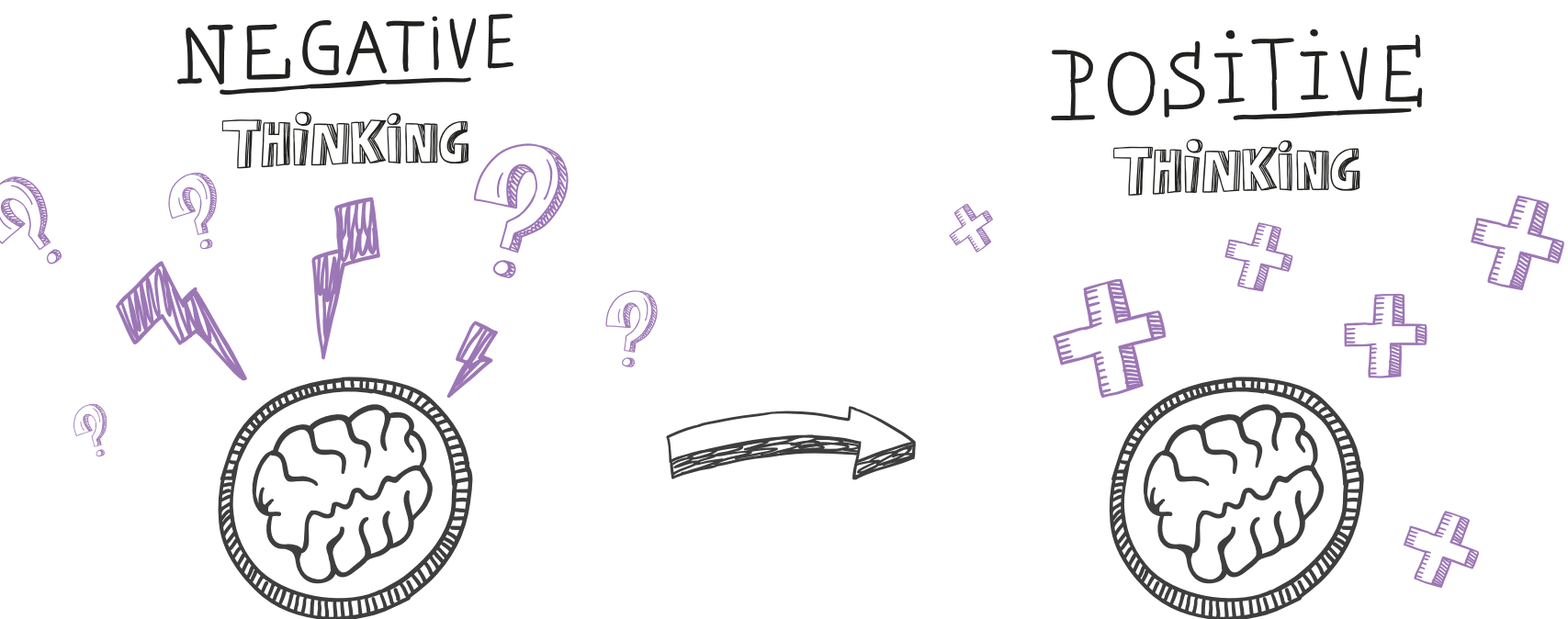
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8 ways to cut down on worrying

Do you worry a lot? Worry is stressful, tiring and often a waste of time, especially if you're worried about things you can't control. Instead of spending time on "what ifs," try these tips to cut down on worrying.

- 1** Make a list of all your worries.
- 2** Set aside a period every day — say, 20 minutes — during which you do nothing but worry about the items on your worry list.
- 3** After 20 minutes, end your worry session. You can worry again tomorrow.
- 4** To help even more, divide your list of worries into things you can control versus things you can't control.
- 5** Worrying doesn't solve anything: Action does. Act on things you can control.
- 6** Practice ways to live with the worries you have no control over. Try meditating, deep breathing and other relaxation methods.
- 7** Do these steps over and over until you have a strategy that reduces your worries.
- 8** Work with a professional counselor for more ways to help with worry.



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