

DIY

Do It Yourself:

Health and Wellness



TRIAD
Employee Assistance Program

EMPLOYEE ASSISTANCE PROGRAM

Counselors help clients recognize and successfully address a variety of personal issues:

- Relationship difficulties
- Drug / alcohol misuse
- Depression or anxiety
- Grief
- Family & parenting issues
- Elder care
- Job-related problems
- Workplace conflicts

CONFIDENTIAL HELP

Triad EAP provides you and your family access to a counselor to help solve personal problems — for a limited number of free sessions. Your discussions are confidential— client names are not shared with employers.

We all experience setbacks. Call today for help to get back on the road to peace and happiness.

By Amy Weitzel, Triad EAP

Life gets busy. This seems to be a universal truth for people, which requires us to prioritize every aspect of our life. Nearing the end of my college degree in May, my life got increasingly busy so it was a necessity for me to carefully pick and choose only the most crucial things I needed to survive that final push.

Despite the fact that exercise, eating well, drinking plenty of water are all critical to being healthy and happy, I found myself pushing my health and fitness routine to the back burner. I ate fast food more times each week than I care to put in print. Cardio workouts were non-existent. And if I made it to the gym twice a week, that was a good week.

After graduation, my first order of business was to go back to spin class. Once I had committed, I was initially excited. Then reality set in. So I did what every normal, out-of-shape adult would do facing possible doom:

- ⇒ I updated my Will.
- ⇒ I told my family I loved them.
- ⇒ I went to spin class.

Obviously, as evidenced by the fact I'm writing this article, I survived — BARELY. I lamented: "How could I be in such bad shape when only six months ago I was in the best shape of my life?"

It's easy to feel like it's all or nothing when it comes to our

health and wellness and the that cannot be further from the truth. Here are a few real-life practical tips that will help you hold on to your health and wellness plan when life gets busy.

GET MOVING! Find some unexpected ways to get cardio exercise in to each day. Not only does exercise improve your quality of life, but study after study has shown you'll be happier.

Have a walking meeting: Sometimes it's necessary to have your laptop at a meeting or a notepad to take notes, but if you have a meeting discussing issues then do double duty by walking and talking.

Park further away: if you are going to the grocery store or running errands, park further away and use this as an opportunity to get a little exercise. In a hurry? Even better! Just walk faster.

Take walk breaks: It sounds counterintuitive to take a break when you're "crazy busy" but the truth is that you'll be more productive. Taking a break from your desk will help alleviate any stress and get the creative juices flowing again.

Climb your way to the top: if you have the choice of taking the stairs or an elevator, take the stairs. Climbing stairs not only revs up the heart and lungs for a cardio workout, it also helps with strength training. Two birds ... one stone.

Worksite wellness programs: many employer groups offer worksite wellness

groups that have competitions for wellness. Get on a team and work with like-minded people to achieve your fitness goals.

DRINK UP! The Mayo Clinic advises men to take in 13 cups of water each day and 9 cups for women. But you should also take in 4-6 additional ounces for every 15 minutes of exercise. Staying hydrated will help you lose weight, boost your energy, relieve mental fogginess, and clears the skin. Do you struggle getting enough water each day? Here's a few tips:

Make water tasty: You can use fresh fruit, vegetables and herbs to help make water taste good. Here's a tip though: if using fresh herbs, muddle the herbs slightly with a wood spoon to help unleash the flavors.

Know your stuff: You know approximately how much water you need each day so know how much water you need to drink by a certain time. For instance, if you have a 24 ounce water bottle, you know that you'll need to drink three full water bottles each day. Drink one by noon, one by 5 p.m. and one by bedtime to get the full amount in.

Small changes can make a big impact!

To schedule a free and confidential counseling appointment or for information about your EAP benefit call 1-877-679-1100.