

# EAPerspectives

Volume 13-2

## Walk Away Your Stress

**E**xercise can help you reduce stress, increase energy, and of course improve your overall health. Most fitness experts recommend at least 30 minutes of aerobic exercise a day, most days of the week. But this kind—and amount—of activity can sound intimidating, and can be hard to fit into your schedule and lifestyle without a plan!

Walking is one of the easiest activities to fit into your daily routine. It requires very little preparation other than good shoes and a desire to succeed, and can be done anytime, anywhere, without special equipment or facilities. Walking doesn't need to interfere with work demands and can even be incorporated into a normal workday, if desired, by adding a walk to your lunch hour.

Participants in Walking Programs have reported feeling better mentally, physically, and emotionally. It's no wonder—regular physical activity can decrease your risk for serious illnesses, such as heart disease, diabetes, and even some forms of cancer. It can also increase your immunity to some of the common, easily communicable dis-

eases that you are exposed to on a daily basis, such as colds and other viruses.

Participants in the Walking Programs can expect the following benefits:

**You'll have more endurance.** Have you ever turned down an activity because you didn't know if you had the stamina? Being fit allows you to go on beautiful long hikes or bike rides ... without worrying about whether or not you can keep up with your children and friends.

**"A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world."**

~Paul Dudley White

**You'll be leaner.** Exercise helps you get a firm, lean body. Experiencing your own power to manage your body weight is a super confidence booster.

**You'll be smarter!** Exercise sends more nutrients and oxygen to your brain, which helps you think faster. If you're having trouble understanding this sentence, please stand up and go for a brisk five minute walk!

**You'll be happier.** That's right. If you're in a bad mood, a quick workout will help you blow off steam after a rough day. Regular exercise has even

*(Continued on page 2)*



### Walking Facts:

- ▶ On average, every minute of walking can extend your life by 1.5 to 2 minutes.
- ▶ Walking an extra 20 minutes each day will burn off 7 lbs. of body fat per year.
- ▶ Longer, moderately-paced daily walks (40 minutes at 60% to 65% maximum heart rate) are best for losing weight
- ▶ Shorter, faster walks (20-25 minutes at 75% to 85% maximum heart rate) are best for conditioning your heart and lungs.

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## Walk Away Stress ~ continued

been proven to help fight depression, so get moving. Get Walking!!

**You'll have more energy.** When you're feeling exhausted, all you want to do is lie on your couch and watch a movie. When you have more energy, you'll be more likely to get outside and be active.

**Your skin will look better.** Sweating during exercise helps remove toxins from your body, and the increase in oxygen helps boost collagen production.

**You'll sleep better.** Sleep deprivation can be devastating. When you're exhausted, it's hard to stay positive and maintain a healthy self-esteem. Regular exercise has been shown to improve sleep quality.

Many organizations have implemented Walking Programs at work because they recognize that employees who participate are healthier, leaner and more productive. Check to see if you can start one at your place of work.

Adapted from GO Your Healthy Living Newsletter, [www.globalfit.com](http://www.globalfit.com)

## Proactive Employees Worth a Fortune

**T**aking initiative is so valued by employers that it is often graded on performance reviews. Periodically, most employees will take initiative—acting without being prompted. However, fewer will develop a mindset that makes taking initiative a habit. This is the “proactive mindset”. Achieve it and you will not only earn more favorable reviews, but gain influence in your organization. 1) Do not retreat from challenges on the job. Instead, see them as new frontiers needing leadership—possibly yours. 2) When negative and undesirable events transpire, think “what’s the opportunity for everyone in this picture?” 3) Learn the art of distinguishing between those things that will respond to your initiative and those which you cannot change.



## Achilles Heal of Parent Guilt



**R**egardless of cause, history, or contributing factors to a teenager's problem behavior, feeling guilty about your past role in its cause will risk sabotaging your parenting goals. For a more focused relationship with your teenager: 1) Recognize guilt as negative, self-talk that is normal, but that can be managed or stopped. 2) Acknowledge that a desire for relief from guilt places you at risk for changing the rules, boundaries, and standards that you want followed. 3) Seek professional counseling or other support to help you act more consistently and proactively, feel better about tough choices, and be less encumbered by what happened in the past.

## Getting Unstuck from a Toxic Friendship



**T**oxic friendships are close relationships with persons who continually create emotional distress for you. These are friends who break promises, betray confidences, or undermine on-the-job relationships. When others criticize, you may defend them. There are many types of toxic behaviors, but the bottom line is that these friends don't leave you feeling good about yourself. Feeling trapped with an inability to let go or be assertive in these relationships is a never-ending struggle. Change starts with recognizing the toxic relationship exists, that you do have choices, and that you are doing things that keep change from happening. For example, you may feel rewarded for acting in a way that pleases this person and meets their needs, even though you don't feel it is reciprocated. Do you have friends who are not toxic—people you trust, and who support you? Rely upon them to be honest with you in your goal of making changes or taking the steps necessary to conclude or end a toxic friendship. Short-term counseling can also help. Take the action steps to learn about yourself, the choices you make, and how you can get the happiness back in your life.