

## Weight Gain and Heart Health

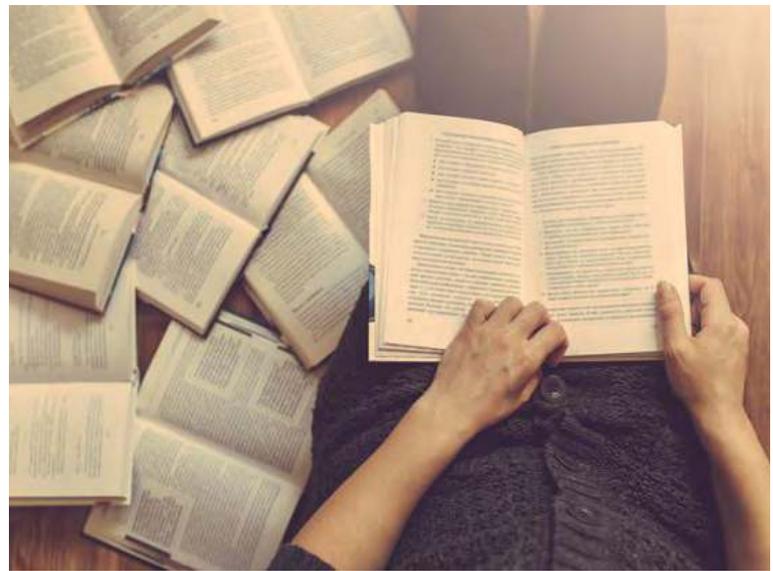
Modest weight gains can cause dangerous changes to the heart, but small amounts of weight loss can improve the heart's condition, say researchers at UT Southwestern Medical Center. The study found that increasing your weight by as little as 5 percent can result in a remodeling of the heart. That's the equivalent of a 6.5-pound gain for a 130-pound woman or about a 7.5-pound gain for a 150-pound man. Caution: Although it is important to understand the impact of weight gain on the heart, attempting to lose weight in unhealthy ways can have an even worse effect. For example, eating disorders are a known cause of heart valve damage.

Source: [www.utsouthwestern.edu](http://www.utsouthwestern.edu) [Search: "small weight gain bad"]



## Detachment: The Decision to Let Go

Are you facing the loss of a close relationship, deciding it's now time to let go and end the pain and conflict associated with it? You may want to consider counselling support for this journey. The challenge of ending an unhealthy or toxic relationship often includes a cycle of holding on, letting go, retrieval, and the hope of one last try, followed by an even bigger letdown. You may face grief-like reactions such as denial, anger, and depression before acceptance. Counselling can help you weather this storm, help keep you grounded, and challenge you to find the healthier path you really want.



## Work Addiction Scale

Workaholism is not an officially recognized disease process, but those who work too much are more prone to depression and anxiety disorders, and these are real treatable illnesses. Examining your work pattern can motivate you to find more balance. You can then discover whether the changes you want are too difficult to maintain. This can help you decide the next step—seeking counseling or support from an EAP or counseling resource. Start with a screening tool called the Bergen Work Addiction Scale. Published research from the U.S. National Institutes of Health shows the online measurement tool as reliable for its purpose.

Source: Google search "Bergen Work Addiction Scale"

## What Willingness to Learn Says About You

You may have hard-fought education and training in one area of work, but if you are not communicating a strong sense of willingness to learn new skills, you may be overlooking opportunities and a critical way to engage with your employer in the modern era. Willingness and a desire to learn demonstrate your motivation for personal improvement and achievement. Your willingness and desire to learn a soft skill employers value says a lot about you. Employers look for potential, capability, and the ability to withstand change. Desire for a new challenge communicates it all.

## Giving Feedback to Your Boss

You can give constructive feedback to your boss with less unease. The key is making it fully formed, thoughtful, and delivered with timeliness and tact. Do manage your emotions so you're calm and these crucial elements don't go missing. Your approach: View feedback as a way to enhance your workplace. Doing so will naturally cause you to exhibit a positive attitude. You will avoid a negative tone or approach seen as unwelcome complaining or attacking your boss. When you deliver feedback positively, you are not a pest but a welcome guest. For added receptivity, request permission to give feedback. For example, "I have some thoughtful input on this project we are involved in. Is it okay to share it with you at this time?"



## Best Back-to-School Tips

Getting kids back to school and on a new schedule can be a tug-of-war without a little preparation. Here are four tips that stand the test of time: 1) For the nervous youngster facing a new school or grade, walk through the schedule one week before school begins, visit classrooms, and get a lay of the land to reduce anxiety. 2) If the school offers a pre-start, back-to-school night, attend it. 3) Beginning a week before the start of school, test sleeping routines by having everyone in the family practice going to bed and getting up at the expected hour. 4) Create a chart or to-do list of both the morning and the evening routines so young ones grasp the importance of self-management and independence.

## Creating a Life Plan

Your life will happen one way or another, so it's a good idea to take charge of its direction, and a life plan is the way to do it. Thousands of books discuss how to create a life plan. No matter your age, the purpose of a life plan is to capitalize on opportunities and avoid regrets. A life plan can be written for a month at a time or drafted to incorporate many years. Life plans help you maximize and prioritize possibilities, and they separate the possible from the improbable. (You probably don't have the resources to visit the moon someday, so a plan will keep you pursuing dreams that are still realistic.) The future is coming, and with it the realities you will face. A plan can help you navigate these challenges with your happiness remaining intact. So, where are you heading?



## Tips for Better Mental Hygiene

Mental hygiene is the practice of using techniques, strategies, and good thinking habits to help prevent harm to mental health and maximize a positive outlook for your life. Mental hygiene is more than practicing positive thinking, just like oral hygiene is more than brushing your teeth. Personal problems that linger despite attempts to resolve them are an opportunity to use professional counselors or helpful resources to examine goals, relationship stress, self-talk patterns, diet, sleep, and conflict resolution or stress management strategies. And the benefit of professional help is always learning more about mental hygiene going forward to prevent similar or related problems. Don't struggle with lingering problems. Instead, take a path of discovery where solutions are accompanied by new ways of applying good mental hygiene needed to overcome roadblocks, fears, and frustrations in your pursuit of happiness.