Horizon Health

Healthy living – Taking care of you

June 2013 Newsletter

Giving yourself the gift of "yes"

There are countless books and articles about how to say "no." And no is a very important word. But there are some times when saying yes can really be a game changer. **More...**

Lose the clutter...find your inner organizer!

A cluttered workspace or home can make you feel unmotivated and depressed, and even hinder clear thinking. Read this article for tips to get more organized. **More...**

Superfoods: Eating your way to better health

Superfoods are considered to be among the best foods for your health. Many experts say that Superfoods can help prevent illnesses and slow down the aging process. **More...**

e-Thoughts — *Who are you becoming in 2013?*

Believe it or not, 2013 is already half over. It seems like a perfect time to stop and consider: Are you living the life and making the changes you planned six months ago? **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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Giving yourself the gift of "yes"

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There are countless books and articles about how to say "no." And no is a very important word.

It's a way to protect yourself from the struggle of trying to please everyone else in your life — except you. It's a way to set boundaries and make sure you're making time to meet your own wishes, needs and goals.

But then there's also "yes"

Yes isn't about self-protection. It's about opportunity. And it's just as important to know when to say yes as it is to say no.

Here are some times when saying yes can really be a game changer:

- **Say yes to something that seems risky.** Sure, it's safe and secure within your comfort zone. But how about wandering out of that zone now and then to try something new?

  Comfort zones can become suffocating. Build your creativity and coping skills by taking on a challenge that feels "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? Starting a side business? Trying a new sport? Changing your haircut? Take a calculated risk by saying yes.

- **Say yes to something you said no to before.** Can you think of something you've always shied away from? Does it still seem as scary? Do you still think saying "no" is in your best interests? For example, have you been afraid to try for a promotion? Afraid to try a new relationship? Afraid to travel to new places?

  We all change. Things that might've frightened you in the past may not seem as intimidating now. That's because you're a different person today: You have more skills and you're more experienced.

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

When you say yes, you give yourself the opportunity to try something new and feel great about yourself. Open the doors to growth with yes.

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Lose the clutter... find your inner organizer!

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How much time do you spend each day searching for things like your keys, important papers or even your glasses? (Note: it's hard to find anything when your glasses are missing!)

Why the clutter?

Clutter could be the result of the inability to make decisions, being a packrat or just having such a busy schedule that there never seems time to muddle through the mess!

Whatever the reason, many of us live cluttered lifestyles. In the end, that takes away from our ability to get things done. A cluttered workspace or home can make you feel unmotivated and depressed, and even hinder clear thinking.

Ready to get more organized?

Here are some easy tips for starting to de-clutter.

1. **Be realistic.** Clutter didn't happen in a day and you can't make it all go away in a day. If you take on too much at once, you'll likely get discouraged and give up.
2. **Be organized.** Plan your de-clutter project. What room or area needs help the most? Or what part of the room? Perhaps it's your kitchen counter, dining room table or workbench. Make a plan and try to stick to it.
3. **Have a garbage bag ready.** One thing you don't want to do is to re-clutter. That is, you don't want to just move your clutter from one area of your house to another. It's decision time! So get strict with yourself and toss things you really don't need.
4. **Create special places for things.** Everything should "live" in a particular place. Your bills can go in a specific drawer or shelf. Your recipes should have a home, too. Clothes from yesterday or last week: How about the hamper? Coats should all be hung in a closet. When everything belongs somewhere, it's much easier to form a new habit of putting it there.
5. **Plan rewards.** When you accomplish some de-cluttering, congratulate yourself! Give yourself a reward like an hour of reading or relaxing. Then...back to work!

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Superfoods: Eating your way to better health

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What you eat is basic to how you feel, think and function. Your food choices affect your wellness from day-to-day and over your lifetime. That's where Superfoods come in.

Superfoods are considered to be among the best foods for your health. Many experts say that Superfoods can help prevent illnesses and slow down the aging process. In addition, they're often low in calories while high in nutrients.

Some of the Superfoods are[1]...

There are many Superfoods, but here are some that show up on almost every list:

- **Sweet potatoes.** One sweet potato (including the skin) can give you more fiber than a cup of oatmeal. Plus, this yummy vegetable contains beta-carotene which helps keep your immune system strong and reduce the risk of certain types of cancers in men and women. (Note: you can also find beta-carotene in squash, carrots, cantaloupe, broccoli, collard greens and other dark green and orange veggies).
- **Blueberries.** Blueberries are very high in antioxidants[2] and are among the top disease-fighting foods.
- **Salmon.** Salmon is full of omega-3 fatty acids which help keep your heart healthy and delay signs of early aging.
- **Avocados.** While they have a high fat content, avocados also have about 20 essential nutrients!
- **Green tea.** High in antioxidants, green tea may help reduce cancers of the stomach and esophagus.
- **Olives and olive oil.** Olives and olive oil may help reduce the risk of stroke by nearly 40 percent.[3] They also help lower blood pressure and cholesterol.
- **Walnuts.** Walnuts contain high levels of antioxidants, vitamin E and omega-3 fatty acids, which keep your heart healthy.
- **Dark chocolate.** This treat can help decrease blood pressure and cholesterol. Score one for the chocolate lovers!

[1]**www.wisegeek.com**

[2]**www.webmd.com** defines antioxidants as "vitamins, minerals and other nutrients that protect and repair cells from damage caused by free radicals." Free radicals are "molecules responsible for aging and tissue damage."

[3]**www.wisegeek.com**

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e-Thoughts - *Who are you becoming in 2013?*

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

Believe it or not, 2013 is already half over. June marks the six month point past the hoopla of the holidays — and New Year's resolutions.

It seems like a perfect time to stop and consider: Are you living the life and making the changes you planned six months ago?

- If the answer is yes, nice work!
- If the answer is no, have no fear: You still have six months to go!

Do you remember your New Year's resolutions? Do they still seem important? Are they relevant to where you are in your life now? Do you want to recommit to those resolutions? Or update them?

Remember, there's nothing magical about making resolutions on January 1. Any day in June will work just as well. You can call them "Mid-Year Resolutions." Maybe you'll even start a new trend!

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Information is believed to be accurate as of the production date; however, it is subject to change.

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