

SPECIAL POINTS OF INTEREST

SIGNS AND SYMPTOMS OF STRESS

INSIDE THIS ISSUE:

| | |
|------------------------|-----|
| Stress | 1-2 |
| BeHIP | 4 |
| Health Sreening Makeup | 5 |
| Weight Watch-ers | 6 |
| Dining with Diabetes | 7 |

Things Stressing you Out?



My good friends have a joke about me being the energizer bunny. Even at my 40th birthday party they sang the song “We Didn’t Start the Fire” by Billy Joel, but made up their own words, stating “We Can’t Keep Up with Carmen.” They think I’m crazy with the things I do and how much I

try to do. But in reality, I don’t feel overwhelmed and stressed because it’s the good stress of life that keeps me on my toes. Over the last few weeks I have done research on how stress affects different people and why some thrive on it while others tend to shut down. It’s truly in the way we perceive and handle that stress that is the difference. We will go through some simple steps to help manage stress as we all know the holiday season is usually filled with more stress than at most other times of the year.

1. **Avoid Stress**-I know that seems simple, but in reality, how many of us create unnecessary stress by doing dumb things. For example, If you get angry about traffic in the morning, start by leaving 10 minutes earlier, laying out clothes to wear and maybe packing lunch the night before. In order to avoid doing those dumb things over and over again, write it down, plan it out and put everything in it’s place.
 - Keep a journal-when you wake up in the middle of the night, write down the things that you need to get done (as that is usually the reason we are up).
 - Use priorities to assess the lists you create-take time at the beginning of the day and at the end of the day to assess which things are more important than others
 - Having things in their place – Easier to find things when you need them. Puts you in control of your things.

The truth is that stress doesn't come from your boss, your kids, your spouse, traffic jams, health challenges, or other circumstances. It comes from your thoughts about these circumstances.

-Andrew
Bernstein

Stress and the power of control

2. **Appraise** your stress-What is leftover once you stop doing the dumb things. Put stress into the categories below:

-Urgent and important, not urgent but important, urgent and not important, not urgent and not important.—Some examples might be getting grades finished-urgent and important, kid's college fund-not urgent but important. Find some examples that happen in your life.

Once you pick some items to work on:

- ◆ **Take responsibility**, -When you take responsibility, the things you worry about start to disappear.
- ◆ **Take action** –How do I deal with these items and create a plan for them.
- ◆ **Take Heart**-Create meaning from your stress which gives you back control and a better perspective on those stressors.

3. **Attune** –Make sure you are engaging with people who can support and encourage you in times of stress. Create a social support network by calling on friends and family, making new friends, seeking counseling when needed, joining a support group, finding a mentor at work, getting a pet or do something nice for someone else.

4. **Accept** the things you cannot change. Instead of running away from those stressors-, identify and **name them!** This gives control over them. And then **tame them!** Use methods such as breathing, meditation stretching, yoga and visualization to get centered.

Of course it goes without saying that good health also helps to control stress, such as eating healthy, exercising and getting a good night's rest. Once you practice the strategies in the article and you work on your health, you can take control of your stress and turn it into a positive instead of a negative.

Below is a link to a wonderful, short talk on how to make stress your friend! Take some time to view it. Kelly is a Health Psychologist and lecturer at Stanford University.

http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Signs and symptoms of stress overload

The following table lists some of the common warning signs and symptoms of stress. The more signs and symptoms you notice in yourself, the closer you may be to stress overload.

| Stress Warning Signs and Symptoms | |
|---|---|
| Cognitive Symptoms | Emotional Symptoms |
| <ul style="list-style-type: none"> • Memory problems • Inability to concentrate • Poor judgment • Seeing only the negative • Anxious or racing thoughts • Constant worrying | <ul style="list-style-type: none"> • Moodiness • Irritability or short temper • Agitation, inability to relax • Feeling overwhelmed • Sense of loneliness and isolation • Depression or general unhappiness |
| Physical Symptoms | Behavioral Symptoms |
| <ul style="list-style-type: none"> • Aches and pains • Diarrhea or constipation • Nausea, dizziness • Chest pain, rapid heartbeat • Loss of sex drive • Frequent colds | <ul style="list-style-type: none"> • Eating more or less • Sleeping too much or too little • Isolating yourself from others • Procrastinating or neglecting responsibilities • Using alcohol, cigarettes, or drugs to relax • Nervous habits (e.g. nail biting, pacing) |

Keep in mind that the signs and symptoms of stress can also be caused by other psychological or medical problems. If you're experiencing any of the warning signs of stress, it's important to see a doctor for a full evaluation. Your doctor can help you determine whether or not your symptoms are stress-related.

BeHIP UPDATE



How easy is it to participate in BeHIP?

Our wellness program is based on accumulating points for completing certain activities. So which activities are the easiest to complete?

By completing the three biggest activities, you will accumulate 300 points. The other 150 can come from a variety of activities. And if you reach your healthy benchmarks you will be at 375 before completing the other activities.

- **Online Health Assessment-100 points** (takes about 10 minutes, found at www.bcnepa.com)
- **Biometric Work Screening-100 points.** (about 10 minutes) This is the one done at each building in the districts and at Penn College. If you missed yours, there are make up ones in December, January and February. See later in the newsletter for those dates.
- **Annual Physical at the doctor's office-100 points** (20-30 minutes depending on wait times.)
- Please check out the website at <http://health.iu17.org> for forms and more information.
- For keeping track of points, use shapeuptracker.org. Login with your school email and password. For spouses, use any email and create your own password.



**Missed your Health screening?
No worries!**

Join us now....

Make up Dates for Health Screenings

| | | |
|----------------------|-------------------|---|
| December 6th | 8:30-11:00 | Muncy Valley Hospital, main conference room |
| December 20th | 8:30-11:00 | BLaST IU 17, 2400 Reach Rd, Williamsport |
| January 10th | 8:30-11:00 | TBA |
| January 24th | 8:30-11:00 | Jersey Shore YMCA |
| February 14th | 8:30-11:00 | East Lycoming YMCA |
| February 28th | 8:30-11:00 | TBA |

These screenings are by appointment only, you must pre-register by emailing **Carmen Terry at cterry@iu17.org** or by calling at **570-323-8561 x1067**

It's Back to **You** Season

Feel great about the choices you make

Find out how at our next Weight Watchers® Open House*



Benefits include:

- At Work meetings[†] offered at your workplace with private weigh-ins
- Support from an experienced Leader who has lost weight with Weight Watchers
- Free access to eTools,[‡] our Internet weight-loss companion
- Lots of inspiration, motivation, and group support

Registration will be available [most major credit cards and personal checks are accepted].

Our next Weight Watchers Open House* will be:

| | |
|-----------------|--|
| DATE | Wednesday, December 3rd, 2014 |
| TIME | 4:15-4:45pm |
| LOCATION | BLaST IU 17, 2400 Reach Rd, Williamsport |
| | Contact Carmen Terry at cterry@iu17.org for more information |

*Open House does not include Program Materials or weigh-in.

[†]At Work Meeting Series: Available in participating areas only. Pre-payment required and further restrictions may apply. Minimum enrollment and participation required to start and maintain an At Work meeting.

[‡]eTools available to those who have pre-purchased an At Work Meeting Series at the start of the meeting series. Such members will get a subscription for either 14 weeks or 19 weeks of free eTools; the length of free eTools subscription is dependent on the length of the At Work Meeting Series available at your company. Free eTools subscription offer not available for local Weight Watchers meetings or online subscriptions. Your eTools subscription will automatically renew each month at standard rate (currently \$18.95, which is subject to change) per month, unless you cancel before the end of 14 weeks or 19 weeks subscription to eTools. Visit www.weightwatchers.com/cancel for instructions on how to cancel. Subscription is not transferable.

© 2014 Weight Watchers International, Inc., owner of the WEIGHT WATCHERS registered trademark



Worried about your Blood Sugar? Be in control now!

Learn how to live healthier with your diabetes

Join us for Dining with Diabetes - **Starting January 5th, 2015**

A program for adults with diabetes and their families. Classes are offered weekly for four weeks, every Monday in January from 4-6pm at JSH Board Room. Registered Dieticians will lead discussions addressing:

Important numbers you need to know

Planning Healthy Meals

Healthy Food Preparation

Physical Activity

Registration opens on November 1st, 2014

Fee: \$40/Individual, \$55/Family. Medicare and Medicaid beneficiaries receive free registration. [SIGN UP HERE](#)

For more Information : Penn State Cooperative Extension Laurie Welch 570-433-3040



By completing the full program, you will earn 50 points for your BeHIP program.