

June: Keeping Cool & Staying In Tune

KEEPING COOL



Who me angry? Though not always welcomed, anger is one of the many emotions we have all seen and experienced. It is a natural response to a perceived threat and can be expressed in many different ways. Sometimes anger is easily identifiable as when displayed through yelling or threatening and aggressive outbursts. At other times anger can be disguised in sarcasm, increased complaints, intolerance, withdrawal and impatience. As with a lot of emotions, anger can become problematic for you and others when it is not managed in healthy ways. Though often viewed negatively, anger can be beneficial in alerting you to the need to explore underlying emotions such as sadness, anxiety and depression and provide the necessary motivation to make positive changes. As stated by Mohandes K. Gandhi, "Anger and intolerance are the enemies of correct understanding".



Accept that anger is one of the many emotions everyone experiences.

Never underestimate the role of unmanaged anger in depression, anxiety, insomnia, physical complaints and eating problems.

Give others feedback using "I" statements to avoid blaming and criticizing others.

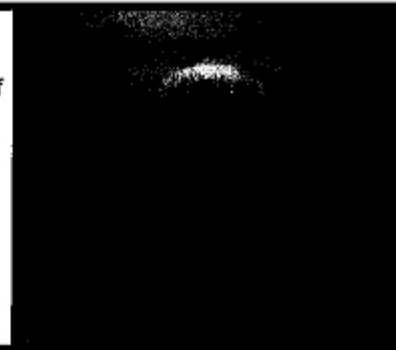
Exercise routinely to help manage your anger in a healthy way.

Recognize when you need to seek help in dealing with your anger.

JUST CHILLIN'

When you become angry it is useful to find effective ways to maintain control of your emotions. Relaxation techniques can help calm the mind and body. To reach a relaxed state:

- * Take slow, deep breaths
- * Repeat a calming word or sentence to yourself
- * Tighten your muscles then relax them
- * Close your eyes and think about a person, place or thing that makes you feel calm.



STAYING IN TUNE

In addition to relaxation, exercise can help maintain and achieve emotional stability and wellness. Here's a few exercises that can easily be done during your work day.

The Best Exercises To Do At Your Desk or While At Work

1. The Magic Carpet Ride
Sit in your chair with your legs crossed and your feet on the seat. Then place your hands on the armrests, suck in your gut and raise yourself a few inches above the seat, using your belly muscles and hands. Hold for 10 to 20 seconds. Rest for 30 seconds. Repeat 5 times.
2. The Wooden Leg
Sit in your chair, extend one leg out straight in front of you. Hold for 2 seconds. Then raise it up as high as you can, and hold it again for 2 seconds. Repeat with each leg 15 times.
3. To address keyboard stress.....Stand at your desk with arms straight, place your palms on the desk with your fingers pointed toward you. Lower your body slowly until you feel the stretch. Hold for 15 seconds. Repeat as needed throughout the day.
4. Park in the farthest part of the parking lot. Go for a walk during your lunch time or walk or bike to work.
5. Stretch your neck, arms, chest and back. Neck stretch—touch your ear to shoulder and hold it there. Chest opener—stretch your arms back as if you were trying to grab a pencil between your shoulder blades. Stand in a doorway, hold the door frame on each side and step forward until you feel a stretch in your chest. Back stretch—hold your hips and gently extend your back bending backwards.



(Courtney Myers; Forbes, 9/10/2008)



SUMMERTIME TUNES TRIVIA

Match the artists who sang these songs of summer:

- | | |
|---|---------------------------|
| A. Summertime, Summertime | _____ Chicago |
| B. Walking on Sunshine | _____ John Denver |
| C. Summer in the City | _____ Jamies |
| D. Surfin' USA | _____ Loving Spoonfuls |
| E. Saturday in the Park | _____ Beach Boys |
| F. Sunshine on My Shoulders | _____ Katrina & the Waves |
| G. Summertime | _____ Nat King Cole |
| H. Those Lazy Hazy Crazy Days of Summer | _____ Kenny Chesney |



Trivia answers: E; F; A; C; D; B; H; G

