

MEAP QUARTERLY

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Exciting Spring Dates Ahead:

- Daylight Savings starts Sunday, March 8
- First official day of spring is Thursday, March 19
- Potawatomi Zoo Opening Day is Friday, April 3
- South Bend Cubs opening day favorite is Thursday, April 9

Opening Lines of Communication at Home

Every family has different needs when it comes to communicating. Below are some tips and tricks that will help make certain the communication needs of your family don't go unheard.

For Your Partner

- Set aside time to spend together each week
- Have a date night one night out of the month
- Be willing to discuss critical issues related to your relationship or family
- Avoid discussing sensitive issues or conflicts as soon as you come home

For Your Children

- Listen to what your children have to say, even if they

cannot form complete sentences

- Avoid interrupting your children
- Listen to everything that is said, even if you disagree with it
- Take time to think about what your children have said; rushing to a judgment might give the impression that you do not take them seriously

How to Communicate a Positive Message

- When you are angry, try to keep your discussions to a minimum to avoid saying anything you might regret
- Be willing to take time outs, walk away, or engage in activities that help cool tempers before you engage in



discussions that might become even more heated

- Before you blurt out something hurtful, count to 10 to calm yourself and defuse your anger

Use these steps as a starting point to develop positive communication in your home. As your family grows and expands, you might need to try out other methods to keep everyone connected. If you put these skills into practice now, you'll be better prepared for adjustments in the future.

*Life Advantages:
Author Delvina Miremadi
via Perspectives Online.*

The Recovery Café at the Upper Room

Check out The Recovery Café at the Upper Room at 333 N. Main Street in South Bend, on their website at www.upperroomrecovery.org, or by phone at (574) 537-2777. The Recovery Café is available to the public and offers the following services:

- Certified Recovery Coaches
- Men's and Women's Transitional Housing
- Health Insurance Assistance
- Links to Medication
- Veterans Issues/PTSD Assistance
- Suicide Prevention
- Food Insecurity Resources
- Expungement Services
- P.A.T.H. Services
- Recovery Skills
- Other Resource Referrals

It's Time to Think Positive



Picture a rose bush in full bloom. What did you notice first: the roses or the thorns? A rose bush has plenty of both. But if you focused on the roses and overlooked the thorns, you were thinking positive.

There is a lesson here.

Thinking positive is a choice. It's a decision to appreciate the roses in your life (loved ones, favorite activities, and relaxing moments) while letting go of the thorns (stresses, disappointments, and losses).

This doesn't mean pretending to be happy when you're not. If you're upset, it's important to deal with and talk about your feelings. Thinking positive means choosing to fill your mind with positive thoughts. Your reward will be a calmer, more hopeful attitude.

The benefits of staying positive

"A positive outlook is necessary to prevent depression, to get along with others, and to feel better about yourself and your life," says psychologist Norman Abeles, Ph.D., past president of the American Psychological Association and an expert on mental health in seniors.

If you have health problems, it's important not to get stuck down in the dumps. "A negative attitude makes you feel worse physically. It increases your stress, which worsens your pain and drains your energy," says Dr. Abeles. On the other hand, "a positive attitude helps you relax and feel more competent" when dealing with everyday challenges.

Dolores Gallagher Thompson, Ph.D., director of the Older Adults and Family Center at the Veterans Affairs Hospital in Palo Alto, Calif., says older adults dealing with health problems become sad that they can't do everything they used to. At that point, some decide they can't ever be happy again.

"I call thinking that starts spiraling downward 'pre-depression,'" she says. "When you start to feel this way, it's time to change your thinking. If you don't, eventually you will become depressed."

How to change your mind

If you tend to count your worries instead of your blessings, it's time for a fresh approach. Here's how to start thinking more positively.

Reason with facts, not feelings. Changes in your life can make you feel uncertain and anxious. You may then fear the worst. "Step back and get the facts," says Dr. Gallagher Thompson. "Talk to an expert and find out exactly what you can expect. Then ask yourself, 'If this was happening to somebody else, what advice would I give them?'"

Stay connected. Keep in touch with loved ones and be open to developing new friendships. Volunteering your time and keeping active in clubs will help you focus on others more than yourself.

Plan for your happiness. Schedule time for fun activities as often as possible. Having something to look forward to will keep your spirits up.

Find the silver lining. Give yourself time to adjust to change. Change can bring new opportunities: Be open to them. "Your life won't be the same, but it likely can be better than what you imagine," says Dr. Gallagher Thompson.

The StayWell Company, LLC via Perspectives Online

"Thinking positive means choosing to fill your mind with positive thoughts. Your reward will be a calmer, more hopeful attitude"



Benefits of Houseplants

Studies have shown indoor plants:

- ◆ Boost mood, productivity, concentration and creativity
- ◆ Reduce stress, fatigue, sore throats and colds
- ◆ Clean indoor air by absorbing toxins, increasing humidity and producing oxygen
- ◆ Add life to a sterile office, give privacy and reduce noise levels

Great plants for air-purification:

- ◆ Rubber Plant- Popular house plant, prefer direct light
- ◆ ZZ Plant- great choice for low light environments and low maintenance
- ◆ Snake Plant- no-fuss tropical plant, can last for a long time without being watered
- ◆ Pothos- nicknamed the “cubicle plant”, perfect for those with the opposite of a green-thumb

More information at thesill.com



Time to Start Training For Sunburst Race!

Sunburst Races presented by KeyBank, is one of the largest community events in Northern Indiana. It encompasses a half marathon, a 10K run, a 5K run, and a 5K fitness walk. People travel from across the United States and even from abroad to compete in Sunburst. It truly is a special event! All race proceeds benefit Beacon Children’s Hospital.

On race day, Saturday, June 6, 2020, the races will begin at Four Winds Field, home of the South Bend Cubs, and finish on the 50 yard line of Notre Dame Stadium. The multiple events offered make it possible for all fitness levels to participate. Register at <https://runsignup.com/Race/IN/SouthBend/SunburstRaces>.

Tips for Couch to 5K

Pre-run routine

- ◆ Do dynamic stretches such as lunges and calf raises to loosen up your muscles
- ◆ Walk briskly for five or so minutes

Getting started:

- ◆ Aim to jog/run/walk for 20-30 minutes total three times a week
- ◆ Focus more on duration of the run rather than speed
- ◆ Test your endurance as you feel comfortable and increase times between breaks

Post run:

- ◆ Make sure to stretch out your muscles post run to help prevent injury

General Running Tips:

- ◆ Run keeping your back straight, don’t lean forward
- ◆ Look at the horizon while running instead of your shoes
- ◆ Run with friends and family to have an accountability partner



“The multiple events offered make it possible for all fitness levels to participate”

SPRING 2020



**Michiana Employee
Assistance Program**

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South Bend, IN
46617

574-287-1879
800-388-0154

AARCINFO.ORG

MEAP

We provide employers with a structured service to assist employees with personal or work-related concerns, providing employers with professional guidance to support their employees. Employees and their family members come to MEAP for a secure, comfortable, and confidential environment to seek assistance for a variety of issues, such as stress or mood-related concerns, marital and parenting concerns, personal growth and development, financial resources, alcohol or other drug questions, and grief and loss, to name a few. We want to remind you that our services are available to you and your family members, free of charge. Please call us with any questions or concerns you may have. Thank you for letting us be your first call, and we look forward to serving you.



Crunchy Chicken Salad Recipe

This chicken salad recipe is a great meal prep idea for a week of healthy lunches!

Ingredients

- 2 cups chunked cooked chicken
- ½ cup celery
- ¼ cup green pepper
- ¼ onion
- ½ cucumber
- 1 small diced apple (leave the peel on)
- ½ cup grapes
- ¼ cup yogurt, plain

Directions

Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.

Chop the celery and green pepper. Peel and chop ¼ of an onion. Peel and chop half of a cucumber.

Chop the apple into pieces. It's OK to leave the peel on the apple. Cut the grapes in half.

Put all the ingredients in a large bowl. Stir together.

Serve on lettuce, crackers, or bread.

Makes five servings

*The StayWell Company, LLC
via Perspectives Online*

