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| **Bulletin Insert: January & February 2013Color Bar**

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| **Celebrate Healthy Weight Week****What is “Healthy Weight Week?** It is almost easier to say that it is not a time for fad diets, gimmicks or feeling depressed about your weight. January 20th to 26th is a time to promote a balanced lifestyle that has lasting habits that prevent weight and eating concerns. Actually, it is a “time to say ‘I’m okay and so are you.’ Let’s get on with living in comfortably healthy ways and feeling good about it.”**Is thinner healthier?** Although the media projects that thinner is healthier they have no statistics to back their view. Actually in the study sited below thinness had no benefits and when a person is below the healthy range they are at higher risk for some conditions. **What about my few extra pounds?** A defining federal study published in 2005 from the Center for Disease Center’s National Center for Health Statistics looked at actual deaths in the U.S. over a 30-year period. The study related that “health risks of obesity are greatly exaggerated; severe risks of underweight are ignored.” In fact, sound federal research finds that people with a few extra pounds tend to live longer. Those considered overweight with BMI’s 25 to 29.9 had the lowest death rate of any of the four categories. Only the heaviest subgroup had mortality risk that exceeded the normal group.**What else does this study relate?** This scientifically valid, study found Americans live longest within a broad weight range from a Body Mass Index (BMI) of about 22 to 40. Data was analyzed in a variety of ways, including smokers, non-smokers and people who had chronic diseases. The results always came out the same: there was no mortality risk associated with overweight or even mild obesity. Researchers in Canada and Japan reported similar findings.**What is BMI and how can I know my BMI?** Body Mass Index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. Several internet sites can help you Calculate Your Body Mass Index . One of them is <http://nhlbisupport.com/bmi/>**What were the worst diet schemes of 2012**? Visit <http://www.healthyweight.net/hww.htm> to see which “miracle” diet aids were among the worst. Instead of spending money on ineffective diets let’s celebrate by accepting ourselves at our natural weights.References: <http://www.healthyweight.net/hww.htm> and <http://www.healthyweightnetwork.com/hww.htm#hww> retrieved on 12/28/12.spacer**Self-Esteem Repair** Self-worth is your view of yourself as a total person. It’s about how you treat others, treat yourself and about the contributions you make to your family, your friends, your community, and society. Many adolescents and adults have negative self-esteem. Here are some do-it-yourself repair tips.1. List your assets, talents, and accomplishments. Review that list often. Develop mastery in those areas. Seek further education or training.
2. Focus on the positive aspects of your life — a job you like, good friends, a nice home. Memorize Philippians 4:8 NIV- ”Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things."
3. Stop criticizing yourself. If an inner voice is telling you you're no good that voice is a liar. Avoid "globalizing." Instead of saying "I'm such a failure," say: "I didn't do this quite right, but I do most things right."
4. Let go of perfectionism. 1 Corinthians 15:10 says, “But whatever I am now, it is all because God poured out his special favor on me.” Pray that you can accept yourself and seek to continually grow in His grace.
5. Surround yourself with positive, supportive people. Proverbs 13:20 states, “Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.”
6. Let go of constant comparison and competition. You don't need to be or "do" better than anyone else to be a worthwhile person. [Galatians 6:4](http://www.biblegateway.com/passage/?search=Galatians+6%3A4&version=ESV) states, “But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor.”
7. Concentrate on developing a healthy lifestyle. This is a positive activity. Concentrating on losing weight usually is based on a negative self-image.
8. Look into your past for sources of low self-esteem. Think about messages you were given as a child and refute them. Once you understand how you were taught to have low self-esteem, it is easier to change.
9. If you are overweight, put weight in its proper perspective and focus on what's really important in life. Do you want people to remember you for the shape of your body or the shape of your character and soul? “For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.” [1 Samuel 16:7 ESV](http://www.biblegateway.com/passage/?search=1+Samuel+16%3A7&version=ESV)

Reference: Johnson, C., 2012, Size positive- Do-it-yourself self-esteem repair retrieved at <http://www.healthyweight.net/size1.htm#pos1> on 12/29/12spacer**Chronic Disease Self-Management Workshop****Where?** First Presbyterian Church in New Cumberland200 S Court St; New Cumberland, WV 26047**What?** It is a six week course held in 2 hour sessions.**When?** Starts January 23, 2013 from 9am to 11am.**Cost?** NONE. To register please call 304-564-3343.Class size is limited so you need to register as soon as possible.Bring a friend or family member if you wish.spacer**Is Your Church Recycling?You Can Support VPNM by Recycling****CellTonerInk**Please consider supporting Valley Parish Nurse Ministry by recycling inkjets from home printers and toners from office printers or copiers. Common brands are Apple, Brother, Canon, Dell, Hewlett Packard & Lexmark. All cartridges should have the original manufacturer’s label. Damaged, leaking or previously remanufactured cartridges are not money makers. Cell phones laptops, tablets and digital cameras can also be recycled. If your church would like to have a collection box contact us. Consider having a teen head a collection drive. Call 330-382-9440 when 10 or more are collected. Your support is appreciated. Color Rule**Teaching Teens Responsibility with iPhones**If you know a teen that received an iPhone for Christmas please share these tips. Some tips are also good tips for any cell phone user.1. Consider the phone a loan. Not follow
2. A parent must always know the password.
3. If it rings, answer it. Use your manners. Never ignore a call from “Mom" or "Dad".
4. Hand the phone to a parent at 7:30pm every school night and every weekend night at 9:00pm.
5. It does not go to school with you. Have a conversation in person. It's a life skill.
6. If it is damaged, you are responsible for the replacement costs or repairs. Save money. Be prepared.
7. "Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend. Stay out of the crossfire. “
8. “Do not text, email, or say anything you would not say in person or would not say out loud with parents in the room. Censor yourself.”
9. “No porn. Search the web for information you would openly share witha parent. If you have a question about anything, ask a person.”
10. Turn it off; silence it in public especially in a restaurant, at the movies, or while talking with another human being.
11. Do not send risqué pictures. It could ruin your teenage/college/adult life. It can forever ruin a good reputation. Cyberspace is powerful.
12. “Don't take a zillion pictures and videos. Live your experiences.”
13. Don’t be afraid to leave your phone home. You can live without it.
14. Download various kinds of music. Expand your horizons.
15. Play word games, puzzles or brain teasers every now and then.
16. Experience the world around you. Look out a window. Listen to the birds. Go to a park. Talk to a stranger. “Wonder without googling!”

Reference: Fujita, A. & Ng, C. Mom's 18-Point iPhone Rules for Son retrieved on 1/1/13 at <http://news.yahoo.com/moms-18-point-iphone-rules-son-143831843--abc-news-parenting.html>**Bulletin Insert: March / April 2013**Color Rule Religion and Organ Donation **Did you know that virtually all religious denominations approve of organ and tissue donation?** Most state that it represents the highest humanitarian ideals and the ultimate charitable act. For more information about your denomination’s stand on organ donation visit the [A to Z Guide](http://www.kidney.org/atoz/content/Religion-Organ-Donation.cfm) at http://www.kidney.org/atoz/content/Religion-Organ-Donation.cfm**How many people need a transplant?** Every month, more than 2,000 new names are added to the national waiting list for organ transplants. Eighteen people die every day while waiting for an organ transplant in the U.S. **How can I identify myself as an organ donor?** One way is to visit the Donate Life America website at [www.donatelife.net](http://www.kidney.org/exit_page.cfm?link=http://www.donatelife.net) and choose your state of residence to learn about the options in your area, which might include:* Join your state's online registry for donation, if one is available.
* Declare your intentions on your driver's license.

**What about my family?** Letting your family know your decision is vitally important. They may be asked to give consent for donation. Deciding to donate your organs can help your family work through their grieving process. Many receive great comfort in knowing that something positive came from the death of their loved one.**What organs are needed the most?** Different organs have different waiting times and success rates because demand is significantly different for various organs. Alarmingly, three quarters of patients in need of an organ transplant are waiting for a kidney. The average wait for a kidney ranges from 17 to 41 months. **Will I have to change my funeral arrangements?** Within reason, organ donation does not delay funeral arrangements or disfigure the body, so no changes will be needed in your funeral plans. No extra costs are involved. **Hope:** Organ transplants offer a second chance at life. It could give the recipient a second chance to reach out to God for forgiveness. It enables both patients and their families to maintain a higher quality of life. Please consider organ donation. Even the hope of a “match” can make a huge difference in the life of someone that is suffering from a serious illness.References: Be an organ donor, retrieved on 2/12/13 at http://www.kidney.org/transplantation/beadonor.cfmThe many benefits of organ donation retrieved on 2/12/13 at http://www.articlesbase.com/spirituality-articles/the-many-benefits-of-organ-donation-950637.html Help young people avoid drug abuse **ATTEND OPERATION STREET SMART****Tuesday, March 19, 2013****East Liverpool Motor Lodge   5:00 – 9:00 PM** **FREE PROGRAM       REFRESHMENTS SERVED****OPERATION STREET SMART**, an award winning, nationally renowned program, is presented by undercover detectives from the Franklin County Sheriff’s Office.  The program provides information that ALL ADULTS NEED to help prevent drug use AND to recognize it as early as possible. This program arms adults with information needed to recognize the influences of the drug culture on our children and to be aware of the many drugs our youth are confronted with.  The program covers...* **Current drug trends**. . . what drugs are young people using?
* **How do young people get drugs?** . . . What can adults do to “stop the supply?”
* **Physiological affects** . .how do drugs affect young peoples’ behavior--what should adults be on the “lookout” for?
* **Concealment** . . . how young people HIDE their drugs – what should raise adults’ suspicions?
* **Slang/terminology .** . . how young people TALK ABOUT drugs – what phrases or terms should raise adults’ suspicions?

This program is open to all adults who interact with young people **and is of special interest to:** **\*PARENTS       \* JUVENILE LAW ENFORCEMENT AND CRIMINAL**  **JUSTICE PROFESSIONALS** **\*SOCIAL SERVICE AGENCY STAFF** **\* EDUCATORS**      \* **DRUG AND ALCOHOL PROFESSIONALS** **\*ALL COMMUNITY LEADERS WITH AN INTEREST IN REDUCING**  **THE DRUG PROBLEM IN COLUMBIANA COUNTY****REGISTRATION IS REQUIRED . . .** CALL THE COLUMBIANA COUNTY MHRS BOARD, 330-424-0195. DEADLINE FRIDAY MARCH 8.**Counseling, Social Work and Chemical Dependency Continuing Education Credits Offered**  **Sponsored by: Columbiana County****Low Blood Pressure****Should I be concerned if my blood pressure is low?** First, it is good to understand that an optimal blood pressure is less than 120/80 mm Hg (systolic pressure is 120 and diastolic pressure is less than 80). As long as no symptoms of trouble are present this may be your “normal.” However, if your blood pressure is normally higher or if you are experiencing any of the symptoms listed below, your low pressure may have an underlying cause.**If my blood pressure stays around 85/55, do I have a health problem? That depends on if you are having symptoms** of low blood pressure. Chronically, low blood pressure is dangerous only if it causes noticeable signs and symptoms, such as:* Dizziness or lightheadedness Lack of concentration
* Fainting (called [syncope](http://www.heart.org/HEARTORG/Conditions/Arrhythmia/SymptomsDiagnosisMonitoringofArrhythmia/Syncope-Fainting_UCM_430006_Article.jsp)) Blurred vision
* Dehydration and unusual thirst Nausea
* Cold, clammy, pale skin Fatigue
* Rapid, shallow breathing Depression

**Severely low blood pressure can have underlying causes that may:*** Indicate a serious heart, endocrine or neurological disorder
* Deprive the brain and other vital organs of oxygen and nutrients, ultimately leading to shock, which can be life threatening

**What if I notice a sudden decline in my blood pressure?** A single lower-than-normal reading is not cause for alarm without symptoms. However, a sudden drop of even just 20 mm Hg can cause dizziness or fainting. Sometimes a rapid decrease in blood pressure can indicate uncontrolled bleeding, severe infections, an allergic reaction or orthostatic hypotension**.** **What is orthostatic hypotension?**  Some people experience a rapid drop in blood pressure when standing from a sitting or lying position. Symptoms include dizziness, lightheadedness, blurred vision and/or even fainting. In some cases, sitting for long periods of time with legs crossed or squatting can be the cause. Other causes include dehydration, prolonged bed rest, diabetes, heart problems and excessive heat. Medications like diuretics, beta-blockers, calcium channel blockers, ACE inhibitors, antipsychotics, antidepressants and drugs for Parkinson's disease can also cause this condition. **When to see your healthcare professional: Report any** dizziness or lightheadedness. Keep a record of your symptoms and your activities at the time your symptoms occurred. Note if you were dehydrated, had not eaten, or had spent time in the sun or a hot tub.Reference:http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Low-Blood-Pressure\_UCM\_301785\_Article.jsp Retrieved on 2/18/13Valley Parish Nurse Ministry March/April 2013**MC900371064[1]** May is Blood Pressure Sunday Month  We are excited to announce that **Blood Pressure Sunday** **is May 5th**. If your church cannot participate on that date **alternate dates are May 12th, May 19th and May 26th.** Any health professional interested in assisting with blood pressure screening or clergy interested in holding screenings in your church can contact Valley Parish Nurse Ministry at 330-382-9440. We will be glad to assist you in finding a volunteer health professional if needed.  **Warning: Fraudulent Flu Products**Beware: As the flu continues scammers are busy promoting their fraudulent products to the public. They claim products can *prevent, treat or cure* the flu. Usually these are marketed as dietary supplements or conventional foods, drugs, nasal sprays and devices. The US Food and Drug Administration (FDA) warns against these claims on unapproved products: * “*reduces severity and length of flu*
* boosts your immunity naturally *without a flu shot*
* safe and effective *alternative to flu vaccine*
* *prevents* catching the flu
* *effective treatment for flu*
* *faster recovery* from flu
* supports your body's natural immune defenses *to fight off flu*”

One product named "GermBullet," a nasal inhaler makes flu prevention and treatment claims. The company was told to remove the deceptive and illegal language because it violates federal law. There are *no legally marketed* over-the-counter (OTC) drugs to prevent or cure the flu. Don’t be confused as there are legal OTC products to reduce fever and to relieve muscle aches, congestion, and other symptoms typically associated with the flu. **What are some approved flu treatments?** Two prescription antiviral drugs—Tamiflu (oseltamivir) and Relenza (zanamivir)—are viable treatment options. Don’t trust online pharmacies that are selling *generic* Tamiflu or Relenza as there are no FDA-approved generics for these drugs in the U.S. Unapproved products could be counterfeit, contaminated, harbor the wrong active ingredient or none. They could be harmful and delay needed treatment. Reference: (2013) US Food and Drug Administration, Beware of Fraudulent Flu Products, retrieved on 2/19/13 from http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm337453?utm\_source=WhatCountsEmail &utm\_medium=Nursing%20eNews&utm\_campaign=Nursing2013%20eNews%20February%202013 |
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| **Bulletin Insert: May & June 2013Color Bar****Newspaper Image****May is Blood Pressure Sunday MonthWe are excited to announce that Blood Pressure Sunday is May 5th.**If your church cannot participate on that date alternate dates are May 12th, May 19th and May 26th. Any health professional interested in assisting with blood pressure screening or clergy interested in holding screenings in your church can contact Valley Parish Nurse Ministry at 330-382-9440. We will be glad to assist you in finding a volunteer health professional if needed. spacer**Understanding Blood Pressure and Treatment**Your blood pressure reading includes two numbers, one written on top of the other. **The top number** is your systolic blood pressure. It represents the force of blood through your blood vessels during your heartbeat.* 119 or below is normal systolic blood pressure
* 120-139 is prehypertension
* 140 and greater is high blood pressure

**The bottom number** is your diastolic blood pressure. It represents the force of blood through your blood vessels in between heartbeats.* 79 or below is normal diastolic blood pressure
* 80-89 is prehypertension
* 90 and greater is hypertension

**Both numbers are important.** Many people pay more attention to the systolic rate than the diastolic, but experts say that the heart can tolerate a high top (systolic) number better than a high bottom (diastolic) number. If either of your blood pressure readings is consistently above normal, then you need to take action right away. Since readings can be different throughout the day and week, it is a good idea to keep a record to take to your health care provider. Ask them for “goal” reading for your pressure. **What if you need treatment for high blood pressure?** Most people fear that they will need to give up favorite foods and take drugs with annoying side effects. Those fears are not founded although it may take some time to develop a treatment plan that works best for you. **Your treatment plan is likely to include the following elements:****The DASH eating plan.** The Dietary Approaches to Stop Hypertension (DASH) plan includes eating less fat and eating more fresh fruits, vegetables and whole-grain foods. A week of DASH diet and recipes is available at <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/week_dash.html>. A dietitian can help to find ways to enjoy your favorite foods and great flavor.**Weight Control.** Following a sensible eating plan and getting regular exercise can help you lose weight. Ask your doctor to help you determine a weight goal. According recent research, losing weight can lower both systolic and diastolic blood pressure. Losing 20 pounds can drop systolic pressure 5-20 points.*Reference: Know Your Treatment Optionsretreived from WebMD on 4/23/13 at* [*http://www.webmd.com/ahrq/5-misconceptions-about-hypertension?page=1*](http://www.webmd.com/ahrq/5-misconceptions-about-hypertension?page=1)*Zelman, K. 2013Take Charge of Your Blood Pressure retrieved on 4/23/13 at*[*http://www.webmd.com/hypertension-high-blood-pressure/features/take-charge-of-your-blood-pressure*](http://www.webmd.com/hypertension-high-blood-pressure/features/take-charge-of-your-blood-pressure) Color BarTop of Form**Telling Children about a Serious Adult Illness**Obviously, this is not an easy task. Without effective communication and support, children experiencing the serious illness or death of a loved one may feel excluded. A “hush-don’t tell” attitude can lead children to develop fears and misconceptions. Enlisting the help of professionals to assist with planning initial discussion and ongoing support may be wise. Those especially trained in these matters include child life specialists, pediatric social workers, and oncology social workers. Below are some general insights and suggestions. **It is important that:*** children receive honest information that can be processed at their developmental level. The information must be understandable to them and coupled with ongoing emotional support, so that fear and uncertainty can be addressed. Research confirms that children want to know what is happening and it is the unknown that can create anxiety and fear.
* communication about serious illness or death with children is planned and done in collaboration with parents and other members of the family. Hearing different information may create confusion.
* children are allowed to be helpful and involved in the loved one's care. When a child can give a back rub, or bring a hand crafted card or gift they can feel helpful instead of helpless. Thus, children can create lifelong memories of how they helped to provide comfort.
* children are assured that they are not responsible for the illness; that they are assured it is not contagious, or that other close family members will also die soon.
* professionals involved in supporting children through a loved one's illness should also be encouraged to communicate with the child's school. It is very helpful for teachers and school counselors to know what the child is experiencing.

Facing serious illness or death of a loved one will always be challenging for children. Providing support and communication can help them feel included and informed.*Reference: Ferrell, B., Communicating Serious Adult Illness to Children. Medscape. Apr 02, 2013 retrieved from* [*http://www.medscape.com/viewarticle/781597\_2*](http://www.medscape.com/viewarticle/781597_2) *on 4/19/13*Bottom of Formspacer**Don’t Believe these High Blood Pressure Myths1) Myth: High blood pressure runs in my family. I’m doomed.** Truth: Many people with a family history of high blood pressure can avoid it by using wise lifestyle choices such as:* Manage stress
* If you drink, limit alcohol.
* Reducing sodium
* Avoid tobacco smoke
* Enjoy regular physical activity
* Maintain a healthy weight
* Comply with medication prescriptions
* Eat a better diet

2**) Myth. Because I don’t use table salt, I’m controlling my sodium intake.** Truth: Up to 75 percent of the sodium is hidden in processed foods like tomato sauce, soups, condiments, canned foods and prepared mixes. When reading labels watch for the words "soda" and "sodium" and the symbol "Na.” Ask your doctor how much sodium you should have per day.**3) Myth. I feel fine. Therefore, I don’t have to worry about high blood pressure.** Truth: Actually more than 76 million U.S. adults have high blood pressure. High blood pressure often has no symptoms even though it is damaging arteries in the brain, heart, kidneys, eyes and other organs. Everybody should be screened and know their blood pressure readings.**4) Myth. I have high blood pressure and my doctor checks it. It’s not a big deal**. Truth: Because blood pressure can fluctuate, home monitoring and recording is valuable to determine whether you really have high blood pressure and if your treatment plan is working. Remember to take the readings at the same time each day or as your healthcare professional recommends.**5) Myth. I was diagnosed with high blood pressure and I have been maintaining lower readings, so I can stop taking my medication.** Truth: High blood pressure can be a lifelong disease. It is very important to follow your healthcare professional's recommendations carefully, even if it means taking medication daily. Know your treatment goals and enjoy the benefits of better health.**6)Myth. Since so many things such as activity affect my blood pressure, I should not be concerned by high readings.** Truth: If either of your blood pressure readings is consistently above normal, then you need to take action right away. *Reference:* [*http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBlood Pressure/Myths-About-High-Blood-Pressure\_UCM\_430836\_Article.jsp*](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBlood%20Pressure/Myths-About-High-Blood-Pressure_UCM_430836_Article.jsp) *retrieved on 4/23/13*spacer**CRE – A Hard To Treat Infection Is On the Rise**In March the Center for Disease Control (CDC) issued a publication stating that “Carbapenem-Resistant Enterobacteriaceae (CRE) infections are spreading and urgent action is needed to stop them.”**Why should I care about CRE now?** These germs have found a way to beat antibiotics thus becoming resistant to all or nearly all the antibiotics we have today. Even though CRE is now thought to be confined to medical facilities it can potentially spread to otherwise healthy people outside of medical facilities. The CDC states this is a critical time to control CRE.**Is this germ really a threat?** CRE infections are hard to treat and in some cases, untreatable. If CRE gets into the blood stream up to half of patients who get it die. **How widespread is CRE?** About 4% of US hospitals had at least one patient with a CRE infection during the first half of 2012. About 18% of long-term acute care hospitals had one. CRE is more common in some US regions, such as our Northeast region.**Can CRE really make other germs potentially untreatable as well?** Worst of all, CRE can easily spread their antibiotic resistance to other kinds of germs. Even dying CRE bacteria are particularly dangerous. When they die they cause an inflammatory cascade that can lead to sepsis [an overwhelming infection]. Even with excellent care, a person with sepsis may not survive.**What should I do to prevent the spread of CRE?** If you are to receive care at a facility insist that medical providers wash their hands and wear gloves before examining you. Tell your doctor if you have been hospitalized in another facility or country. Take needed antibiotics. **Other ways to combat antibiotic resistance include:**Wash your hands frequently. It reduces the risk for contagious diseases by up to 51 percent. Avoiding unnecessary use of antibiotics. If your doctor prescribes antibiotics, always ask why and if there is any other treatment, including “watchful waiting.”If antibiotics are prescribed, always make sure you take the full course even if the symptoms clear up. Stopping antibiotics early may lead to tomorrow’s superbugs.For more information, please contact 1-800-CDC-INFO (232-4636) or E-mail: cdcinfo@cdc.gov*References:* [*http://health.yahoo.net/experts/dayinhealth/deadly-superbugs-evolving-faster-drugs-fight-them*](http://health.yahoo.net/experts/dayinhealth/deadly-superbugs-evolving-faster-drugs-fight-them) *and* [*http://www.cdc.gov/vitalsigns/pdf/2013-03-vitalsigns.pdf*](http://www.cdc.gov/vitalsigns/pdf/2013-03-vitalsigns.pdf) *retrieved on 4/19/13* spacer |

 **Bulletin Insert: July & August 2013Color Bar****Adults: Sweating and Sweeting**Do you believe that only 1 in 5 adults get enough exercise? In other words 80% of adults don’t get enough exercise. Be honest. Are you one of the 20% that do get enough exercise?According to the federal activity recommendations you should have: 150 minutes of moderate-intensity aerobic activity each week (a little over 20 minutes a day) or 75 minutes of vigorously intensive exercise, along with muscle strengthening exercises at least twice a week. You may ask, “What exactly is aerobic exercise?” It involves continuous activity that increases your heart rate for a sustained period of time. “Moderate” activity can cause a slight but noticeable increase in breathing and heart rate. The activity can be hard enough to break a sweat, but still comfortable enough carry on a conversation. If you have to stop and catch your breath or get out of breath quickly, you’re probably working too hard.* What activity makes you sweat?
* What activity are you planning today?
* What activity schedule are you planning this week?
* Who might assist you (or accompany you) to meet this goal?
* Have you prayed about this?

So what about “Sweets?” U.S. Dietary Guidelines say calories from solid fats and added sugar should make up no more than 5 to 15% of total calories. For adults usually 13% of our calories come from added sugars. That’s not counting the calories that come from solid fats. One third of sugars are from beverages. Other added sugars are from breads, cakes, jams, chocolate, ice cream and pancake syrup. Most added sugar intake occurs at home not in restaurants. Thus reading labels, selecting the right product or exercising restraint during shopping may help. * What is the sugar content of your favorite beverage?
* How many added sugar calories do you get from a daily portion of it?
* What other beverage would refresh you but not have as many added calories?

Yes, even though you knew this, a 2013 study “proves” that we should eat a healthy snack before grocery shopping. If you are hungry when you shop it is more likely you will buy high-calorie foods. *Reference: Sugar and Sweat: the Challenge for Adults (Not Kids). Medscape. Jun 05, 2013Thompson, N.2010 What is Moderate Intensity Aerobic Exercise? 2010 ARNP retrieved 6/20/13 at* [*http://www.bami.us/wordpress/2010/03/30/what-is-moderate-intensity-aerobic-exercise/*](http://www.bami.us/wordpress/2010/03/30/what-is-moderate-intensity-aerobic-exercise)spacer**Taking Charge of Blood Pressure** Do you know what lifestyle adjustments that can help prevent and treat hypertension? Check the tips you did not know.\_\_ For every 20 pounds you lose, you can drop systolic pressure 5-20 points.\_\_Losing weight also makes any blood pressure medications more effective.\_\_ If you have prehypertension (systolic pressure between 120 -139 or diastolic pressure between 80 -89) exercise can help you avoid developing full-blown hypertension.\_\_\_Getting active at least 30 minutes each day of brisk walking or another aerobic activity could trim 4-9 points off your systolic pressure. A change can be seen in just a few weeks if you haven't been active.\_\_\_Moderate amounts of alcohol can actually raise blood pressure by several points. It can also reduce the effectiveness of high blood pressure medications. \_\_\_ Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 mm Hg.\_\_\_Carrying too much weight around your waist can put you at greater risk of high blood pressure. In general, men are at risk if waist measurement is > than 40 inches. Women are at risk if their waist measurement is > 35 inches.\_\_\_Nicotine in tobacco products can raise your blood pressure by 10 mm Hg or more for up to an hour after smoking. Smoking throughout the day may increase your blood pressure constantly. \_\_\_In case you wonder if caffeine raises your blood pressure, check your pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by five to 10 points, you may be sensitive to the blood pressure raising effects of caffeine. \_\_\_Supportive family and friends can help improve your health. If you need more encouragement, consider joining a support group. Groups can offer emotional or morale boosts and practical tips to cope with your condition. Most importantly by choosing a healthy lifestyle you may avoid, delay or reduce the need for medication.*Reference: Mayo Clinic, 10 ways to control high blood pressure without medication retrieved from* [*http://www.mayoclinic.com/health/high-blood-pressure/HI00027*](http://www.mayoclinic.com/health/high-blood-pressure/HI00027) *on 6/20/13.Zelman, K. 2013. Take Charge of Your Blood Pressure retrieved on 4/23/13 at* [*http://www.webmd.com/hypertension-high-blood-pressure/features/take-charge-of-your-blood-pressure*](http://www.webmd.com/hypertension-high-blood-pressure/features/take-charge-of-your-blood-pressure)Color BarTop of Form**Fathers and Kids**Although Father’s Day is over it is never too late to talk about the positive role that dads play in the lives of their children. To be the best dad possible it is a good idea to have a parenting game plan. That’s simply a plan to take advantage of everyday opportunities to love our children and instill the right values in them. Ron Baldwin in writing for Focus On The Family suggests that there are five key behaviors of a healthy, thriving family. These five are prayer, laughter, time, conversation and dinner. **Prayer:** Not just praying for our children but allowing them to hear prayer allows them to know you take requests to a loving and gracious God. In a sense you are giving them a model about how to pray about family matters.**Laughter:** Research reveals that laughter increases blood flow, reduces stress and even helps suppress pain. In a social context laughter helps us to connect us with others. Fun family times strengthen relationships and create positive memories. How often does your family have “fun times?”**Time:** Simply being in the same house does not mean that a family is spending positive time together. What are some family activities that draw you closer? One of Baldwin’s suggestions is having a "Date Night With Dad.” These regular date nights pave the way for a deeper and trusting relationship **Conversation:** Differing from necessary day to day talking, it is important to exchange ideas and opinions in a relaxed environment. Do you know the "one thing" that your child is concerned about today? Only asking and actively listening can make you aware of your children's fears and dreams.**Dinner:** Research reveals that families who eat dinner together at least four times a week exhibit “improved communication, healthier eating habits, higher grades and fewer problems with at-risk behaviors.” During dinner it is good to limit distractions and unplug from the world. Sharing the best and worst happenings of the day can assist in uniting family bonds. Of course offering prayer for concerns and laughing are not out of the question. It's never too late to start using these five key behaviors to strengthen family ties. No matter the ages of your children, begin today to take advantage of everyday interactions. Take time to have a conversation about something other than the weather. Share a few laughs and make every day count.Reference: Baldwin, R. Dads: Make Every Day Count, retrieved on 6/21/13 from[http://www.focusonthefamily.com/parenting/parenting\_roles/dads\_make-every-day-count.asp](http://www.focusonthefamily.com/parenting/parenting_roles/dads_make-every-day-count.aspx)Bottom of Form**The Low Down on Sleep-Aids.**The Centers for Disease Control and Preventions say a third of working Americans are not getting the recommended seven to nine hours of sleep a night. While there are some very good reasons to use sleep-aids on a short term basis, there are also reasons to be extremely careful with their use. **Sleep aids can mask underlying conditions** like sleep apnea, or mood disorders like depression or anxiety. Not seeking treatment increases risk for hypertension, diabetes, memory problems and mood disorders. **Adverse reactions.** Women and individuals over age 65 are more likely to have daytime drowsiness, dizziness and hallucinations. The issue is that women and older people tend to have slower metabolisms and this causes a drug to stay in their systems longer. **Increase risk of a hip fracture:** Since sleeping pills have been shown to impair balance, memory and the ability to drive, seniors are at a greater risk of slipping and fracturing their hips when using sleep aids.**Memory lapses.** Most common sleeping pills warn that some patients may do things while they are not fully awake and not remember it the next morning. This can include sleep walking, making phone calls and going on late-night outings.**Emergency-room visits** related to prescription sleeping pills more than doubled from 2005 to 2010. Half of those visits involved the use of narcotic pain relievers and other medications used to treat anxiety and insomnia. **What to do if you have trouble sleeping:** Doctors say some of the most effective techniques for improving sleep are: exercising, not eating before bed, limiting screen time at night and getting natural light in the morning. Consumer Reports recommend behavioral therapy, relaxation techniques and limiting time in bed.**If you must use medications for sleep:** 1. Get re-evaluated if you are still having insomnia after 7 to 10 days of using a drug to aid sleep.
2. Have regular talks with your doctor about how the medicine is making you feel and if the dosage should be altered.
3. Use the lowest effective dose and never take more than the prescribed dose.

Reference: Marte, J. 2013. 10 things the sleep-aid industry won’t tell you retrieved on 6/21/13 from <http://www.marketwatch.com/story/10-things-the-sleep-aid-industry-wont-tell-you-2013-05-22?pagenumber=7>**Bulletin Insert: September & October 2013Color Bar****Women and Laughter**Did you know that a researcher found that women laugh more often than men? It’s no wonder that he found women who laugh are happier people. But did you know that women who laugh are healthier people? Actually, when women laugh they are:* lifting their spirits, boosting their mood and increasing their emotional resiliency. Their laughter can even encourage other people to laugh, which helps elevate their moods as well!
* lowering their blood pressure. Laughter helps thin the lining of our blood vessels.
* more likely to experience better blood sugar control.
* lowering stress levels. Less stress means that stress related health problems.

The good news is laughter is an “all-natural stress buster, requiring no drugs and completely free!” Some women might think they are just having a bit of fun. Actually they are improving their health, preparing themselves to have a better tomorrow and having a positive impact on the lives of other people. **Laughter is Good for Men and Women**“Laughter is the best medicine” cannot be quoted directly from the Bible. However, the idea does come from book of Proverbs. “A merry heart does good, like medicine, but a broken spirit dries the bones.” – Proverbs 17:22 (New King James Version.) Here the word “heart” refers to a person’s internal attitudes and beliefs. The Amplified version of the Bible puts it this way: “A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones.” – Proverbs 17:22 When our thoughts and attitudes reflect the joy of Christ and we have a positive outlook and personality, we can work healing in many. I think that you will agree that God has created us that we might have the joy of the Lord in order to foster healing on those around us. Let’s ask God for His type of Joy that can lift up others spirits. That’s the healing power He can give us through laughter. Be a healer today!*Reference: Buxman, K. When women laugh, retrieved from* [*http://karynbuxman.com/blog/2013/08/20/when-women-laugh/*](http://karynbuxman.com/blog/2013/08/20/when-women-laugh/) *on August 24, 2013**Bible or Not Webmaster, Laughter is the Best Medicine. Bible? retrieved from* [*http://www.bibleornot.org/laughter-is-the-best-medicine-bible/*](http://www.bibleornot.org/laughter-is-the-best-medicine-bible/) *on August 24. 2013*spacer**Should I Monitor My Blood Pressure at Home?**Research has definitely shown that monitoring blood pressure at home can be helpful in addition to regular monitoring in a healthcare provider's office if:* You have been diagnosed with pre-hypertension (top number between 120 and 139 OR bottom number between 80 and 89)
* You have been diagnosed with hypertension (top number 140 or above OR bottom number 90 or above)
* You have [risk factors for high blood pressure](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/UnderstandYourRiskforHighBloodPressure/Understand-Your-Risk-for-High-Blood-Pressure_UCM_002052_Article.jsp)

**Why should I purchase a home monitoring system?**The American Heart Association recommends this for all people with high blood pressure to help determine whether treatments are working. **What if my readings at home fall in a normal range**If you have been prescribed medication to [lower your blood pressure](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/SymptomsDiagnosisMonitoringofHighBloodPressure/Home-Blood-Pressure-Monitoring_UCM_301874_Article.jsp), don't stop taking your medication without consulting your doctor. This may mean you have reached a desirable goal. Remember, home monitoring is not a substitute for regular doctor visits.**Charting home blood pressures can:*** provide you and your healthcare provider a clearer picture somewhat like a time-lapse picture or movie.
* help eliminate false readings which can lead to over-diagnosis or misdiagnosis. Self-measurement at home is good to reveal
* whether your blood pressure reading in the doctor's office is correct.

**Home monitoring may be especially useful for those:** * starting [high blood pressure treatment](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Prevention-Treatment-of-High-Blood-Pressure_UCM_002054_Article.jsp)
* requiring closer monitoring than intermittent office visits provide, especially individuals with coronary heart disease, diabetes and/or kidney disease
* who are pregnant since hypertension can develop rapidly
* who have some high readings at the doctor's office, to rule out “white-coat” hypertension
* over 60 because the “white-coat effect “increases with age
* suspected of having masked hypertension

**Who should NOT home monitor their blood pressure?**People with irregular heart rhythms may not be good candidates. Home monitors may not be able to give accurate measurements in these cases. **How do I know my home monitor is working properly?** Intermittently take your monitor with you to a doctor visit and have the readings compared to auscultatory readings. *Reference: AHA, 2012 Home blood pressure monitoring retrieved from* [*http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/SymptomsDiagnosisMonitoringofHighBloodPressure/Home-Blood-Pressure-Monitoring\_UCM\_301874\_Article.jsp*](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/SymptomsDiagnosisMonitoringofHighBloodPressure/Home-Blood-Pressure-Monitoring_UCM_301874_Article.jsp) *on August 24, 2013*Color BarTop of Form**What is “The Church’s Role in Health and Healing?”**Please consider attending a half day seminar filled with information and resources to build or strengthen health ministry in your congregation. It will be held Sat. September 21st from 8 am to12:30 pm at the Salvation Army, 413 E. Fourth Street in E. Liverpool, Ohio. This seminar is structured for anyone interested in health ministry. That includes lay people, clergy, nurses, counselors and social workers. Cost is $10 and includes breakfast and nurse educational credits. Call 330-382-9440 to register by September 7th. **Is Health Ministry Happening in Your Church?**Health ministry is any activity that helps congregations care for one another by attaining, maintaining and/or regaining the best possible whole person health—wellness of body, mind and spirit—that can be experienced. You most likely have some health ministry happening in your church. Some “health ministry” practices have evolved naturally when individuals care for one another. Examples include:* making and delivering meals to new mothers, shut ins or those recently home from the hospital
* visitation / prayer for those hospitalized or in nursing homes
* card ministries
* small group meetings with prayer for expressed needs
* supplying clothing and food to the needy

**Some more progressive health ministry activities may include:**1. Instituting a Health Ministry Team / Care Team that can:* raise awareness of the benefits this ministry and inspire expanded congregational participation.
* plan and implement need driven health ministry activities that intentionally foster spiritual, interpersonal, emotional and physical health of members.

2. Pastoral support of wellness programs that include wholeness of health concepts in the congregation.3. Seeking and commissioning a parish nurse (registered nurse) or health minister to professionally influence further expansion of the concept.4. Collaborating with community health services offering supportive human care services to the community.Bottom of Formspacer**Eating for Eye Health**Did you know that a “heart healthy diet” one low in fat and rich in fruits, vegetables and whole grains can also benefit your eyes? It makes sense that keeping eye arteries healthy will help your eyes. The American Academy of Ophthalmology Association website mentions four foods that are particularly helpful for eye health.Kale and other dark leafy green vegetables “are high in lutein and zeaxanthin and believed to lower your risk for [age-related macular degeneration (AMD)](http://www.geteyesmart.org/eyesmart/diseases/amd.cfm) and "[cataracts.](http://www.geteyesmart.org/eyesmart/diseases/cataracts.cfm)” A study revealed that women with diets high in lutein were 23 % less likely to develop cataracts than women low in lutein. Spinach, romaine lettuce, collards and turnip greens also contain significant amounts of both these nutrients. Eggs, broccoli, peas and corn are also good sources of both.Studies suggest diets rich in omega-3 fatty acid from cold-water fish like salmon, tuna, sardines and halibut reduce risk of developing eye disease later in life. A Johns Hopkins study found those with diets high in omega-3 fatty acid were much less likely to develop AMD.**Oranges** and all citrus cousins — grapefruit, tangerines, and lemons — are high in vitamin C, an antioxidant that is critical to eye health. Eyes need vitamin C to function properly and antioxidants can prevent or at least delay cataracts and AMD. Peaches, red peppers, tomatoes and strawberries offer similar benefits. **Legumes** of all kinds including black-eyed peas, kidney beans, lima beans, and peanuts contain zinc. Zinc is found in high concentration in the eyes and may help protect your eyes from the damaging effects of light. Other foods high in zinc include oysters, lean red meat, poultry and fortified cereals.Yes; **carrots** and other orange colored fruits and vegetables help to keep your eyes healthy. Sweet potatoes, apricots and cantaloupe are high in beta-carotene and also help with night vision. Bottom line: A colorful diet of fruit and vegetables can help you keep your eyes and heart healthy. *Reference: Eye M.D., Four fantastic foods to keep your eyes healthy, retrieved from* [*http://www.geteyesmart.org/eyesmart/eye-health-news/four-fantastic-foods.cfm*](http://www.geteyesmart.org/eyesmart/eye-health-news/four-fantastic-foods.cfm) *on August 25, 2013.* **Bulletin Insert: November & December 2013Color Bar****Thanks and Giving**November is a great time to reflect on these two different aspects of our lives. Being thankful is being appreciative. Learning to be more mindful and aware can do wonders for our well-being in physical, relational, emotional and financial areas of our lives. **Being thankful:** * helps us get in tune with our feelings
* stops us from dwelling on the past or
* worrying about the future

Thus we can get more out of the day-to-day beauty of the earth, our relationships and our jobs. **Q: What do you need to stop, take notice of and be thankful for?On giving:** Recently, I heard news stories about “paying it forward.” Most of them occur when someone pays for a food order of someone behind them at a drive through window. The concept has been linked to a movie of the same name which was made in 2000. These “random acts of kindness” seem to create a domino effect and the latest one lasted through sixty-five customers. Imagine if we all were inspired (hopefully by the Holy Spirit) and gave creatively (at places other than the drive through window.) What a positive impact could happen in the world. Consider Luke 6:38. “Give and it will be given to you. They will pour into your lap a good measure, pressed down, shaken together, and running over.” This is a promise to a cheerful giver. **Q: What is the oldest and best “pay it forward” gift?**May I take this concept one step further and say that “paying it forward” is not a new idea but an ancient and divine idea. It is certainly one we are called to emulate. The first one to give was the Father. He gave “His only begotten son that whosoever believeth in Him should not perish but have everlasting life.” Certainly this is a debt that we could not pay and a blessing we have received by grace through faith. It is the best “pay it forward” gift that we can give for it lasts for eternity.*Blair, B. (2010) Pay it Forward - Doing Good Deeds for Others, yahoo Contributor Network, Retrieved on October 28, 2013 from* [*http://voices.yahoo.com/pay-forward-doing-good-deeds-others-7037464.html?cat=7*](http://voices.yahoo.com/pay-forward-doing-good-deeds-others-7037464.html?cat=7)spacer**Prevalence of Spanking**When it comes to raising children, parents usually are very opinionated about spanking. Recent polls at Parents.com state 39 percent of moms and dads say they never spank their children. But the majority -- 61 percent of the parents polled believe in and use spanking. Five percent describe themselves as regular spankers. 56 percent say they spank occasionally.Many organizations including American Academy of Pediatrics, American Medical Association, the American Bar Association, and the American Academy of Child and Adolescent Psychiatry advise against spanking. They base their opinions on decades of accumulated research. They site spanking: * is potentially harmful to both parent and child
* provides a short-term fix but creates long-term problems
* such as increased aggression and behavior problems later

Ever wonder about the effects of spanking? Past studies have linked the spanking practice with increased risk for:* aggression
* antisocial behavior
* substance abuse
* mental illness in the child

Newer research shows spanking can negatively influence a child's behavior and suggests it can impair cognitive development. A study of nearly 2000 children over a period of nine years revealed that those who were maternally spanked even a little at the age of 5 had significantly more aggression and rule breaking behaviors at the age of 9 than those not spanked. Those children who had high levels of paternal spanking at the age of 5 had significantly lower scores on a test of vocabulary at the age of 9. This new study was unique because it controlled many variables and the relationship of aggressive behavior and less language skills still held true. This study included statistics on paternal spanking. Most other studies only analyzed effects of maternal spanking. During an interview Dr. Phil asked President and Laura Bush regarding their use of spanking. Mrs. Bush replied that it was not used “very often.”*References: Deborah Brauser, D. (2013), Spanking Increases Aggression, Decreases Language Skills,* [*Medscape Medical News,*](http://www.medscape.com/news) *retrieved on October 25, 2013 from* [*http://www.medscape.com/viewarticle/813218?nlid=37063\_785&src=wnl\_edit\_medp\_nurs&uac=125975FK&spon=24*](http://www.medscape.com/viewarticle/813218?nlid=37063_785&src=wnl_edit_medp_nurs&uac=125975FK&spon=24)*Mahoney, S., Spanking: Which Side of the Fence Are You On?* [*Parents Magazine*](http://www.parents.com/parents-magazine/)*, retrieved on October 30, 2013 from* [*http://www.parents.com/toddlers-preschoolers/discipline/spanking/which-side-of-the-fence-are-you-on/*](http://www.parents.com/toddlers-preschoolers/discipline/spanking/which-side-of-the-fence-are-you-on/)Color BarTop of Form**Hints for Toddler Discipline**Preventing bad behavior is a great idea. Make sure your rules are clear. Keep a keen eye. When you see the child is about to get into mischief call his or her name and redirect their focus. Avoid failure. Do not put them in “impossible” situations above their ability to “sit still and be quiet.” Setting clear and reasonable expectations is favorable to putting out fires or dealing with temper tantrums. All parents (grandparents and caregivers) will face decisions on how to handle bad behavior. Here are eight top suggestions from experts.**Give your kid a time-out.** The time frame is roughly one minute for every year of age. The child should remain isolated for the duration of the time-out. The point is to “disengage.”**Give yourself a time-out.** Recognize you may be feeling angry. Put your child somewhere safe and calm yourself. Revisit the situation when you both are calm.**Implement logical consequence.** Deal out punishment “directly” related to the misbehavior. This may be loss of a favorite toy for a period of time or loss of privileges.**Say “no” -- and mean it.** Parental outbursts are counterproductive to getting your point across. Use eye contact and a clear, stern tone of voice immediately. Only use a few words. Later have a short, direct conversation about what happened and decide on a consistent consequence.**Use the “clap-growl.”** Give a good sharp attention getting clap. Look serious. Give direction in a few words. Look away, look back and give the direction again. Example: “Don’t throw!” **Show, don’t tell.** No lecture. Show your child what to do.**Focus on the positive.** Praise and verbally reinforce good behavior. Catch them doing the desired behavior.**Outlast the child** Keep things in perspective. Occasionally you will have to give up the fight for the moment. There will be other opportunities. Try to do better next time.**Try to remember** that your toddler or child is trying to gain independence while making sense of social rules and roles. Be patient and seek wisdom. *References: Spanking Alternatives: Experts' 8 Top Tips For Disciplining Toddlers retrieved from* [*http://www.huffingtonpost.com/2012/07/03/experts-recommend-alternatives-to-spanking\_n\_1647306.htm*](http://www.huffingtonpost.com/2012/07/03/experts-recommend-alternatives-to-spanking_n_1647306.htm)*l on October 29, 2013* *Video retrieved on October 30, 2013 from* [*http://www.parents.com/videos/v/65290089/how-to-discipline-your-toddler-without-spanking.htm*](http://www.parents.com/videos/v/65290089/%20how-to-discipline-your-toddler-without-spanking.htm)Bottom of Formspacer**Keeping Your Emotional Tank Full**We deal with emotions every day. Good experiences, memories and moment of laughter fill up out reserves. Frustrations, disappointments, grief and unexpected hardships may drain our emotional reserves. When we have plenty of reserves it is easy to find joy in each day. When our emotional reserves are nearly empty we find it difficult to cope with little occurrences. An article by Wendy Van Eyck sites three Bible-based suggestions for filling our emotional tanks.**Solitude**: She states that even 5 minutes of recharge time can make a difference. In Mark 6:31 (NIV) Jesus is speaking to his disciples, “So many people were coming and going Jesus said to them `Come with me by yourselves to a quiet place and get some rest.'” Where is your daily place of solitude? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_How many times a week do you actually go there? \_\_\_\_\_\_\_\_\_\_\_\_\_**Recreation:** This is a time set aside for celebrating life. Matthew 11:19 (Phillips) speaks about how "Jesus came enjoying life." Amidst Jesus’ serious mission He still took time to enjoy his surroundings.  List three activities you do for recreation? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Do you participate in them often enough to feel refreshed? \_\_\_\_\_\_**Laughter:** Laughing affects our whole body. The Bible states, “A cheerful heart is good medicine” (Proverbs 17:22, NIV). Laughter “relaxes the whole body for up to 45 minutes, boosts the immune system and releases endorphins.” It’s impossible to laugh and feel anxious, upset or angry. List several ways to include laughter in each day.\_\_\_\_\_\_\_\_\_\_\_\_\_If your emotional tank is “running on empty” it’s time to figure out what fills your tank and what drains it. Try to lessen the situations that drain you. Begin to add activities that fill your tank. **For those with busy schedules:** A busy schedule can deplete your emotional tank faster. Carving out time for reading, exercising and creating may make you feel guilty. Instead of letting these activities feel like luxuries consider them as a necessary way to recharge. *Van Eyck, W. (2013), Keeping your emotional tank full, Health and Beauty, Retrieved on 11/2/13 from* [*http://www.ibelieve.com/health-beauty/keeping-your-emotional-tank-full.html?utm\_source=iBelieve% 20Daily%20Update&utm\_medium=email&utm\_campaign=08/28/2013*](http://www.ibelieve.com/health-beauty/keeping-your-emotional-tank-full.html?utm_source=iBelieve%25%2020Daily%20Update&utm_medium=email&utm_campaign=08/28/2013)spacer |
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