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# BHS A.S.S.I.S.T.

## JUNE NEWSLETTER

## The Not So Empty Nest!

When Children  
Move Back  
Home



The joy you get from your child's graduation from college can quickly turn to anxiety when your new grad doesn't land a job right away. The job market for recent graduates is tough these days, but that's no reason for either of you to lose hope.

Here are some ways to give your recent grad a gentle nudge and reclaim your empty nest.

- **Set some ground rules.** When your child moves home, agree on your expectations. You may want to discuss such issues as rent, chores and general behavior, as well a timeline for finding a job. Don't be dictatorial, but don't make home so comfortable that your kid has little motivation to move out.
- **Offer reasonable assistance.** You don't want to do everything, but you can help them with job hunting tips. You can review their résumé, discuss strategy and help them set a definite direction.
- **Encourage networking.** Networking gets your new tenant out of the house and expands their chances of making contacts that might lead to a job. Make a few introductions of your own to get started. Also recommend online sites like LinkedIn for online networking.
- **Boost morale.** The job hunt can be long and difficult, so don't let it get your child down. Remind them of their past success and express your confidence that they will find a job.
- **Don't nag.** Chances are your adult child is just as eager to move on with their lives as you are to get your house back.
- **Be supportive.** Keep up with their progress, but don't hound them about what they have done every hour of every day. As long as they are making a sincere effort, give them the support they need, not constant criticism.



## STRATEGIES TO PROMOTE WELL-BEING

### Stop worrying

The more you worry, the more you stress. Try positive thinking.



### Express

Find an outlet for your feelings and express yourself! Sing, dance, talk or exercise.



### Socialize

Limit Facebook or email. There is no substitute for face-to-face conversations!

### Be resilient

Learn to heal emotionally and move on. It will make you stronger.



### Enjoy quiet time

Walking through a garden, cuddling with a pet or hiking can all benefit you.



# MORE THAN A MIGRAINE

## Managing Headache & Migraine Anxiety

**S**ometimes the fear of a headache is almost as debilitating as the headache itself. The psychological and emotional trauma that comes with never knowing when your next headache is going to strike can be paralyzing. Left unchecked, anxiety can take over, causing headache sufferers to decline invitations, avoid travel and bypass new and exciting opportunities.

The best way to control anxiety is to recognize it for what it is and implement tools and strategies to calm your nerves and put your fears into perspective.

### Headache Stress is Real and Appropriate

Anxiety is a common condition among migraine sufferers, who also are more likely to experience depression and sleeplessness. Rather than feeling bad about the anxiety, recognize it as a related symptom and take steps to mitigate it.

### Identify Headache and Migraine Triggers

Headache sufferers are more susceptible to environmental stressors that can trigger headaches and anxiety. If you take the time to identify what these stressors are and manage your exposure to them, you can minimize both the headaches and anxiety of not knowing when a headache will occur. This launches a positive cycle of confidence and control.

### Participate in Your Headache and Migraine Care

The patient's role on the medical team is just as important as the physician's, psychologist's and physical therapist's. You need to actively communicate your needs, take the time to identify your triggers and actively participate in your treatment plan, if the medical team is to be effective.

### Relaxation Tools can Manage Headache Stress

Yoga, exercise, meditation, prayer and repeating positive affirmations can help ease your anxiety and give you a sense of power over your fears. Whatever gets your mind off the negative thoughts is of value.

### Get Plenty of Sleep Every Night

Not making sleep a priority is one of the worst mistakes headache sufferers can make. Not only does it lead to more frequent headaches, but it also ramps up anxiety, stress and reduces your ability to function effectively throughout the day.

### Use Headache and Migraine Meds Appropriately

Medicine is a valuable part of the headache treatment process and anti-anxiety and anti-depressant medications can certainly be an important part of your treatment plan, but having a drug at your disposal is not a free pass to behave badly. If red wine triggers a headache, it makes more sense to avoid wine altogether than to respond to the ensuing pain with medication.

### Stop Blaming Yourself

Migraine sufferers sometimes see migraines as a flaw in their character. This causes them to feel more anxious which leads to more headaches. If you want to get control of your anxiety, you have to let go of this drive for perfection and give yourself a break.

**EAP**  
EMPLOYEE  
ASSISTANCE  
PROGRAM

If you find yourself suffering from headache and migraine anxiety, you may need to speak with a professional. Call your BHS Care Coordinator today to discuss your available options at 800-245-1150.

# CONQUER the NEGATIVITY AROUND YOU



Negative people are like human black holes which suddenly come out of nowhere and suck the life out of you. You try to stay positive but their negativity drains you and leaves you feeling exhausted. What can you do? Below are some strategies to help you deal with negative people:

### Where's it coming from?

Do you understand why this person is so negative? Is it because they hate their job, feel trapped in their life and the only way they can feel powerful is by hurting others? If you can understand where it's coming from, it's much easier to deal with.

### Just smile and remain completely detached

Whenever their negative tirade starts just smile and don't say anything.

The negative person is seeking a reaction from you. Don't get caught in their web of negativity.

### Encourage positive talk

Ask a negative person to tell you something positive after they've been on a tirade of negative comments. Some people have no idea how negative they've become. This subtle reminder may help them realize their negativity and encourage them to work on becoming more positive.

### Focus on you

Having a better attitude than the negative people around you will encourage positivity. Also, the less attention you give them, the less impact they will have on you.

## THE UPSIDE OF OPTIMISM

Researchers have studied optimists and pessimists for years and they discovered that an optimistic world view carries certain advantages, such as:

- ▶ Superior Health
- ▶ Greater Achievement
- ▶ Persistence
- ▶ Better Emotional Health
- ▶ Increased Longevity
- ▶ Reduced Stress Levels
- ▶ Greater Happiness

If you have tried to be more optimistic, but feel trapped by your pessimistic thoughts, call your BHS Care Coordinator today at 800-245-1150 to discuss your available options.

## Grilled Shrimp Po'Boy

### Ingredients:

- 2 cups shredded red cabbage
- 2 tablespoons dill pickle relish
- 2 teaspoons canola oil
- 2 tablespoon plain yogurt
- 2 tablespoon low-fat mayonnaise
- 1 lb peeled & deveined raw shrimp
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 4 whole wheat buns/hoagie rolls, split
- 4 tomato slices, halved
- 1/4 cup thinly sliced red onion

**Total Time:** 30 minutes; **Cook Time:** 5 minutes

**Servings:** 4



### Instructions:

- Pre-heat grill to medium high.
- Combine cabbage, relish, mayonnaise & yogurt together in a medium bowl.
- Toss shrimp with 2 teaspoons of oil, chili powder, paprika and pepper.
- Place shrimp in grilling basket. Place on grill stirring occasionally until cooked through, about 3 minutes. Open buns and place on grill until toasted on both sides.
- To assemble, divide tomato & onion among the buns. Place cabbage mixture in the middle and top with shrimp.

### Nutritional Information Per Serving:

322 cal, 10g fat, 28g protein, 32 carbs

Recipe source: eatingwell.com