



A Healthy Outlook!

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HEALTHY EATING During the Holidays

THE HOLIDAY SEASON presents so many tasty temptations that even the most disciplined people have a



hard time saying “no.” For most of us, the holiday season begins in mid-November and ends in January, giving us eight weeks to overindulge. What’s more, weight gained during this season tends to stay with us. But, with knowledge about good nutrition, it is possible to eat healthy and still enjoy it.

Whether attending a company party, planning a dinner party, or going out for a New Year’s Eve celebration, here are tips to help you enjoy the holidays and avoid undesired weight gain:

- ♦ **Never go to a party hungry.**
Eat a low-fat snack before you go.
- ♦ **Limit alcohol calories,** which are stored as fat.
- ♦ **Choose diet sodas, club sodas, or water** so you do not waste calories on beverages.
- ♦ **Exercise before eating.** A brisk 30-minute walk can reduce your appetite as well as burn calories.
- ♦ **Use small plates.** Take small portions.
- ♦ **Use salad dressing sparingly.**

- ♦ **Choose mostly fruits and vegetables.** Then add some of your favorite foods as a treat.
- ♦ **Avoid soups and breads.**
- ♦ **Enjoy your favorite dessert, but watch your portion.** Do not go back for seconds.
- ♦ **When socializing,** move away from the buffet table.

Cooking and Preparing Holiday Foods

- ♦ **Use nonstick cooking sprays.**
- ♦ **Choose lower fat meats** like turkey breast, lean ham, and filets.
- ♦ **Prepare stuffing outside of the turkey.**

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Upcoming Events:

CAREGIVER SUPPORT GROUP

To support our caregivers, MCPS EAP offers a caregiver support group designed to provide helpful resources and establish connections among the caregivers within our MCPS community. The meetings are held on Tuesdays or Wednesdays from 4:15–5:15 pm at Carver Educational Services Center (CESC). The group hosts speakers who present a variety of important topics related to caregiving for a loved one. All are welcome to attend.

For more information, or to register, please contact the EAP at 240-314-1040.

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- ♦ **Use a gravy separator** to de-fat gravy.
- ♦ **Use skim milk and low-fat cheeses.**
- ♦ **Flavor** with lots of herbs and spices.
- ♦ **Use two egg whites** rather than a whole egg in recipes.
- ♦ **Serve angel food cake** with light whipped topping and fruits.
- ♦ **Test low-fat versions of recipes a few days before** to be sure they taste good.

Attending Dinner Parties

- ♦ **Listen to your stomach** and stop eating when full.
- ♦ **Expect to overeat somewhat**, and cut back on eating the day before or the day after.
- ♦ **Take it easy with hors d'oeuvres** when a full course meal will be served.
- ♦ **Grilled or broiled fish are your best bets for entrees.**
- ♦ **Take second helpings of salads or vegetables** if you are still hungry.
- ♦ **If you can, skip dessert** or share with someone else.

The most practical tip is to not attempt to lose weight during the holidays.

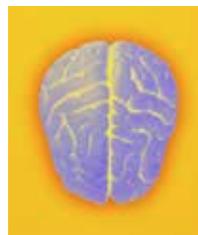
This is an unrealistic goal that will set you up for failure and add to the stress of the holiday season. Since most people gain weight during the holidays, you will do well to just maintain your weight.

Many holiday and family traditions revolve around foods that make the season special. Limiting high-fat foods, maintaining a healthy diet, and getting regular exercise year round will fend off significant permanent weight gain from holiday festivities.

Provided by Wellness Proposals, wellnessproposals.com

ESSENTIAL Elements of Recognition— A Note to Supervisors

- ♦ **Match the recognition to the person** according to individual preferences.
- ♦ **Directly link** recognition to performance and goal achievement.
- ♦ **Be timely by giving recognition** as soon as possible after desired behavior.
- ♦ **Always state why recognition is given** to ensure clarity and repeat behavior.
- ♦ **Make it fair** by allowing all employees equitable opportunities for recognition.
- ♦ **Be creative** by using a variety of methods to recognize employees' accomplishments.
- ♦ **Involve your team in determining what recognition they value.** Give ongoing words of praise according to the accomplishment. Always remember the golden words "Thank You."



ADULT Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is commonly associated with hyperactive children but it is so much more than that. Once thought to be a childhood disorder, we now know that inattentiveness, impulsivity, and other ADHD symptoms often persist into adulthood. In fact, ADHD affects about 4.1 percent of American adults age 18 years and older in a given year.

ADHD symptoms are the result of impaired executive function of the brain, which means individuals with ADHD struggle with planning, organizing, time management, and sustaining focus. The impaired executive function also affects impulse control, frustration tolerance, and emotional regulation. This can cause trouble in many parts of life—at home, at work, and at school.

Adults who suffer from ADHD, may have trouble with the following:

- ♦ **Chronic lateness and forgetfulness**
- ♦ **Following directions**
- ♦ **Remembering information**
- ♦ **Concentrating when reading**
- ♦ **Organizing tasks**
- ♦ **Finishing work on time**
- ♦ **Controlling anger**
- ♦ **Impulsiveness**
- ♦ **Low self-esteem**

How is ADHD treated in adults?

Education and coaching. A professional coach or therapist can help an adult with ADHD learn how to organize his or her life with tools such as a large calendar or date book, lists, reminder notes, and by assigning a special place for keys, bills, and paperwork. Large tasks can be broken down into smaller, more manageable steps so that completing each part of the task provides a sense of accomplishment.

Psychotherapy, including cognitive behavioral therapy, can help challenge one's negative core beliefs by examining the experiences that produced them. The therapist encourages the adult with ADHD to adjust to the life changes that come with treatment, such as thinking before acting or resisting the urge to take unnecessary risks.

Support groups help adults with ADHD connect with other members who truly understand life with this disorder and share resources, information, and support.

Medications. ADHD medications often are prescribed for adults with ADHD. Adult prescriptions for stimulants and other medications require special considerations. For example,

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adults often require other medications for physical problems, such as diabetes or high blood pressure, or for anxiety and depression. Some of these medications may interact negatively with stimulants. An adult with ADHD should discuss medication options with his or her doctor. These and other issues must be taken into account when a medication is prescribed.

Additional resources can be found at—

- ♦ **The Attention Deficit Disorder Association website at <https://add.org/>**
- ♦ **<http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>**

Sources: The Attention Deficit Disorder Association and NIH.GOV. Printed with permission.

HOPE CONNECTIONS for Cancer Support

helps people with cancer and their loved ones deal with the emotional and physical impact of cancer through professionally facilitated programs of emotional support, education, wellness, and hope. The center offers weekly and monthly support groups for people with cancer as well as for their caregivers; educational seminars; and a wide range of mind-body classes, including yoga, meditation, exercise, knitting, Reiki, and more.

All programs are provided free of charge, thanks to the generosity of many individuals, foundations, and corporations.

- ♦ **www.hopeconnectionsforcancer.org**
- ♦ **Beaumont House at FASEB
9650 Rockville Pike
Bethesda, MD 20814**
- ♦ **301-634-7500**



FORGETFULNESS: When to Ask for Help

MANY PEOPLE WORRY about becoming forgetful. They think forgetfulness is the first sign of Alzheimer's disease. Over the past few years, scientists have learned a lot about memory and why some kinds of memory problems are serious but others are not.

Age-Related Changes in Memory

Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they do not remember information as well as they did, or they lose things like their glasses. These usually are signs of mild forgetfulness, not serious memory problems.

Some older adults also find that they do not do as well as younger people on complex memory or learning tests. Scientists have found, though, that given enough time, healthy older people can do as well as younger people do on these tests. In fact, as they age, healthy adults usually improve in areas of mental ability such as vocabulary.

Other Causes of Memory Loss

Some memory problems are related to health issues that may be treatable. For example, medication side effects, vitamin B12 deficiency, chronic alcoholism, tumors or infections in the brain, or blood clots in the brain can cause memory loss or possibly dementia (see more on dementia below). Some thyroid, kidney, and liver disorders also can lead to memory loss. A doctor should treat serious medical conditions like these as soon as possible.

Emotional problems, such as stress, anxiety, or depression, can make a person more forgetful and can be mistaken for dementia. For instance, someone who has recently retired or who is coping with the death of a spouse, relative, or friend may feel sad, lonely, worried, or bored. Trying to deal with these life changes leaves some people confused or forgetful.

The confusion and forgetfulness caused by emotions usually are temporary and go away when the feelings fade. The emotional problems can be eased by supportive friends and family, but if these feelings last for a long time, it is important to get help from a doctor or counselor. Treatment may include counseling, medication, or both.

More Serious Memory Problems

For some older people, memory problems are a sign of a serious problem, such as mild cognitive impairment or dementia.

People who are worried about memory problems should see a doctor. The doctor might conduct or order a thorough physical and mental health evaluation to reach a diagnosis. Often, these evaluations are conducted by a neurologist, a physician who specializes in problems related to the brain and central nervous system.

Information adopted from the National Institutes of Health National Institute on Aging. For much more information on health and aging, go to their website at <https://www.nia.nih.gov/health>. If you need help finding a therapist, contact the EAP at 240-314-1040 for assistance.

BLACK-AND-WHITE THINKING May Hinder One's Ability to Maintain a Healthy Weight

RESEARCHERS from the Wageningen University in the Netherlands found that thinking in black and white terms when it comes to food (e.g., thinking of foods as either “good” or “bad”) can partly explain why the tendency to consciously control food intake is associated with more weight regain. People who follow a rigid all-or-nothing diet approach may more likely fail to stick with their diet and tend to regain weight in the long term.

Maintaining a healthy body weight is a challenge.

Controlling food intake (dietary restraint) is a good strategy to lose weight, but its effect is often lost with the weight regain after ending a diet (also known as the yo-yo effect). Whether a dieter is successful in maintaining the weight loss or not is related to the form of dieting he or she adopts.

There are two types of dietary restraints—the rigid and the flexible.

The rigid restraint is characterized by a strict, rule-based approach. If rigid dieters violate their dieting rules (even in a minor way), their all-or-nothing attitude might lead them to abandon the diet completely for a while and overeat. The flexible restraint, by contrast, allows fatty or sweet foods once in a while. Consequently, people who have more flexible dietary rules tend to be more successful in maintaining their weight.

The type of dietary restraint adopted might be linked to the dieter's general way of thinking. In particular, the tendency to think in extremes (e.g., to think of something as “good” or “bad” or “healthy” or “unhealthy”) might play an important role in a dieter's strategy. This mind-set can be a general person-

ality trait or mainly related to food and diet. The researchers in the current study hypothesized that this black-and-white thinking, both in general and specific to food and diet, explains the relationship between dietary restraint and weight regain.

Source: The European Food Information Council, printed with permission. For more health related information, go to their website at <http://www.eufic.org/index/en/>

“Look up at the stars and not down at your feet. Try to make sense of what you see, and wonder about what makes the universe exist. Be curious.”

STEPHEN HAWKING

“However difficult life may seem, there is always something you can do and succeed at.”

STEPHEN HAWKING

Ask the EAP:

Q. *If a staff member at my school is having a psychiatric emergency (e.g., a nervous breakdown or is suicidal) is it okay if I send them to the EAP for assistance?*

A. An employee experiencing an emergency at your school or office can be a very challenging and anxiety-producing situation. Should such a crisis happen at your worksite, we encourage you to call our office and consult with one of the EAP specialists. This way, we can get more information about how the employee is doing and recommend best options. Potential steps include taking the employee to the Crisis Center or the emergency room or calling 911. We are here to help guide you to make the most appropriate intervention. Sometimes, we might recommend that the employee come to the EAP, but you should always call us first and ascertain whether there is a counselor available to see him/her.

Do you have a question for the EAP? Send your questions via Outlook to Jeff Becker.



A Healthy Outlook!

To help employees with troubling issues before they become overwhelming.



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Important Notice: Information in *A Healthy Outlook!* is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further questions or help with specific problems or personal concerns, contact your employee assistance professional.

You may contact us or send your questions and comments to Jeffrey_Becker@mcpsmd.org

Please note that e-mail is not necessarily confidential.

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