

National Health Observances

March

American Red Cross Month
Employee Spirit Month
Listening Awareness Month
National Ethics Awareness Month
National Nutrition Month
Optimism Month

Week of March 1 - 7

National Write a Letter of Appreciation Week

Week of March 7 - 13

National Consumer Protection Week

Week of March 7 - 13

National Sleep Awareness Week

April

Alcohol Awareness Month
National Child Abuse Prevention Month
Financial Literacy Month
Physical Wellness Month
Stress Awareness Month
Workplace Conflict Awareness Month

Week of April 1 - 7

Laugh at Work Week

Week of April 5 - 11

National Public Health Week
www.apha.org

Week of April 11 - 17

National Personal Training Week

May

Family Wellness Month
National Mental Health Month
Personal History Month

Week of May 2 - 8

National Anxiety & Depression Awareness Week

Week of May 10 - 14

National Etiquette Week

How to Stay Positive in Life in Difficult Times

A negative outlook can set in whether it's caused by a stressful event, a job situation or by too much routine.

Dr. Daniel Wagner of Trinity University in San Antonio has found through his studies that trying to get rid of a negative thought only makes you think about it more. Instead, you should direct your thoughts elsewhere.

He recommends asking yourself a question that sets your mind in a new direction. For example, ask: "How can I make myself stronger and better able to deal with this?" Or ask, "What is my goal?"

Wagner says when you decide on the question, keep asking it. Ponder it. Wonder about it. Let it run through your mind whenever you find yourself worrying. It will change your thoughts.

Other recommendations include:

- **Appreciate.** Focus on something you are grateful for or that you like.
- **Visualize.** Create the experience you want to have in your mind.
- **Be in the present.** Don't spend time reliving the past.



Acknowledge the present moment and its opportunities.

- **Get healthier.** Avoid eating junk food. Eat regular meals and exercise, both of which will give you a more positive outlook.
- **Associate with positive thinking, happy people.** Their influence can rub off on you.
- **Find something to laugh about.** It could be a joke, a TV show, a movie, or talking to a funny person. Laughing can change your outlook.

Stay away from negative people, those who criticize you, your ideas and everyone else.

You can't always control events in your life but you can control what you choose to think and feel about them. You can look at things positively or otherwise. You decide.

March is National Nutrition Month

The American Heart Association recommends cutting back on sugar – no more than 5 to 9 teaspoons a day.

The heavier you are, the more work your heart has to do. That's one reason why the American Heart Association is looking for the causes of weight gain and obesity.

At this time, they are focusing on sugar. It is one of the main culprits in the rising obesity rates in the United States. The association wants everyone to cut way back on added sugar in



their diets.

For the first time since 2006, it is presenting new guidelines that recommend sugars added in processing, cooking or at the table total no more than 100 calories a day for women and 150 calories a day for men.

That's five to nine teaspoons.

It's a drastic reduction from the 22 teaspoons per day in the present American diet, which is a total of 355 calories. The amount of sugar in the American diet has increased by 19 percent since 1970.

One can of non-diet soda can put a woman over the limit. Sweetened drinks are the main cause of increased sugar consumption since 1970.



What is EAP?

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** service that can assist you and your eligible family members with **ANY** personal concern, large or small.

Cascade Centers - EAP Access

Cascade Centers provides assessment, short-term problem solving, referrals, training, and consultations to a wide array of employers and companies.

Employees and benefit-eligible family members can call Cascade 24 hours a day, seven days a week.

We can help!

Call Cascade Centers to speak to a counselor on the phone, schedule an in-person appointment, or get the resources you need.

For more information, please call us at 800-433-2320.



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We build lasting relationships with the individuals and organizations we serve. These enduring partnerships are the foundation of our company.

