

BHS A.S.S.I.S.T. E-NEWS

Keep a Healthy Balance in Your Busy Life

Work is an important part of life, but it shouldn't be your whole life. For your family's sake, and your own, strike a healthy balance between your career and your personal needs. Here are some tips:

- **Learn to shut work off.** These days you can do business practically anywhere, anytime. It can be a trap, so set a firm time of day to stop working and start concentrating on your family and other activities.
- **Focus on the "here and now."** When you're at your job, give it your full attention. When you stop, don't let its details or worries occupy your thoughts. This may take some practice, but teach yourself to be in the present at all times.
- **Find a good non-work activity.** If you have nothing to do after business ends, you'll have a hard time disengaging when it's time to stop. Find a hobby in which to immerse yourself. Or make an effort to devote your full attention to your family's needs, but even then, allot some personal time so you don't burn out on responsibility.
- **Don't let your occupation define your identity.** When you describe yourself to people, let your vocation be only one aspect of your self-portrait. That way, a setback in any one area won't be as damaging to your self-image, and you'll be less tempted to ignore other possibilities open to you. Ψ



Also Inside This Issue

Five Frugal Tips for Saving When Gas Prices Soar, *page 2*

Freshmen Cutting Back on the Booze, *page 2*

Sunglasses Sense, *page 3*

The Upside of Adversity, *page 3*

Developing a Habit of Saving, *page 3*

Two Stretches for Cubicle Fitness, *page 4*

This Month's Healthy Recipe, *page 4*

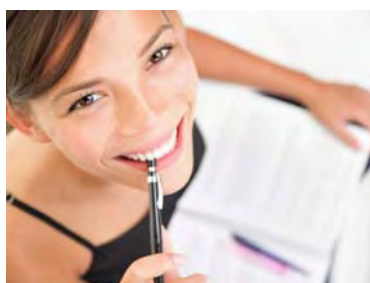
Five Frugal Tips for Saving When Gas Prices Soar

When gas prices climb, consider these suggestions to get the most out of your fill up:

- **Search for the best price.** Gas prices usually vary from one area of town to the other. Websites such as www.GasPriceWatch.com can give you detailed information about the gas prices at stations in your area.
- **Drive sensibly.** Did you know that exceeding the speed limit by just 5 mph can result in an average fuel economy loss of 6 percent? Constant accelerating and braking wastes gas; and according to CNN Money, it can lower your gas mileage by 33 percent when driving at highway speeds and 5 percent when cruising around town.
- **Plan trips in advance.** If you know you have to run multiple errands in a day, make a plan that will help you consolidate the number of trips you have to take. This tactic is also useful for driving down the cost of road trips. Since gas prices vary from one city to another, plan your route so you don't get stuck paying extra because you have no choice.
- **Routinely maintain your vehicle.** Get your vehicle checked on a regular basis to make sure all systems are running smoothly. Make sure spark plugs and sensors are replaced on time and the tire pressure is at the right level. If these aren't maintained, your vehicle will have to work harder, which means guzzling more gas.
- **Look into alternatives.** Research other methods of transportation, like carpooling with co-workers, using public transportation or riding a bicycle. If you're in the market for a new car, consider one of the many hybrids that are available. Ψ



“Worry is a misuse of imagination.” ~ Dan Zadra



Freshmen Cutting Back on the Booze

College as a four-year party isn't as accurate an image these days, according to Outside the Classroom (an organization providing alcohol education training at colleges). As reported by USA Today, the percentage of new college students who say they don't drink has risen from 38 percent in 2006 to 62 percent.

What's behind the new sobriety among young people? Outside the Classroom theorizes that the tough economy has persuaded students to take their education more seriously, and the loss of privacy driven by social networking is reminding young people to curb risky behaviors that might end up online. Ψ



Sunglasses Sense

When it comes to choosing sunglasses to protect your eyes, it doesn't matter what color the lenses are or if you pay \$500 or \$15 for a pair. All that counts is the ability to block harmful ultraviolet rays. The American Academy of Ophthalmology says to read the product label for UV-protection details and choose sunglasses that block 99 to 100 percent of both UVA and UVB rays. Skip sunglasses that are labeled "cosmetic" and those that don't offer details on UV protection. Opt for larger lenses rather than smaller lenses — or better yet, the wraparound variety.

Standard prescription eyeglasses can be treated with a material that provides UV protection while retaining a clear, nontinted appearance. Some contact lenses also offer UV protection — but because contact lenses don't cover the entire eye, it's still important to wear UV-shielding sunglasses when you're outdoors. Ψ

The Upside of Adversity

You've heard the saying: "Whatever doesn't kill us makes us stronger." A multi-year study of 2,400 people by researchers at the University of Buffalo and the University of California supports that old adage. The researchers found that people who had experienced some misfortune in their lives were more adaptable and resilient than those who had encountered little adversity. Ψ



Developing a Habit of Saving

Saving Money, especially these days, can be challenging but not impossible. The secret is starting small and staying the course.

Don't try to save too much all at once. Set a goal of saving just 5 percent of your income every month. Give yourself a regular reminder, perhaps by sending yourself an email every payday; studies suggest people save more consistently if they're reminded on a regular basis.

As time goes on, increase the amount you save. If you're careful and committed, you can probably get up to 10-15 percent, which can add up to quite a lot of money over time. Ψ



Two Stretches for Cubicle Fitness

Like athletes, office workers need to condition themselves for the rigors of their job. Here are two easy exercises to keep in shape at your desk:

Stretch #1: helps to loosen muscles in your hands, wrists and forearms

- Separate and stretch your fingers until you feel tension
- Hold for 10 seconds
- Relax
- Bend your fingers at the knuckles
- Hold for 10 seconds
- Separate and stretch your fingers again, and hold for 10 seconds
- Repeat on the opposite hand

Stretch #2: helps stretch muscles in your arms and upper back

- Interlace fingers
- Turn palms away from you as you straighten arms in front of you at chest or shoulder height
- Feel a gentle stretch in your arms and through the upper part of your shoulder blades
- Hold for 10 to 20 seconds
- Relax before repeating the entire stretch Ψ



GREEK CHICKEN ON A PITA

from www.mealsmatter.org (© 2011 Meals Matter)

Ingredients:

1 Chicken breast, butterflied
 ½ Green and red pepper, cut into strips
 ½ Sweet or red onion, cut into strips
 2 Tbsp tzatziki sauce
 1 Tbsp oil
 ¼ Lemon
 2 – 3 Greek pitas
 3 Tbsp Greek feta
 Salt and pepper

Servings: 2

Prep time: less than 15 min

Cook time: less than 15 min

Instructions:

- Add oil to a pan, and heat to medium
- Make sure chicken is dry, then season with salt and pepper
- Cook for 4 minutes on each side and set aside, covering lightly
- Remove excess oil or juice from pan
- Add oil to the pan, and heat to medium
- Add onions, and 1 minute later add peppers
- Cook until tender (about 2 – 3 minutes)
- Squeeze lemon over onions and peppers
- Remove from heat and serve with pita, tzatziki sauce and feta