

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

Starting Fresh

What would you do differently if you could live your life again? The humorist Erma Bombeck had this to say:

“If I got to live my life over, I would...

- Spend more time listening—and less talking
- Spend more time on loved ones—and less on work
- Spend more time learning from older people in my life—and less trying to convince them I already know it all
- Spend more time with the windows rolled down—and less worrying about mussing my hair
- Spend more time using the stuff I have—and less time collecting it
- Spend more time playing—and less planning
- Spend more time participating in life—and less watching television
- Spend more time on love and forgiveness—and less on anger and insults”

Most of all, wrote Bombeck, “Given another shot at life, I would seize every minute, look at it and really see it, live it and never give it back.”

Consider what you would do differently if you could live life again and, this year, resolve to do it. Ψ



Also Inside This Issue

Page 2

Managing a Child's Meltdown

Credit Q & A

Page 3

National Blood Donor Month

Driving Safely in Dreaded Weather

Page 4

The Root of Regularly Running Behind

Healthy Recipe



“Each of us has a fire in our heart for something. It's our goal to find it and keep it lit.”

*~ Mary Lou Retton
American gymnast & Olympic Gold medalist*

Managing a Child's Meltdown

If you've ever been in the company of a small child who throws a temper tantrum, you know how intense the experience can be for everybody.

Why do kids throw tantrums? In part it's because they are still developing language skills, and the gap between what they can understand and what they can express is extremely frustrating. This inability to articulate often leads to outbursts.

Here are a few tips for getting through them:

- **Keep your cool.** If you respond to inappropriate behavior with some of your own, you will teach your child that losing your temper is OK when you're angry. Set a positive example by remaining in control of yourself and your emotions.
- **Ignore it.** If the tantrum is being thrown to get your attention, ignoring the outburst is one way to handle it—as long as the fit poses no threat to your child or others. Continue your activities. Once the tantrum is over, give him or her the attention that's desired.
- **Don't give in.** If you said no before the fit, you will be best served by standing firm during and after it. If you give in, you will teach your child that he or she can get what they want with unreasonable behavior and demands.
- **Be ready with a hug.** Your child needs to be reassured of your love after a tantrum. Words and gestures of affection are important.
- **Ask for help.** There are a lot of resources available to assist you in managing your child's challenging behavior as well as your own anger and frustration. For parenting resources or to schedule an appointment with a professional, contact Behavioral Health Systems and talk with your Care Coordinator about options for support. Ψ



Credit Q & A

Question: There is an error on my credit report. Doesn't the credit bureau have to help fix this?



Answer: Both the credit bureau and the information provider have responsibilities for correcting inaccurate or incomplete facts in your report.

Start by telling the bureau in writing what information you believe is inaccurate. It must investigate the items in question—usually within 30 days. They also must forward all relevant data you provide about the dispute to the information provider. After the provider receives notice of the dispute, it must investigate, review all details provided and report the results to the credit bureau. If the provider finds their reported information to be inaccurate, it must notify all nationwide credit bureaus so that they can correct the facts in your file as well.

Source: The Federal Reserve System

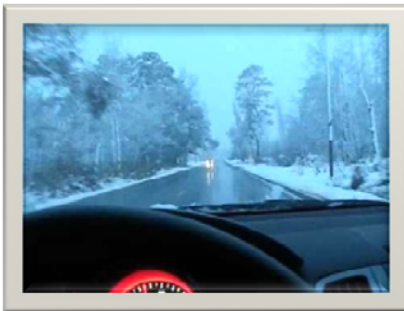
National Blood Donor Month

Since 1970 January has been declared National Volunteer Blood Donor Month, and with good reason. Because donations are consistently low during this time of year, the American Red Cross urges everyone to make donating blood a priority this winter. Your help could mean hope for those in need.

To find out where you can give blood and to schedule your appointment, go to www.redcrossblood.org or call 1-800-RED-CROSS for additional information. Ψ



Driving Safely During Dreaded Weather



The safest place during a snowstorm or freezing rain may be at home, but sometimes one can't avoid driving in lousy weather. To stay safe on the road, consider these tips:

- **Keep the car in good condition.** Regular maintenance and tune-ups will improve its performance in the winter. Particularly, make sure the tires are fully inflated, as tire pressure will decrease in cold weather.
- **Clear all snow from the vehicle.** Remove all snow from the car, including the hood, roof and trunk. Be sure all windows are clear before starting to drive, and that wiper blades are cleaning properly.
- **Test the car's performance when heading out.** Start out slowly so the vehicle's steering and brakes can be checked.
- **Accelerate and decelerate with care.** Hitting the gas or stomping on the brake can increase the car's tendency to skid.
- **Don't use cruise control.** While using cruise control, one's foot may not be near the pedals. This can be especially dangerous if an icy patch is encountered unexpectedly.
- **Watch out for bridges and exit ramps.** Bridges and overpasses freeze more quickly and defrost more slowly than surface roads. Exit ramps may receive less anti-icing treatment.
- **Keep a safe distance.** Allow more room than usual to stop or swerve if the vehicle in front encounters an unexpected problem. Ψ

The Root of Regularly Running Behind

Are you always running late? Maybe you're legitimately busy, but sometimes chronic lateness springs from other factors. The danger is that being late all the time can give a reputation for being undependable or careless.

If you struggle with consistent tardiness, considering the following psychological causes that may be behind it:

- **Validation.** Being busy can be a measure of success for some—"Look at all the customers/projects/important tasks I have!" But if you overextend yourself, you may burn out. Teach yourself to track other metrics that don't overwhelm your day.
- **Adrenalin.** For some people, rushing to every meeting and event provides excitement. If you're enjoying the chase too much, look for other activities to fill your need for thrills. Skydiving, anyone?
- **Control.** Making other people wait for you—instead of the other way around—is one way to keep the reins tight. The problem is that people don't like or appreciate it—especially your boss or customers. Remind yourself that other people's time is important too.



- **Anger.** Sometimes we "punish" people by forcing them to waste time waiting for us. This behavior will not solve any problems and may exacerbate them. If you have an issue with someone, talk it out openly. You will both save a lot of time. Ψ

Dijon Chicken Smothered in Mushrooms

Ingredients:

- 4 boneless skinless chicken breasts (about 1 lb)
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons olive or canola oil
- ½ cup roasted garlic-seasoned chicken broth
- 1 jar (4.5 oz) sliced mushrooms, drained
- 1 ½ tablespoons Dijon mustard
- Chopped fresh thyme, if desired

Prep Time: 20 minutes; **Cook Time:** 20 minutes

Servings: 4

Instructions:

- Place chicken breasts between pieces of plastic wrap or waxed paper and gently pound with rolling pin until about ¼" thick

- In shallow pan, stir together flour, salt and pepper
- In 12" nonstick skillet, heat oil over medium-high heat
- Coat both sides of chicken with flour mixture
- Cook chicken in hot oil 6–8 minutes, turning once, until chicken is no longer pink in center; Remove to serving plate; Cover to keep warm
- Stir broth into skillet and heat to boiling over medium-high heat; Stir in mushrooms and mustard; Cook 2–3 minutes, stirring frequently, until slightly thickened
- Spoon sauce over chicken and sprinkle with thyme

Nutritional Information

Per Serving: 240 cal, 11g fat, 27g protein, 8g carbs

