



SEPTEMBER 2008

Helping Organizations Retain Their Most Valuable Asset

FOR YOUR INFORMATION

Cholesterol Awareness

What is Cholesterol?

- Cholesterol is a fat-like material in your blood. Your body makes its own cholesterol. When you eat foods that have a lot of fat or cholesterol, you can have too much cholesterol in your blood.
- Cholesterol can build up on the inside of blood vessels in your heart. If too much cholesterol builds up, then the blood cannot flow through to your heart. This can cause a heart attack.

What can you do?

- Cut back on fatty meats, fried foods, whole milk, fatty cheeses, butter, margarine, oils, lard, and creams.
- Cut back on food with lots of cholesterol, such as egg yolks and whole eggs.
- Eat more fruits and vegetables.
- Cut back on fatty snacks and desserts, such as candy, cookies, doughnuts, muffins, pastries and pies.
- Exercise at least 30 minutes most days.
- If you are overweight, try to lose weight. Even a small amount of weight loss can help lower your bad cholesterol, and you will also help your health in other ways.
- Ask your doctor if you need to take medicine to help lower your cholesterol.

How do you find out if you have high cholesterol?

- Go to the doctor and ask for a cholesterol test. The test will let you know how much good and bad cholesterol you have.
- Your total cholesterol number should be under 200.

Coping With the Threat of Terrorism



Many people feel a heightened level of anxiety and vulnerability with the widespread media attention on a possible terrorist attack in our country, viewing news coverage of terrorist attacks committed throughout the world and from viewing coverage of the war in Iraq. With this month being the 7-year commemoration of the horrifying 9/11 terrorist attack in our country, we offer tips to help people cope with the range of reactions they may experience in response to terrorist acts, or the threat of a terrorist attack in our country.

Strategies for coping

The National Mental Health Association recommends the following strategies to help Americans maintain their emotional well being in light of the threat of terrorism and violence:

- Remain engaged in the world by staying connected with people. Don't withdraw. Talk to family, friends or co-workers about your fears. By talking with others, you can relieve stress and realize that others share your feelings.
- Keep up with the news, but don't watch it around the clock. Limit your exposure to images of terrorism and war. Especially avoid television news programs.
- Take necessary precautions, but don't overdo it. Make an emergency communication plan with family and friends. Re-introduce yourself to neighbors and exchange phone numbers.
- Maintain your regular routine and include time to do things you enjoy.
- Get involved in local activities. Attend a meeting on community preparedness, send a donation to a relief fund or find other ways to volunteer.
- Take care of your health. Make time for exercise and other pleasurable activities that distract you and lower your stress level. Avoid use of drugs and alcohol. Stay in touch with your spirituality.
- Ask for help. Asking for help is not a sign of weakness. Talk with a trusted relative, friend or spiritual

Source: FDA Office of Women's Health, 2005.
From website: <http://www.fda.gov/womens/getthefacts/cholesterol.html>

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advisor. If you are anxious or if your "down" feelings don't go away or are so intense that they interfere with your daily life, seek the help of a mental health professional.

HMS is here to help

If you need help coping with anxiety or stress, contact Human Management Services (HMS) for CONFIDENTIAL counseling, referrals or information. HMS is available to help you or your immediate family members with personal, family or work-related concerns. If you need help, why not call an HMS counselor today? We're here to help you.

HMS SERVICES

**PROVIDED BY YOUR
EMPLOYER FOR YOU AND
YOUR DEPENDENTS**

This confidential prepaid program is designed to help employees and their eligible dependents resolve problems which may be interfering with their personal, work or home life. HMS offers help for marital and family issues, substance abuse, job concerns, emotional problems, life adjustments, legal issues, financial matters, and elder care and child care referrals.

If you're experiencing problems which are causing concern, you and your HMS counselor can work as a team to find solutions.

Call HMS for Help:

24 Hours a day: 800-343-2186

www.hmsincorp.com



According to the U.S. Surgeon General, at any given time, approximately 3.5 million children and teenagers suffer from depression. Alarmingly, an average of more than 1,000 teenagers attempt suicide each day. It has become the third-leading cause of death among teenagers. In most of these cases, depression is a factor.

Signs of teen depression

Because the teen may not always seem sad, parents and teachers may not realize that troublesome behavior is a sign of depression. Adolescent psychiatrists advise parents to be aware of the signs of teen depression. If one or more of these signs persists for more than two weeks, parents should seek professional help:

- Poor performance in school
- Withdrawal from friends and activities
- Sadness and hopelessness
- Lack of enthusiasm, energy or motivation
- Anger and rage
- Overreaction to criticism
- Poor self-esteem or guilt
- Indecision, lack of concentration or forgetfulness
- Restlessness and agitation
- Changes in eating or sleeping patterns
- Substance abuse
- Problems with authority
- Suicidal thoughts or actions

* Source: National Mental Health Association

Additionally, teens may experiment with drugs or alcohol or become sexually promiscuous to avoid feelings of depression. Teens also may express their depression through hostile, aggressive, or risk-taking behavior.

Treating teen depression

If you suspect that your teen may be suffering from depression, understand that depression is not simply a passing blue mood. Your child cannot simply get better by being "more positive." Depression is the result of a chemical imbalance in the brain.

It is extremely important that depressed teens receive prompt, professional treatment. Comprehensive treatment often includes both individual and family therapy. It may also include the use of antidepressant medications. Getting treatment as soon as possible is important because the earlier treatment begins, the more effective it can be.

Call HMS for confidential help

If you suspect that your child may need help for depression, call Human Management Services (HMS) for professional and confidential help. HMS counselors are specially trained to help people get the right kind of help for depression.

NOTE: Professional help should be sought immediately if a person is experiencing suicidal thoughts.

