



OCTOBER 2009

Helping Organizations Retain Their Most Valuable Asset

FOR YOUR INFORMATION

National Breast Cancer Awareness Month

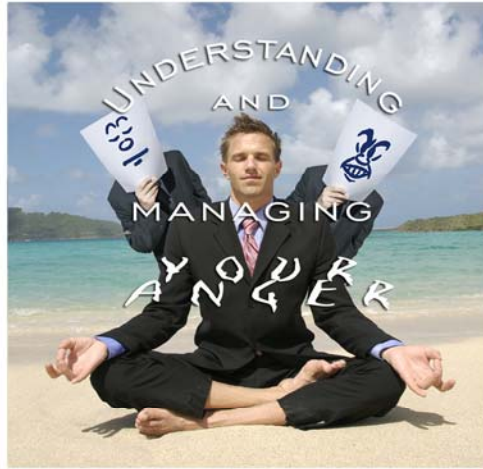
Each year, the third Friday in October is National Mammography Day. On this day and throughout the month, radiologists provide discounted or free screening mammograms. In 2009, National Mammography Day will be celebrated on October 16.

To learn which facilities in your area are taking part in the event, call any of the organizations listed below. For additional information on Breast Cancer we have included their web sites for your convenience.

American Cancer Society – (800) 227-2345 or www.cancer.org
 National Cancer Institute – (800) 4-CANCER or www.cancer.gov
 American College of Radiology – (800) 227-5463 or www.acr.org
 Breast Cancer Network of Strengths – 1-800-221-2141 or www.networkofstrength.org

American Cancer Society Recommendations for Early Breast Cancer Detection:

- Women age 40 and older should have a mammogram every year, and should continue to do so far as long as they are in good health.
- Women in their 20's and 30's should have a Clinical Breast Examination (CBE) as part of a periodic (regular) health exam by a health professional preferably every 3 years. At age 40, women should have a breast exam by a health professional every year.
- Woman should report any breast changes to their health professional right away. Breast Self Examination (BSE) is an option for women starting in their 20's.
- Women at increased risk (e.g., family history, genetic tendency, past breast cancer) should talk with their doctor about the benefits and limitations of starting mammograms when they are younger or having additional tests (e.g., breast ultrasound or MRI).



One out of five Americans has an anger management problem. It is the major cause of conflict in our personal and professional relationships. Child abuse, spousal abuse, divorce, addiction, workplace violence and crime are just a few examples of what happens when anger is mismanaged. Additionally, illnesses such as heart disease, some cancers, depression and anxiety are associated with chronic, mismanaged anger.

What can you do if you have a problem with anger?

First, recognize the difference between angry feelings and angry actions. Many people confuse the way

they act when they are angry - yelling, crying, blaming, striking or pouting, for example - as anger itself. All of these are behaviors. They are ways of responding to anger, but they are not anger itself. Anger is a feeling. Separating angry feelings from angry actions is important because we can change angry actions. We can teach ourselves to become aware of our feelings and to choose how we act on them.

How are you feeling right now?

- Anxious Worthless Hostile Depressed
 Mean/evil Revengeful Bitchy Bitter
 Rebellious Paranoid Victimized Numb
 Sarcastic Resentful Frustrated Destructive

These are some of the names that we give to our feelings of anger. Identifying your feelings of anger will make your anger more specific. This is the first step in resolving an anger problem.

What is causing your anger?

Most people don't want to acknowledge negative feelings. Many don't even recognize that they have them. Yet acknowledging any negative feelings you have is essential to resolving your anger problem. Carrying around repressed anger from our past - characterized by negative feelings such as those listed above - is the cause of many people's anger. Until you acknowledge your negative feelings and make an effort to understand them, they will drive your anger and undermine your life. The good news is that you can learn to understand your negative feelings and learn effective and appropriate ways of dealing with anger.

Who or what is making you angry?

It's natural to believe that external events upset you. People often experience anger when they are insulted, irritated, frustrated, treated unfairly or physically confronted. The common expression is, "You made me angry." But, believe it or not, no external person or event can be the cause of your anger. We are not externally controlled by others. We are in charge of how we respond to events and people.

24 Hours a day: 800-343-2186 www.hmsincorp.com

No matter how outrageous or unfair others might appear to you, they do not create your anger, you do. We can't control what others do, but we can control how we respond to others.

How can I control my anger?

You can learn to better manage your anger by following these four basic steps:

Step 1: Acknowledge your anger - The first step in dealing constructively with anger is to admit when you are angry. Trying to cover it up to avoid conflict or pretending that it isn't there will only make it come out in some other way and distance you from other people. You may have been denying anger for such a long time that it will take some practice to recognize when it's there. But, if you start looking for it, you'll begin to see that many things stir up angry feelings.

Step 2: Explore your anger - Try to identify what it is you are angry about. The cause of anger isn't always obvious. We're so accustomed to shutting off our feelings that we might have to think seriously about the cause of our anger before we can identify it. What made us angry might not be the last thing that happened today, but the first. Or it might have happened yesterday, last week or last month. If you've identified the cause, think about it before you act. Could it have been avoided? Were you partly responsible for it because of poor communication?

Remember, others don't "make" you angry. You are responsible for your own feelings.

Step 3: Express your anger - Communicate your anger in a healthy way. If the anger was caused by something that someone said or did, tell the person how you feel in calm and respectful manner. How we talk makes a difference. If the goal of expressing anger is to communicate, we need to find ways of letting off steam without attacking, blaming or accusing the other person. Also, effective communication is a two-way proposition. Both parties need to have their needs and feelings heard.

Step 4: Let go of your anger - Once you've verbalized your anger let it go. Remind yourself that you've done all you can by expressing your feelings in a healthy manner. For many, this can be very difficult. But clinging to the resentment of having been done wrong means continuing to carry the anger inside.

Children Have More Than Twice The Danger Of Pedestrian Deaths And Injuries On Halloween

According to the Automobile Club of America, children aged 12 and under are more than twice as likely to suffer death or injury from being hit by a car on Halloween than on other comparable days in October or November. Young children out trick-or-treating are particularly at risk because they are usually out near dusk or later when visibility is lowest. The key, says the Auto Club, is for drivers and pedestrians to "see and be seen."

Halloween safety tips

To help keep your children safe on Halloween, the Auto Club recommends the following trick-or-treat tips:

- Parents or an older teen should accompany young trick-or-treaters. If a parent or adult cannot accompany children, they should trick-or-treat with a group of friends.
- Carry a flashlight both to light the way and to make children visible to motorists.
- If trick-or-treating at night, wear a light colored costume with reflective tape.
- Using face make-up is safer than wearing a mask. If a mask is worn, remove it before crossing the street to improve the ability to see oncoming traffic.
- Plan the trick-or-treat route in advance and pick well-lit streets. Parents should be familiar with streets on which children will be trick-or-treating. Children should only go to homes where residents are known and have outside lights on as a sign of welcome. Children should not enter homes or apartments unless accompanied by an adult.
- Cross streets only at corners, not between parked cars or in the middle of the block.

The Auto Club recommends the following Halloween safety tips for motorists:

- Stay alert for children crossing streets at all locations, not just corners and intersections.
- Drive slowly in residential areas.
- Don't run red lights. Give yourself time to reach your destination.
- Check vehicles' headlights, taillights, brake lights and turn signals to ensure they are in proper working condition.
- Clean windows and headlights to improve visibility.

HMS is here to help

If you need help with other parenting or family issues, Human Management Services (HMS) can help you with FREE and CONFIDENTIAL counseling, referrals or information. HMS is available to help you or your dependents with any personal, family or work-related concern. Why not call an HMS counselor today? We're here to help.

Contact HMS for confidential help

If you or a family member needs help in managing anger, or learning how to better-handle another person's anger problem, Human Management Services (HMS) can help you. We provide free and confidential counseling, referrals or information to help you or your dependents deal with personal, family or work-related issues. 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, 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

