EXCHANGE HMS
SPECIALIZING IN EAP AND WORK/LIFE ISSUES

May 2011

Helping Organizations Retain Their Most Valuable Asset

ADJUSTING TO THE PROCESS OF AGING

June 21st at 12 pm, 2 pm, and 4 pm EST

Explore the impact of the natural aging process. Identify the physical changes and emotional adjustments that happen as our bodies age. Learn positive choices to help achieve healthy aging.

You can register at www.hmsincorp.com
Click "Employee/Family Login"
Enter your Username and Password
On the left hand side of the page.
Click access Online Work/Life Services. Go to the Bottom of the page and register for "Adjusting To The Process of Aging"

Many preventable illnesses take a toll on the longevity of men's lives, unfortunately contributing to the unattractive statistic that men do not generally live as long as women do. Most are lifestyle-related. Although men are less proactive than women when it comes to preventive health care—undoubtedly also part of the reason men lead shorter lives—men's attitudes are changing for the better according to experts.

It's good timing, because many of the illnesses that target men in their middle age are becoming more prevalent. They include heart disease, diabetes, bowel cancer, gallstones, prostate cancer, testicular cancer, and arthritis.

If you're a man, check out the "blueprint" for men's health at www.menshealthnetwork.org. You will find a comprehensive tally of the things you need to be targeting for prevention before they target you first.
Source: www.menshealthnetwork.org/blueprint/; also check out the Centers for Disease Control and Prevention's section on men's health at www.cdc.gov/men.

Start a stress garden and grow your own anti-stress foods in season! Many foods can help you manage stress because of the nutrients they contain. One of these “anti-stress” nutrients is magnesium. Foods high in magnesium include spinach, beets (especially the stems), blackberries, and raspberries. Magnesium plays a role in relaxing muscles, works in concert with other metabolizing functions of the body that contribute to reduced stress. It also aids sleep and helps reduces anxiety. Discover more about foods and their contribution to your health at Nutrition.gov.

Plan Tomorrow Tonight!

Here’s one daily habit you should start tonight. Set aside 30 minutes each night to review your plan for the following day. Once your day begins, you’re off to the races. It may be difficult to take a breather and plan your day on the run. You have the ability to store a thousand ideas and details associated with your day. However, you can work on only one thing at a time. Planning your day the night before acts as a sorting-out process and calms the nervous system, which has been in hyper mode all day. It’s the equivalent of straightening up a messy workshop before beginning the next project. The benefit is the feeling of being more in control and less overwhelmed by a morass of issues and concerns. And it may improve your sleep!

HUMAN MANAGEMENT SERVICES (HMS)

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 Confidential Help 24 Hours a day:

800.343.2186

www.hmsincorp.com

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