LIFE IN *BALANCE*

Your guide to healthy living.

Let it Go

Though it was a popular song in the movie "Frozen," the phrase "Let it go" has had a long history in our vernacular. Letting go of things can be a sign of positive mental health, and the ability to not sweat the small stuff, or carry grudges. But, it doesn't come without effort.

The ability to let go of emotional baggage, hurt, personal slights, and troubles does take some honing. Typically, it does not come naturally to a person, so, it does take some thought.

The next question then is, "How do I get there?" There are some simple steps to making this happen:

- **Learn to like who you are** – It's easier to let things go when they don't feel as though they will stick. When you like who you are, you can acknowledge bad things sometimes do happen. But, they don't have to stick.
- **Work hard at not taking things personally** – If a person says something hurtful, it may not be something you can fix. Choose not to retaliate and move on.
- **Replace negative thoughts with positive action** – How you think leads to how you feel, and in turn, how you act. By practicing living as though you are positive and letting things go, you can perhaps change your outlook and what you think.
- **Practice forgiveness** – It's an essential part of letting things go. It's a conscious choice you make to not carry that hurt or baggage with you. But, strength can also come from forgiving yourself too. Letting go things you have done (in forgiving yourself) can be a vital part of moving forward.

If you are struggling to let things go, why not elicit a little help? Your Aspirus Employee Assistance team can get you on the right path to moving forward.

ASPIRUS™
Passion for excellence.
Compassion for people.

Confident, or Not?

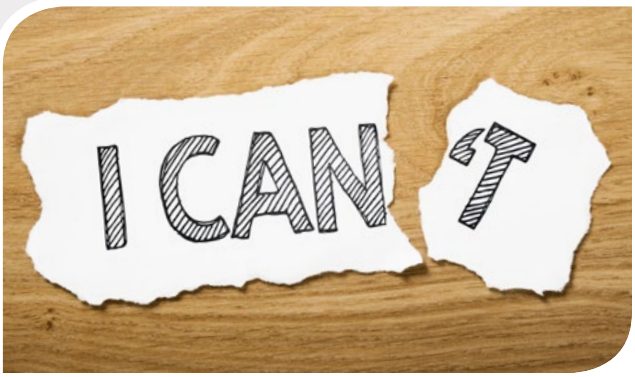
Confidence means feeling sure of yourself and your abilities. Confidence isn't about feeling superior to others; it's a quiet inner knowledge that you're capable. When confident, you are more likely to move forward with people and opportunities. And if things don't work out at first, confidence helps us try again.

Generally confident people:

- Feel secure
- Know they can rely on their skills and strengths
- Feel ready for everyday challenges
- Think "I can" instead of "I can't"

Everyone can work to gain more confidence. Here are a few suggestions:

- **Shake off self-doubt** – When we doubt our abilities, we may feel inferior, unworthy, or unprepared. That can make us avoid people and situations we might enjoy and grow from.
- **Take a safe risk** – Volunteer to work on a project or become a committee member. Share your knowledge and skillsets.
- **Dare to be the real you** – Let others see you for who you are, including your insecurities. Insecurities are easier to move past when we don't feel like we have to hide them.
- **Don't criticize yourself** – If something shakes your confidence, learn from what happened and think what you could have done differently for next time. Remind yourself of your strengths and the things you've achieved.



Getting Along With the Other Parent

Whether you're divorced, separated, or have broken up with a partner with whom you share children, you understand the difficult task ahead of you—having to communicate about the children. While your Employee Assistance Program cannot give you legal advice, we can offer tips on how to talk to each other to keep the children's best interests at heart. No matter the circumstances of the break-up, unless you legally cannot have contact, you and your ex will need to work out details in regard to care of the children. Here are some tips that may work for you:

- **Keep the conversations short, civil and stay on task. Try not to fall into arguments or accusations by baiting the other person.**
- **Focus on treating the other parent with dignity— treat them as you would like to be treated.**
- **Ask the other parent about things your children have said to you that you don't agree with (i.e. kids may say your ex did/said something you don't approve of or didn't agree to). Try not to ever question your children.**
- **Finally, do your best to not put down the other parent in front of the children.**

Please remember if you parent in a healthy manner, your children will adjust better and you may even find they are more cooperative as well.

Suicide Prevention Starts With Understanding

September is Suicide Awareness Month, but more important than awareness is understanding. Too often people see suicide as a weakness of character. Suicide is not connected with character or the need for more positive thinking. It is directly linked to a person's mental health.

Suicide cannot be prevented with thinking one's way out of it. That may be the exact opposite of what is needed if the person's thinking is distorted with mental anguish. However, understanding can facilitate healing; not only understanding in the person themselves, but in their support system as well.

There are supports, providers, groups, medicines and treatment for mental health concerns that are linked with suicidal thoughts. Suicide is not the direct issue; it's the consequence of a hurting mind. Therefore, the more understanding of the cause of hurt can decrease the possibility of suicide.

If you, or someone you care about, is struggling with mental health concerns the first step is listening and attempting to understand. It could save a life.

For more information, you can contact your Aspirus Employee Assistance Services, or National Suicide Prevention Lifeline at:

1.800.273.TALK (8255) or suicidepreventionlifeline.org

The Basics to Cooking with Oil

There is a lot of information about how oils provide many health benefits for us, but not as much information on how to cook with them. Remember that even though a number of cooking oils can provide you with many different health and heart benefits (check out www.heart.org for more information), and can add delicious flavor to dishes, they are still considered a fat and have around 120 calories and 13gms of fat in only 1 tablespoon.

Look for the words cold pressed vs. expelled pressed on labels:

- **Cold pressed** oils are exposed to very little or no heat compared to expelled pressed.
- **Expelled pressed oils** are more processed. The more oils are exposed to heat the more they can lose their flavor and nutritional benefit. In addition this process could lead to potential forms of harmful byproducts.

Other things to look for when buying oil:

- **Buy unrefined oils** (unrefined oils can appear cloudy at times and will have a shorter shelf life, but will have more nutritional values/benefits, and more flavor/color/fragrances).
- **Look at the smoke point** (high smoke points are better for cooking over heat).
- **Look for oils in dark color** bottles.

Cooking:

- **Use low to medium heat.**
- **Discard oil and food if oil starts to smoke** (usually looks like your whole skillet is smoking and not just the food in the skillet), once oil starts to smoke it can produce harmful buy-products.

Different oils react differently to heat some are better to use for cooking and baking, while others are better to use to top salads and in marinades. The following are some suggestions on how to use them.

Baking – coconut, palm, canola, and sunflower oils

Frying – peanut, avocado, sesame oils

Sautéing – canola, olive, coconut, grapeseed, avocado, and sesame oils

Dipping/Dressings/Marinades – olive, flaxseed, peanut, and walnut oils

Storage:

Unlike wine, oils do not get better with age. Oils can be damaged by heat and light so store them in a cool dark place and dark glass bottle. Storing oils in the refrigerator can help prevent oils from becoming rancid. Some studies have indicated rancid fats may promote cancer and heart disease. If oil develops a bad taste or smell it's a good indication to throw it out.

References: eatright.org, heart.org

BH-086 (am 8-31-16 DRAFT)

Confidential Helpline

800.236.4457

Counselors available 24/7

ASPIRUS™
Passion for excellence.
Compassion for people.

Oakview Professional Building
3000 Westhill Dr – Suite #100, Wausau, WI 54401

Aspirus Stevens Point Clinic
5409 Vern Holmes Dr, Stevens Point, WI 54482

Aspirus Doctors Clinic
2031 Peach St, Wisconsin Rapids, WI 54495

Curran Professional Park Building
315 S Oneida Ave, Rhinelander, WI 54501

*Information in this publication, **Life in Balance**, is for general purposes only and is not intended to replace the counsel or advice of a qualified health professional.*