

# LIFESTYLE



The EAP Division of Recovery Resources

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## Timely Information for Personal Success

### Clean Up Your Act

Looking to make friends at work? Don't leave a trail of breadcrumbs in the kitchen, an OfficeTeam survey suggests. Forty-four percent of workers interviewed said making a mess for others to clean up is the most annoying breakroom behavior. Stealing a co-worker's food came in second, with 19% of the response, followed by leaving expired or spoiled items in the refrigerator (18%).

"Leaving messes in a common area will have colleagues wondering whether you're just as careless in other aspects of the job," said OfficeTeam executive director Robert Hosking.

OfficeTeam offers these lunchroom tips:

- ❖ **Remember what your mother told you.** If you spill something in the microwave or on the counter, wipe it up. It's also common courtesy to refill anything you've emptied in the kitchen, such as the coffee pot or napkin dispenser.

- ❖ **Spare the air.** You may love the smell of your famous "seafood surprise," but your co-workers might not share your enthusiasm. Avoid bringing extremely pungent foods to the office that could offend your colleagues' senses.

- ❖ **Stake your claim.** Label your food with your name and the date. This will ward off breakroom bandits and make it obvious when the item should be thrown away.

- ❖ **Get the hint.** Schedule alerts on a breakroom or other calendar so you'll remember to take home or toss out leftovers or groceries from the refrigerator. This will help free up storage space for co-workers.

- ❖ **Do a little dirty work.** Clean up around the breakroom even if someone else created the mess. By picking up a piece of trash or wiping a table, you'll set a good example to follow. If you see an ongoing issue with breakroom etiquette, consider asking management to implement a conduct policy – or reinforce an existing one. ❖

Source: OfficeTeam ([www.officeteam.com](http://www.officeteam.com)).

### Are We There Yet?

With many families planning vacations this time of year, the following are some tips to help make summer trips enjoyable experiences – not horrible times best forgotten.

- ❖ **Make a list of what clothes to pack,** including the type of clothing, but allow children to choose their favorite items.

- ❖ **Do people know where you're going?** Provide friends or relatives with phone numbers and addresses of hotels, etc. Coming up with an emergency plan or meeting point is also a good idea in case family members become separated.

- ❖ **Plan a daily schedule,** but make sure it includes some flexible, free time. Rigid plans in

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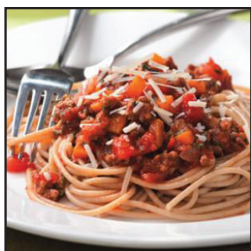


CLIP-N-SAVE! [www.eatingwell.com](http://www.eatingwell.com)

## Healthy Recipe: Spaghetti & Quick Meat Sauce

### INGREDIENTS:

- 1 pound whole-wheat spaghetti
- 2 teaspoons extra-virgin olive oil
- 1 large onion, finely chopped
- 1 large carrot, finely chopped
- 1 stalk of celery, finely chopped
- 4 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 pound lean (90% or leaner) ground beef
- 1 28-ounce can crushed tomatoes
- 1/4 cup chopped parsley
- 1/2 teaspoon salt
- 1/2 cup grated Parmesan cheese



### DIRECTIONS:

❶ Bring large pot of water to boil. Cook pasta until tender, 8-10 minutes. Drain. ❷ Heat oil in large skillet over medium heat. Add onion, carrot, celery and cook, stir occasionally, until onion begins to brown, 5 to 8 minutes. ❸ Stir in garlic & Italian seasoning; cook about 30 seconds. Add beef, stir and break up with spoon, until no longer pink, 3-5 minutes. Increase heat to high. Stir in tomatoes and cook 4-6 minutes. Stir in parsley and salt. ❹ Serve sauce over pasta, sprinkle with cheese.

### NUTRITIONAL INFORMATION:

- Calories per serving: 384
- Carbohydrates: 52 g.
- Protein: 28 g.
- Sodium: 416 mg.
- Fat: 9 g.
- Saturated fat: 3 g.
- Fiber: 10 g.

Remember, for confidential assistance call:



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### Lifestyle TIPS®

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## Painkiller Use Increasing: Report

Prescription painkillers kill about twice as many people as cocaine and five times as many as heroin. Nearly two million Americans are dependent on or abusing narcotic (opioid) pain relievers — nearly twice as many as are addicted to cocaine. Because opioid painkillers target the same brain receptors as heroin, causing euphoria, they carry the risk of addiction.

On TV shows, drug addicts are often depicted as criminal characters making deals on dark street corners. In fact, people abusing painkillers are most likely to obtain them from friends or family than from any other source, reports a recent issue of the *Harvard Mental Health Letter*.

Dr. Michael Miller, editor-in-chief of the *Harvard Mental Health Letter*, explains that **treatment** for a painkiller addiction is most successful when it consists of two phases: **detoxification** to reduce or eliminate withdrawal symptoms after opioid use stops, followed by a longer (and sometimes indefinite) **maintenance** phase. In addition to counseling, most people addicted to painkillers require a medication such as methadone or buprenorphine during both detoxification and maintenance therapy. ❖

Source: *Harvard Health Publications*.

## Are We There Yet?

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which you feel you **HAVE** to be in point X by Y time — unless you absolutely need to be there due to a set closing time, etc. — will only add stress when deadlines aren't met. Allow yourself time for the spontaneous things that sometimes prove to be more fun than planned events and activities.

❖ **Reduce arguments in restaurants** by making it clear to children ahead of time what kind of food they can order or how much you will spend. Consider giving an older child a daily spending allowance, which can teach money management.

❖ **Bring along age-appropriate toys and activities.** To encourage family time, and not just solitary activities (like DVDs and iPods), try something old-fashioned like counting how many different states you can spot on license plates.

❖ **Make sure any medications a child is taking** are in front of the car. Also, be sure to bring enough along for the entire trip.

❖ **If the trip is going to be long**, be sure to pack enough blankets and pillows. ❖

Sources: [www.mamashealth.com](http://www.mamashealth.com), [www.travelsense.org](http://www.travelsense.org).

## Did You Know?

Coffee can be good for you! Coffee is linked to short-term increases in metabolism. One study showed that two cups of coffee caused a 145-pound woman to burn 50 additional calories over a four-hour period!

However, there is a kicker: this only applies to **BLACK** coffee. Sugar, cream, etc., adds calories and will cancel the benefit. If “plain” coffee isn't your thing, you might want to try jazzing up your black coffee by brewing a different variety, such as a darker roast or “jazzy java”, as but a few examples. ❖

