



# CONNECTIONS

## LOCAL EFAP NEWS

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### Feature of the Month

#### EFAP/North

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#### How to Get That Second Wind

Feeling run-down? You'll turn up the energy in five minutes if you...

**REFUEL.** Snack on fiber-rich munchies, such as dried apricots, celery sticks, an apple or a few pistachio nuts. **Benefit:** The fiber helps control the release of glucose (a sugar) into your bloodstream and may prevent energy dips.

**BREATHE DEEPLY.** Every 1-2 hours, spend 5 minutes inhaling and exhaling deeply. It will help you feel calmer and more mentally focused, with renewed energy.

**TAKE A VISUAL VACATION.** Close your eyes and mentally escape by imagining a peaceful scene on an island, in a meadow or by the ocean. "Seeing" yourself relaxed can be rejuvenating.

**SNAP OUT OF IT.** Splash cold water on your face or pop a breath mint—mint flavors are stimulating.

**TAKE A "GOOD NEWS" INVENTORY.** At the end of the day, write down all the good things that happened. You'll be surprised at how much went right. Plus, you'll set yourself up for a good night's sleep ... and energize yourself for tomorrow.

#### How to Boost Your Brainpower

Do you sometimes feel as if your brain is running on empty? Here's how to keep it in shape so you can pump up your problem-solving abilities, fight forgetfulness and think more clearly and creatively:

**PRACTICE MENTALLY.** Studies of athletes indicate that imagining a tennis serve or ski run between competitions can boost performance. **Possible reason:** Mental rehearsals may build mental "muscle" by sparking the brain connections needed during the real thing.

**FOCUS YOUR ATTENTION. To help remember "where":** If you tend to misplace your car keys, for example, say to yourself: "I'm placing the keys on the shelf by the hallway mirror." **To help remember "when":** Note the weather, the day's headline news or what you're wearing at the time of performing a task.

**USE IT OR LOSE IT.** Research suggests that as you age, you can reverse a decline in thinking abilities by becoming more mentally active.

**KEEP FIT.** Keep physically active, manage stress and maintain a positive attitude.



**HAPPY NEW YEAR!**

# CONNECTIONS

## How to Manage Anger



Frequently losing your temper not only alienates others, it can contribute to health problems, including headaches, upset

stomach and heart attack. **To take control:**

**COUNT TO 10.** When something angers you, give your body time to defuse before you react. Take three or four deep breaths. **Ask yourself:** “Will this really matter a week or a month from now?”

**WALK IT OFF.** Go for a short stroll until you calm down. **Helpful:** Find a quiet place where you can think things through calmly and take a second look at how you’re reacting to a situation.

**DISTRACT YOURSELF.** **Example:** Instead of pounding on the horn in a traffic jam, play soothing music or listen to an upbeat program. At work, dive into a task to turn negative energy positive.

**KEEP A LOG.** Monitor hostile thoughts to discover how frequently your temperature rises.

**Benefit:** You’ll help sort out the real causes of your anger, which are often things over which you have no control.

**ASK FOR HELP.** If managing outbursts seems impossible, don’t be afraid to try counselling, meditation, lifestyle changes or other kinds of on-going psychological help. Your health—and your relationships—may depend on it.

## 5 Common Headache Triggers

Headache sufferers spend more than \$4 billion a year on over-the-counter pain relievers. But prevention costs you nothing. **Here are five leading headache culprits to watch out for:**

- 1. Stress:** Frayed nerves are a frequent cause of “tension” headaches and may also trigger migraines. **Ideas:** Take 30 minutes a day just to daydream, meditate or otherwise relax. Daily exercise also helps ease stress and tension.
- 2. Eyestrain:** Focusing on one object for a long time (such as a computer screen) can cause temporary head pain. **Suggestions:** Take occasional “eye breaks” by looking out a window; consider an eye exam to see if a vision problem may be a factor in your headaches.
- 3. Diet:** Certain foods contain substances that can trigger headache pain. **Examples:** caffeine, red wine, processed meats, chocolate, cheese citrus fruits, lentils, snow peas and monosodium glutamate (MSG).
- 4. Sitting:** Staying seated for long periods, especially if you’re on the phone or hunched over for extended periods, can tighten muscles and lead to tension headaches. **Self-defense:** Shift positions; stretch once an hour; stand during phone conversations; take a lunchtime walk.
- 5. Sleep:** Too little or, surprisingly, even too much sleep can bring on headaches. **Best:** Control your body’s internal “clock” by going to bed and getting up at the same times each day.

# CONNECTIONS

## The Members Page



### AIDS COMMITTEE OF NORTH BAY AND AREA

The Aids Committee of North Bay and Area joined EFAP/North in June 1999. Although it is one of our smaller members it has always been active and supportive of our mission statement.

They provide services to anyone who is infected and/or affected by HIV/AIDS or Hepatitis C. Their services extend from Kirkland Lake to Huntsville and from Mattawa to West Nipissing.

**Anonymous phone line and answering service:** After business hours you may leave messages for members of the staff on the confidential voice mail system. The ACNBA does not subscribe to call display.

**Lounge:** Our lounge is available for visiting, watching television or videos, reading, or just relaxing. A computer with internet access is available for use.

**Resource Library:** Over 100 books and videos available.

**Needle Exchange:** Available at any time during the agency's regular business hours.

**Education Services:** The HIV/AIDS Education Coordinator is available to provide seminars or presentations for individuals, community groups, agencies and schools.

**Hepatitis C Services:** The Hepatitis C Program Coordinator provides support to individuals who are infected and/or affected by Hepatitis C. Education sessions about Hepatitis C and related issues are also available.

**HIV/AIDS Support Services:** The Support Services Coordinator provides one on one counseling, advocacy and referrals to other agencies.

The Tender Assistance Fund provides bus and taxi vouchers, prescribed medication and medical supplies not covered by other plans, lifeline or personal response system, complementary therapies, health kits, vitamins, food vouchers and meal kits.

**Youth Group:** Weekly meeting for 14 – 17 year olds dealing with their sexuality.

**For more information, call (705) 497-3560    Web site: [www.aidsnorthbay.com](http://www.aidsnorthbay.com)**

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## Q & A

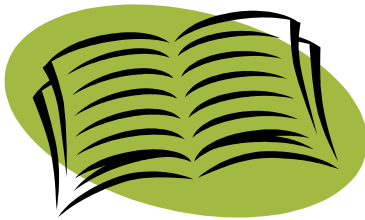
Dear EFAP/North,

I don't feel that the counsellor I have is very helpful. I have seen him a couple of times and although he is very empathetic, I feel I need more direction from him. He is a nice guy and I don't want to get him in trouble. So what can I do about this?

Looking for Options

Dear Options,

As a client of EFAP/North, we believe that you have the right to question or complain about the services you are receiving. I suggest that you should discuss your concern with the counsellor you are dealing with. Tell him how you feel and be clear with him about what your expectations of him and of counselling are. If you are not sure what your expectations are, tell him that, and hopefully together you may be able to clarify and articulate them. After this discussion, if you are still unsatisfied with this counsellor, you have the right to ask to see another counsellor. If your complaint is of a serious ethical nature, please take your concern to the counselor's supervisor, either in person or in writing. The supervisor will inform you of the options available to you in attempting to resolve this issue.



## Book of the Month

### Feel the Fear and Do It Anyway

By: Susan Jeffers, Ph.D.

Fawcett Books

ISBN: 0-449-9092-7

Are you fearful of making decisions...asking your boss for a raise...leaving an unsatisfactory relationship...facing the future? Whatever your fear, here is your chance to push through it.

Dr. Jeffers inspires us with many dynamic techniques and profound concepts that have helped a multitude of people grab hold of their fears and move forward with their lives. Inside *Feel the Fear and Do It Anyway* you'll learn

- What we are afraid of and why
- How to move from "victim" to "creator"
- The secrets of making "no lose" decisions
- The vital 10-step process that helps you outtalk the negative "chatterbox" in your brain

How to create more meaning in your life

And much more!

With understanding and humour, Dr. Jeffers shows you how to become powerful in the face of your fears – and enjoy the elation of living a creative, joyous, loving life.

