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Welcome to the Fall 2018 issue of BalancedLiving!

Hey everyone, it’s time for Fall and it’s a time to fall into some new good habits and healthy routines. To help with this we’ve packed this issue full of resources that will help you make the most of your time at home, at the gym, and of course at the workplace!

Starting out on page 4 you can read about how to get a “Real 8-Minute Workout” to help you get your sweat on even when running low on time. Page 5 gives some excellent tips around managing your cholesterol, and if you have aging parents that you are looking out for take a look at page 6 for a guide to caring for aging loved ones. Page 8 covers tips to prevent a winter cold and page 9 will help you save time on household chores. Finally, on page 9 we have our first ever mindfulness exercise for kids and then we finish up on page 11 with a delicious recipe for Chinese fried rice. Enjoy!

Remember your Employee Assistance Program is available 24/7 at 1-800-873-7138 to help you with issues in your life that may be going on this fall or anytime of the year.

To your health!

– The MINES Team
Total Wellbeing 2018

Total Wellbeing is your way to connect the dots between the 8 core dimensions of wellness: Physical, Occupational, Intellectual, Environmental, Financial, Social, Spiritual, and Emotional Wellness. Understanding these dimensions is the first step toward a sense of complete wellbeing. In 2018 we take ideas around wellbeing and tie them into the bigger picture, your community, and the rest of the world. It is important to understand the influence that the world has on our wellbeing and the influence we may have on others. All year we will be looking at ways to strengthen your connection with your community by providing information, insight, and resources to help on a personal level along with ways to give back to the people around you so we can all thrive together!

Enhancing Awareness
Inspire Wellbeing

The 8 dimensions of wellbeing don’t just apply to one person, they apply to everyone we know and everything we do. Social influence is a huge factor that contributes to each of our levels of wellness, but it all starts with the individual. With this in mind, our challenge to you in 2018 is to see how you can apply wellness goals and concepts to the activities you do everyday. Any time you learn something new, teach someone else and help them use it to enhance their own life!

Total Wellbeing
World View

In 2018 we aim to build on the concept of wellbeing awareness. We will be providing resources, stories, and tools to help you see the bigger wellness picture from your community to the rest of the world. Check out our articles in this magazine and head to minesandassociates.com/newsletters to check out our monthly newsletter with even more great wellness information.

Wellness Webinars
Support from the experts

Join MINES for any of our free monthly webinars. 2018 will cover great new topics ranging from improving your credit, having a stress free summer, turning negatives to positives, and much more! Visit our website to learn more, or register for upcoming events at www.minesandassociates.com/webinar.

Is there a topic you’d like to see us explore? We’d love to hear from you.
Shoot us an e-mail at communications@minesandassociates.com and let us know what you’d like to see.
A Real 8-Minute Fitness Routine

Eight minutes in the morning -- that’s all it takes to help launch you toward a fitter, trimmer lifestyle, according to fitness trainer Jorge Cruise, author of “8 Minutes in the Morning: A Simple Way to Start Your Day That Burns Fat and Sheds the Pounds.”

While 30 minutes a day of any kind of physical activity is the most widely advocated prescription for getting active, strength training is an important key to weight management, Mr. Cruise suggests. He bases his successful weight-loss program on a firm foundation of brief morning strength-training sessions, plus healthful eating and -- when one feels ready for it -- fitness walking for the aerobic benefits.

“Americans are among the most overweight people in the world,” says Mr. Cruise. “About 80 percent of Americans are overweight and 35 percent are clinically obese. People think fat itself is the problem, but that’s just the symptom -- the source is the lack of lean muscle tissue.”

Before beginning any exercise program, check with your doctor first. Once you’ve done that, start with muscle-toning exercises, he advises. Not only can they more quickly shape up your body, they’ll also strengthen your bones, reduce your injury risk, and increase your metabolism so you burn calories more quickly.

Eight Minutes in the Morning

Time is one of our scarcest and most precious commodities. So Mr. Cruise asked himself, what can I do to help get people healthy that doesn’t require a lot of time? He determined strength training at home in the morning was an ideal solution.

Mr. Cruise’s tips for a workout include:

- Use a hand weight that causes muscle fatigue by the 12th repetition. If you can do only five or six reps, the weight is too heavy. If you can do 15 to 20, it’s too light.

- Vary your routine daily, starting with major muscle groups and moving to smaller ones. For example: Work the chest and back on Monday, shoulders and abdominals on Tuesday, arms on Wednesday.

A Sample Program

Mr. Cruise’s book and Web site (www.jorgecruise.com) illustrate exercises you can do at home. The following sample session from “8 Minutes in the Morning” requires no equipment.

Begin with a brief warm-up. Do 12 repetitions of the first exercise, then 12 of the second one. Repeat, for a total of four sets of each exercise. End with a brief cool-down. Check with your doctor before starting any exercise program.

Knee Pushup: Kneel on a mat on all fours with your knees hip-width apart, your hands slightly wider than shoulder-width apart, and your fingers pointing forward. Bring your pelvis forward so your body creates a straight line from your knees to your head. Inhale and lower your chest toward the floor -- keeping your back straight and your abs tight -- until your elbows are even with your shoulders. Exhale and push back up to the starting position, keeping your elbows slightly bent.

Bird Dog: Kneel on a mat on all fours with your knees hip-width apart, your hands slightly wider than shoulder-width apart, and your fingers pointing forward. Keeping your head up, exhale and simultaneously lift and extend your left arm and your right leg. Keep your back straight and abs tight throughout the move. When your arm and thigh are parallel to the floor, hold for a count of three. Inhale as you lower them back to the starting position. Repeat with the opposite arm and leg. Continue to switch sides until you’ve done 12 reps on each side.
Managing your cholesterol may seem complicated these days -- especially if you like to keep up with the latest research. Trying to remember the difference between “good” and “bad” cholesterol and maintaining the proper levels of each can seem intimidating.

To manage cholesterol men, women, adolescents, and children over age 2 -- should do at least two things:

• Follow a prudent pattern of eating. If your total cholesterol level is high, eating right will help bring it down.

• Have your cholesterol level checked. If your total level is high -- 240 or above -- ask your doctor to help you design a program to lower it. If it’s borderline -- between 200 and 239 -- you can probably manage on your own unless you have two or more other risk factors for coronary heart disease, such as obesity or a sedentary lifestyle. If it’s good -- below 200 -- continue eating a healthful low-fat diet.

It’s also important to know what your HDL and LDL cholesterol levels are, as well as your triglycerides. Evidence suggests that a higher level of “good” cholesterol (HDL) can help prevent coronary disease, just as a higher level of “bad” cholesterol (LDL) points to increased risks. An optimal LDL level is less than 100. A high triglyceride level appears to increase your risk for heart disease.

To lower total cholesterol:

• Cut down on dietary fat. The USDA 2005 Dietary Guidelines recommend a total fat intake of 20 to 35 percent of calories for adults and 25 to 35 percent for children age 4 to 18 years. A fat intake of 30 to 35 percent of calories is recommended for children age 2 to 3 years.

• Avoid foods high in saturated fats, such as prime beef; “dark meat” poultry and poultry skin; butter and other whole-milk dairy products; and tropical oils such as coconut, palm and palm kernel. The USDA Dietary Guidelines say that only 10 percent of daily calories should come from saturated fat.

• Limit your intake of trans fats to less than one percent of your daily calories. Trans-fats are found in hydrogenated and partially hydrogenated vegetable oils that are used to make shortening and commercially prepared baked goods, snack foods, fried foods, and margarine. As of January 2006, trans-fats are listed on food labels on the packaging.

• Limit intake of high cholesterol foods such as eggs, butter and cheese. Consume less than 200 mg of cholesterol per day.

• Replace most saturated fats (butter, lard) with polyunsaturated oils (such as safflower or soybean oil) and monounsaturated oils (such as olive oil). These oils should account for no more than 7 percent of your daily calories.

To raise HDL cholesterol:

• Eat more fatty fish, such as salmon or cod. They contain omega-3 fatty acids, which may help raise HDL and lower total cholesterol.

• Include more soluble fiber in your diet. Fruits, vegetables, beans, and bran are popular sources.

• Get regular aerobic exercise. An inactive lifestyle is now considered a full-fledged risk factor for heart disease. Moderate exercise, such as walking, done for 30 to 60 minutes most days a week will lower your overall risk.

• Lose weight if you need to. Excess weight raises total cholesterol and lowers HDL levels. Fortunately, combining a low-fat diet with a regular exercise program (60 to 90 minutes of moderate exercise a day) makes it easier to take weight off -- and keep it off.

• Stop smoking. Cigarette smokers have lower HDL levels and an increased risk of coronary disease.
Effectively Caring for Aging Parents

As more Americans live longer, millions of middle-aged adults find themselves caring for their aging parents. It’s not an easy task, especially for those with children still living at home.

“Caregiving can be so overwhelming, it’s almost impossible,” says Donna Cohen, Ph.D., a professor in the department of aging and mental health at the Louis de la Parte Florida Mental Health Institute at the University of South Florida. “But it can be done if you develop specific skills and tailor them according to your parents’ needs and your family’s circumstances.”

The following is a framework designed to help you provide care more effectively.

Don’t Parent Your Parents

As your parents age and become frail or ill, resist the urge to regard them as children. Instead, think of caregiving as a family business and yourself as an executive with problems to solve.

“Treat your parents as having a legitimate role. This empowers a partnership,” Dr. Cohen says. “Your role will be to take control, but it’s not with the same authority you use with your children.”

For example: Your mother can’t see well anymore but insists on driving. Instead of taking away her car keys, sit down with her and begin a dialogue. Say, “Mom, I’m worried about you. Aren’t you worried about your driving?”

Kinds of Care

The kind of care your parents need depends on their level of dependence. This is something you can determine in conjunction with your parents and their health care provider: Do they need to be in a nursing facility? An assisted living arrangement? Can they continue to live on their own, but with some outside help?

A variety of government programs are available for the elderly. You can find more information on them by looking in your local phone book under Aging Services.

“Half of all caregivers get depressed in the course of caregiving,” Dr. Cohen says. “In turn, depression takes a toll on their physical health, affecting their job performance and can even lead to the abuse of the parents they’re caring for.”

Don’t Do It Alone

Because every family is different, there’s no one right way of caring for aging parents. “But there are wrong ways, and the worst one is to do it alone,” Dr. Cohen says. The demands of caregiving can become so immense that they can affect your health, leading to illness and depression.

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To manage caregiving effectively, seek help and advice from professionals and your siblings. For example: Consult a financial planner or attorney regarding your parents’ estate, living wills and other legal matters. Work with physicians to understand your parents’ health problems and the treatments they’re getting. Talk to a pharmacist to learn the potential side effects of their medications and to make sure those medications are compatible.

Meet with your siblings over breakfast, not at the end of the day when everyone’s tired. Describe the problem you’re facing and share your feelings about it with them. Let them do the same.

“Besides determining what’s workable for your parents, your goal should be to find the best way for everyone to work together,” Dr. Cohen says.

“...caring is more than loving... It’s a series of discreet skills that involve listening to your parents, making decisions about their needs and taking action... Through caring, we can learn more about ourselves.”

Stay Optimistic

Unlike caring for children, caring for aging parents, particularly ill ones, involves the reality that their deaths are approaching.

Nonetheless, “let yourself be guided by a tempered optimism,” Dr. Cohen says. “Don’t let your hope for the future die too fast.”

Within limits, there are things you can do now to maximize comfort and improve your parents’ quality of life. “You can convey support and show affection by giving your mother a new chenille throw because you know she’ll enjoy its softness and warmth,” she says. “Even holding someone’s hand is a powerful way to ease pain and loneliness.”

All told, “caring is more than loving,” she says. “It’s a series of discreet skills that involve listening to your parents, making decisions about their needs and taking action, if necessary. And it has mutual benefits. Through caring, we can learn more about ourselves.”
Winter Cold: Not Inevitable

For most people, catching the common cold is as much a part of winter as gathering wood for a fire and donning wool sweaters. But it doesn’t have to be. Although colds cannot be prevented -- or cured -- you can take precautions to reduce the chance of infection.

What is a cold?

A cold is an infection that affects the nose and throat. It can last from a few days to a few weeks. Five different types of viruses can cause colds, but about a third of all colds are caused by the rhinovirus (“rhin” is Greek for “nose”), and there are more than 200 different varieties of rhinovirus. Because so many viruses can cause a cold, there probably will never be a vaccine to prevent people from catching one.

“You really just have to wait out the cold, drink plenty of liquids and rest as much as possible,” says Linda Ford, M.D., past president of the American Lung Association. “An over-the-counter antihistamine/decongestant can reduce nasal congestion and clear up runny noses, but only the body’s own defense system can cure a cold.”

Dr. Ford says, “There’s no way to completely prevent someone from catching a cold, but there are some basic steps that can be taken to help people avoid getting sick.”

How to protect yourself

The American Lung Association offers the following tips for avoiding the common cold:

• Wash your hands often, particularly if someone in your home has a cold or when you’ve been in public places. The cold virus is transmitted by person-to-person contact. Someone with a cold rubs his nose then touches your hand. As soon as you touch your nose, you’re infected.

• Don’t share drinking glasses or eating utensils with someone who has a cold.

• Encourage children to wash their hands and to avoid putting their fingers or toys in their mouths.

• Avoid exposing infants to people with colds and crowded public areas, as they are more likely to experience complications than older children and adults.
Many working adults struggle to find a healthy balance between family and work responsibilities. It’s important to learn to effectively manage time at home, so you can spend more quality time with family members and lead a less stressful, more enjoyable life. Follow these 10 time-management tips and you’ll be on your way a healthy, well balanced life:

1. Have children and your partner help out around the house. Make a list of household chores and see who prefers to do what. Keep the list in a highly visible place to keep everyone on task.

2. Have children collect schoolwork and pack their bags the night before school. This will save an early morning rush and help everyone have less stress. You can also pack the night before; pack your briefcase or lap top bag and place it in the car or by the door before you go to bed.

3. Make meals ahead of time and freeze them. When making a favorite food, make a double portion, and freeze that portion to use later on. You can also freeze soups, sandwiches, and other foods to make quick meals when dinner is running late.

4. If children are not old enough, hire an older neighborhood child to do yard work. Explain to them exactly what the job entails.

5. Buy holiday gifts and cards in advance. Mark when to send them in your calendar.

6. Ask older children to plan and prepare one meal a week. Invite them to be creative and use cookbooks. Have them shop for ingredients on their own, or help them pick ingredients out.

7. Leave your to-do list in a place where you can see it. On your work break, see which items you have yet to do. Cross off completed items so you can get an idea of what you’ve already accomplished.

8. Plan for emergencies. Keep extra keys in a secret location or with a neighbor. Compile a list of doctors, relatives, backup babysitters, and other important numbers. Place a copy of the list in your wallet and leave a copy by the phone.

9. See if other families in your community are interested in carpooling to school, after-school events, or sports practices.

10. When you receive a bill, put it in a special file or folder. Mark a day to pay the bills each month, and pay all the bills that day, or see if your bank offers free or low-cost online bill pay services.
With MINES Eye we will focus on meditation techniques, basic yoga poses, and mindfulness practices to help you stay in control of your thoughts and expand the capabilities of your mind as well as body.

When children get worked up it can be hard to calm them down. It can be hard for young kids to concentrate or focus when they’re feeling stressed, anxious, scared, or angry. Something that helps is to teach them exercises and “tricks” while they are calm and in a good mood that they can fall back on when they’re having a rough day. But if you want what you teach them to stick, you have to make it something fun and relatable. Take a look at the following exercise for a fun and kid-friendly mindfulness technique sure to make the next tough time a little easier.

**Mindfulness Exercise for Kids: Bee Breath**

The concept here is a simple one, breath in, **buzz** out. Bee Breath is a fun and quick breathing exercise that kids can do anytime, anywhere. It’s simple to do, easy to remember, and can help kids regain their center when they are feeling frustrated, anxious, or even angry.

**Step 1:**

Begin by finding a comfortable position to either stand or sit. Sitting is preferred as it is safer and more comfortable. Posture is important, so make sure that you are either sitting or standing straight with your head up and your eyes forward.

**Step 2:**

Close your eyes and gently place your fingers in your ears before taking a few deep breaths.

**Step 3:**

This is where the Bee part comes in. Take a big breath in and then exhale through the nose while making a low buzzing or humming sound. Try to make the exhale last for at least 8-10 seconds maintaining the “buzz” for the entire exhale. In addition to bee-ing fun, the sound will help kids focus as they do the exercise.

**Step 4:**

Repeat. Feel free to do the exercise for as long as you or the child(ren) want to. For the best results we recommend practicing the exercise for 3-5 minutes.
Chinese Fried Rice

Ingredients:
- 3/4 cup finely chopped onion
- 2 1/2 tablespoons oil
- 1 egg (or more if you like), lightly beaten
- 3 drops soy sauce
- 3 drops sesame oil
- 8 ounces cooked lean boneless pork or 8 ounces chicken, chopped
- 1/2 cup finely chopped carrot
- 1/2 cup frozen peas, thawed
- 4 cups cold cooked rice, grains separated
- 4 green onions, chopped
- 2 cups bean sprouts
- 2 tablespoons light soy sauce

Directions:
1. Heat 1 tbsp oil in wok; add chopped onions and stir-fry until onions turn a nice brown color, about 8-10 minutes; remove from wok.
2. Allow wok to cool slightly.
3. Mix egg(s) with 3 drops of soy and 3 drops of sesame oil; set aside.
4. Add 1/2 tbsp oil to wok, swirling to coat surfaces; add egg mixture; working quickly, swirl egg until egg sets against wok; when egg puffs, flip egg and cook other side briefly; remove from wok, and chop into small pieces.
5. Heat 1 tbsp oil in wok; add selected meat to wok, along with carrots, peas, and cooked onion; stir-fry for 2 minutes.
6. Add rice, green onions, and bean sprouts, tossing to mix well; stir-fry for 3 minutes.
7. Add 2 tbsp of light soy sauce and chopped egg to rice mixture and fold in; stir-fry for 1 minute more; serve.
8. All done, enjoy!

Makes approximately 4 servings

Nutritional analysis (per serving): 497.8 calories; 16.3 g fat (3.1 g sat); 80 mg cholesterol; 64.6 g carbohydrates; 5.6 g from sugars; 22.3 g protein; 3.7 g fiber; 606.8 mg sodium.
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