



# key

*Unlocking  
Solutions  
To Everyday  
Problems*



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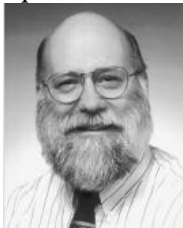
Getting the Most from Your Leisure Time  
Healthy Lifestyle - Elements of Living Well

## EAP COORDINATOR'S CORNER

In this busy world we need to understand the importance of stopping and calming the body and the mind. Far too often we are on automatic pilot not being mindful of the course we are traveling. One of my favorite sayings is:

*"There has to be something better to life than increasing its speed."*

The "key" to a better life is to learn how to sometimes do nothing but sit and stop, and calm our monkey minds from swinging from topic to topic, worry upon worry and just enjoy the present moment.....



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With family, job and household responsibilities, leisure time is a luxury for many of us. You can learn to enjoy your leisure time by organizing it, learning to say "no," deciding what you like to do and making specific plans for enjoyment.

## Organize Your Time

If you have a limited amount of free time each week organize what you have so that you can more fully enjoy it. Instead of letting household chores drag out over the weekend, try taking care of them first thing, especially things you don't like to do. You might find that you better enjoy your leisure time when you can devote yourself to it.



## Learn to Say "No"

If you find it hard to get time for yourself, learn to say "no" to others who make demands on your time. We often feel that we must say "yes" and end up resenting those who want our precious free time. By learning to say "no," you can also learn to say "yes" and mean it.

## Make a List

Do you have a list of things you'd do if you had time? Would you like to read a good book, learn a new skill or get interested in a hobby? By making a list of things you enjoy doing, you might be more likely to think about how you can control your time and participate in things that interest you.



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# Healthy Lifestyle

## *Elements of Living Well*

**I**t takes more than “an apple a day” to live well in today’s hectic world. A healthy lifestyle requires that the body, the mind and the spirit work together. If one part is sick or stressed, the other parts suffer, often without our knowing it. Below are some of the things to consider when trying to bring your life back into balance.

### **Control Stress**

A moderate amount of stress can be good for you. It keeps you alert and engaged in the world. But too much stress can be overwhelming, can cloud thinking and can interfere with relaxation. Taking time for yourself regularly can help you approach situations with more control and get more enjoyment out of life.



### **Get Variety in Life**

Variety is essential in maintaining a healthy lifestyle. If you’re in a rut, overstressed, not eating well or not getting any exercise, vary your routine. Regularly implement just one small change in your routine and it can make a world of difference.



### **Eat Right**

Eat sensible amounts of nutritious food. Eating right can help you feel your best and control your weight. Too much of any one kind of food or beverage can take your body out of balance. Too much caffeine can make you tense or sleepless. Too much alcohol can cloud your thinking. A balanced diet and moderating your caffeine and alcohol intake can do wonders to help you feel fit.

### **Exercise Regularly**

Participate regularly in some enjoyable physical activity. Although there are different types of exercise to achieve different goals (such as aerobic exercise for heart health), you don’t have to take up running or power walking to reap the benefits of some physical activity. A day spent gardening or an evening with friends at the bowling alley can provide other benefits if you find the activities relaxing.

### **Rest Your Mind and Spirit**

Don’t forget that your mind and spirit need a balanced diet and exercise as much as your physical body does. If you find yourself constantly worrying about a problem, talk about it with a friend or trusted adviser. Going for a walk, reading a book or enjoying a hobby can also help you relax mentally.



To utilize St. Luke’s Employee Assistance Program, call 218-249-7077 to schedule a confidential appointment.