



QUANTUM

Healthy Exchange

THE NEWSLETTER OF YOUR EMPLOYEE ASSISTANCE PROGRAM

For Your Information

PARENTING TIP

Really listen to your child. Communication with your child is a two-way proposition. To get your child to listen to you, you must listen to them, taking seriously their complaints, anger, happiness and ideas.



BALANCING WORK AND FAMILY

Give yourself permission to ask for help and support throughout the day, whether from co-workers or family members. Delegating the workload of your professional work and care-giving responsibilities can relieve the stress that comes with trying to do it all.



SIGNS THAT A RELATIONSHIP COULD BENEFIT FROM THERAPY

- Arguments rather than discussions
- Frequent criticisms
- An attitude of contempt
- Defensiveness rather than open curiosity
- Stonewalling or unresponsiveness
- Abusive words or physical violence
- Contemplation of, or actually having, an affair

If your relationship is suffering, contact your Employee Assistance Program (EAP) for confidential counseling or referrals. We're here to help you.

WELLNESS

Does Food Rule Your Life?

Do you feel "out of control" when it comes to food? Do you sometimes eat enormous amounts of food very quickly, until you feel uncomfortably full? Are you distressed by your inability to control your eating and subsequent weight gain? Do you try hard to diet, yet end up bingeing again?



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If you answered "yes" to any of the above, read the information below about compulsive overeating, also known as binge eating disorder.

Binge Eating Disorder

Binge eating disorder is characterized by uncontrollable eating and consequent weight gain (see "Symptoms of Binge Eating Disorder," below). The most important thing you need to understand if you are struggling with compulsive overeating is that bingeing and weight gain are not the problems, but rather symptoms of the real cause(s) of your disorder.

All forms of eating disorders are emotionally based. Your struggle with bingeing, weight gain or dieting will not end until the emotional reasons for bingeing are dealt with. According to experts who treat people with eating disorders, compulsive overeaters use food to cope with stress, emotional conflicts and daily problems.

Symptoms of Binge Eating Disorder

Symptoms of binge eating disorder include the following:

1. Regular episodes of binge eating.

An episode is characterized by:

- Eating a larger amount of food than normal during a short period of time (less than two hours)
- Lack of control over eating during the binge episode

2. Binge eating episodes are associated with three or more of the following:

An episode is characterized by:

- Eating much more rapidly than normal
- Eating until feeling uncomfortably full
- Eating large amounts of food when not physically hungry
- Eating alone because you are embarrassed by how much you're eating
- Feeling disgusted, depressed, or guilty after overeating

3. Feelings of emotional distress regarding overeating

4. Binge eating occurs at least two days a week for six months

Does food rule your life?

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5. Binge eating is not followed by inappropriate compensatory behaviors such as vomiting, fasting, using laxatives or compulsively exercising.

Note: The information above is for educational purposes only. Diagnosis of an eating disorder can only be given after a full examination by an appropriate health professional.

How to stop binge eating

Although you may feel powerless toward food and may have suffered with compulsive overeating for years, you can learn to live a life free of compulsive overeating. Recovery begins with your decision to deal with the emotional issues in your life that have led to your disorder. Successful treatment most often includes the following:

■ **Psychotherapy** - In general, therapy helps patients learn to recognize feelings that trigger compulsive overeating and learn new ways to deal with these feelings.

■ **Nutritional counseling** - A nutritionist is often useful to help establish a safe diet plan and restore proper eating and nutritional habits.

■ **Self-help groups** - Support groups can provide a supportive environment for individuals and their families.

■ **Medication** - Antidepressants have been found to be helpful in the treatment of binge eating disorder. Other medical treatment may also be necessary to treat and monitor the physical health problems that often accompany binge eating disorder.

Call your EAP for help

If you suspect that you might have a problem with compulsive overeating, your Employee Assistance Program (EAP) can help you. EAP counselors are specially trained to help people get the right help for an eating disorder like compulsive overeating. If you need help, why not call a professional EAP counselor today? We're here to help you.

Who Gets Eating Disorders?

According to the most recent statistics, approximately 10 million Americans age 18 and older have an eating disorder.

4 Tips to Help You Live Healthier and Happier in 2014



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The positive-lifestyle tips below are offered to help you get the new year off to a great start by improving your energy, mood and health. Choose one to get started. When you feel your new habit is firmly established, look to make other positive lifestyle changes throughout the year.

1. Identify the biggest source of stress in your life and face it head on. Too much stress drains your energy, undermines your mood and negatively impacts your health. If you're suffering from overwhelming or chronic stress ask yourself: What is the biggest problem or conflict that is troubling me and how can I deal with it more effectively? Face the issue head on by devising ways to change or manage the aspects of the issue over which you have control. Learn to let go of those aspects over which you have no control.

2. Commit to getting adequate, quality sleep each day. According to a survey by the National Sleep Foundation, those who got fewer than six hours of sleep on weekdays were more likely to describe themselves as stressed, sad, angry and pessimistic. Conversely, those getting adequate sleep reported more positive feelings. For better energy and mood, make the quality and quantity of your sleep a priority. Commit to getting seven to eight hours of sleep each night.

3. Exercise four or more days per week. If exercise is not a regular part of your life, here's a new perspective to consider. The benefits of exercise are immediate. After just 20 minutes of exercise, your mood improves, you're less stressed and you have more energy. Don't overwhelm yourself with the thought that you have to exercise five days a week for the next year to improve your health. Instead, look at 20 to 30 minutes of exercise as a way of feeling better today.

4. Adjust your diet. What you eat and when you eat affects your energy and mood. Choose one or more of the following to help keep your energy and mood stable throughout the day:

- Start your day with a nutritious breakfast. The benefits include improved metabolism and better concentration and performance.
- Eat small meals and snacks every few hours. Eating consistently throughout the day provides your brain with a constant source of fuel.
- Limit your consumption of simple sugars (soda, candy, fruit juice) and refined carbohydrates (white bread, crackers, breakfast cereals, white rice). These can create radical spikes (and resulting drops) in your blood sugar levels and leave you feeling tired and irritable.
- Cut down on caffeine. Too much caffeine is linked to fatigue and mood swings.



FREE, CONFIDENTIAL HELP FOR DEALING WITH LIFE'S STRESSES

Everyone has a bad day now and then. Sometimes, however, ordinary problems such as stress or family difficulties can become overwhelming. At times like these, the Quantum Employee Assistance Program (EAP) can provide free, confidential help.

Quantum EAP is easy to access. Employees can call for an appointment at the location that would be most convenient to them.

**For additional information or to schedule
an appointment... call
1-877-747-1200**