

GETTING IN SHAPE FOR THE NEW YEAR INVOLVES EATING PROPERLY AND REDUCING STRESS

Learn how to cope with your job problems

AFTER the excitement of Christmas settling back into work can be very difficult for many people and it is not long before stress begins to set in. Here are *Therese's* seven quick ways to relieve job stress in 2010.

1. **Get a life/keep a life.** Make sure you get and keep mental and physical activities in your life that you enjoy.

Make these pastimes separate and apart from work.

2. **Raise imperfection to an art form (silly mistakes)** — Make an intentional, silly, harmless mistake everyday. Sounds crazy, but in a fast paced, pressurised, perfectionist world, an intentional silly, harmless mistake everyday reminds yourself that you are imperfect.

3. **Anybody out there?** It's easy to get lost in your job especially in a fast paced technical workplace. Many people work in isolation. You don't have to reinvent the wheel. Don't work in a vacuum. Get together formally in groups or informally with co-workers and colleagues. You can identify problems and exchange solutions and strategies. Share the load.

4. **Chairperson**

On the go, moving and working faster than a speeding bullet? Don't worry, your job stress will wait for you. Keep a small pad and pen with you at all times.

Whenever you encounter something that causes you job stress, write it down but defer your reaction. Later, in a quiet place, either at home or at work, sit in a chair and meditate for five to 15 minutes on your accumulated job stresses for that day.

The goal is to concentrate your job stress of an entire day into an intense period of time. You begin learning to confine job stress into periods of time in which you can give it our full attention.

5. **Real or memorox?** Know your own individualised reactions to job stress. Ask the people who know you the best to describe in detail what you do when under job stress.

Eastern thought teaches a person to master his own problems by owning them. Once you can produce the symptom on command, you have the power to control it. Start and stop whenever you want.

By mimicking the symptoms on purpose and practicing them, see if you can fool those closest to you.

6. **Taking home to work.** Is your job stress really being caused by the job or are you merely taking stresses from home to work? Know the difference so you can know where to spend your problem solving energy.

7. **Job stress is real and can be dangerous.** The best medicine is to love care of your self. Don't let problems control you. If you cannot come up with a strategy to deal with your job stress or problem, get professional help.

Want to be healthy in 2010? Well here's how

By EDEL O'CONNELL
Health Correspondent

THIS month many people will make a new year's resolution to eat more healthily and lose weight.

It's no coincidence that so many new diet books are published around this time of year making all sorts of outlandish claims about how to lose the biggest amount of weight in the shortest period of time.

However, following the latest diet is often not a good idea if you want to lose weight and keep it off.

The only real way to lose weight healthily and keep it off is to make permanent changes to the way you eat and exercise.

Nutritional therapist, Catherine Kenneally who works at the Robin Hill Clinic in Cobh, said people need to become aware of the fundamental role food plays when it comes to our overall health.

"Everything that we eat has either a positive or a negative impact on our bodies. As well as impacting our weight, it impacts our energy levels, our immunity, the condition of the skin and our digestive health," said Ms Kenneally.

Here are Catherine's 10 top tips for eating healthy and staying healthy.

1. **Try and get as large a variety of foods as possible into your diet.** The bigger variety of foods you eat the greater the variety of nutrients you will get and the less chance you have of developing a food intolerance.

2. **Have two pieces of fruit and four helpings of vegetables a day.** It's also good to get a mixture of raw and cooked vegetables into the diet.

Onions, garlic and the green leafy vegetables are particularly good for the liver and will help to detoxify it after Christmas.

3. **Getting enough water into the diet is one of the most fundamental things you need to do.** Drink at



Nutritional therapist Catherine Kenneally recommends fresh fruit and lots of water as part of a health lifestyle.

least two litres of water a day. At this time of the year make sure that liquids are at least at room temperature or warmer. Cold drinks stress the digestive system. Warm water with lemon first thing in the morning is very cleansing for the liver and the digestive tract.

4. **Make sure you get plenty of fibre in the diet by eating fruit, vegetables, seeds, wholegrains and a handful of raw nuts such as almonds, walnuts or hazelnuts.** This helps digestion, aids weight loss and reduces cholesterol.

5. **Reduce the intake of fat from dairy and meat sources but increase intake of vegetable-based fats from nuts, seeds, avocados and**

also oily fish like salmon and mackerel.

6. **Cutting out sugar is so important particularly after Christmas.** We eat a lot more sugar than we realise as it is in so many processed foods and low fat products, where sugar is used to improve taste.

Sugar weakens the immune system, causes weight gain, particularly around the stomach area, and plays havoc with our energy levels.

7. **Cut back on processed foods as these often contains hidden sources of salt and sugar.**

8. **Have a tablespoon of seeds every day.** For women, ground flax seeds are really good for things like

menopausal symptoms, PMS and hormone balancing in the body. They contain a substance that balances oestrogen levels in the body and can help to prevent hormonal-based cancers. Pumpkin seeds are very good for men as they are high in zinc.

9. **Always eat a breakfast first thing in the morning to kick start your metabolism for the day.** It is also important to have protein such as dairy, eggs or nuts.

10. **People who follow a healthy diet tend to lose weight naturally, their skin looks really healthy and their energy levels soar.**

Go to www.nutritionworksireland.com or call 086-0946815 for more information.

Stress-busting tips to make you feel good

THÉRÈSE Ryan, stress management consultant and coach at Renewal Consultants is consulted by the TV and radio for expert advice on the area of stress management and conflict resolution.

Here are her top 10 stress buster tips for the new year

1. **Smile and laugh**

Smiling and laughter is the first line of defence against stress. It's quick, easy and free. When you smile your body releases feel-good hormones, while the stress hormone, cortisol, is reduced.

Smiling helps you feel calm and in control. It lowers your blood pressure and makes you feel good about yourself.

2. **Exercise**

As well as its undoubted benefits for your general health, exercise is highly effective in reducing stress. It improves blood-flow to the brain, helping you think more clearly.

3. **Get enough rest and sleep**

Taking a rest isn't only about not doing anything. A rest from work can mean putting the emphasis on what you do in your leisure time — hobbies, holidays, sport — to counterbalance work or everyday stress.

4. **Positive thinking**
Changing your thoughts is not as difficult as you think. Become aware of your thinking patterns and try to adopt an outlook on life that stops you

seeing external events as the only source of your happiness and, instead, take control and responsibility for your thoughts and actions to determine your happiness.

5. **Reach out to others**

When you need to reduce the pressure in your life, you can't always do it on your own. Everyone should have a support network of friends, family, co-workers and other people they can call on to help take the strain

— whether it's practical help or a sympathetic ear when you feel down.

6. **Achieve a good work-life balance**
Don't let work dominate your life. No matter how ambitious you are, it's important to make time for relaxation and fun.

7. **Deep breathing**

This acts like an anti-stress weapon that you always carry with you, and can help you deal with any challenging situation as it arises.

8. **Eat a healthy diet**

A balanced diet that delivers all the nutrients your body needs to function at its optimum level is essential for dealing with challenging situations.

9. **Hugging**

Make sure you get and give hugs. 10. **Seek professional help needed**

If you feel that despite all your efforts stress is getting the better of you, there are lots of people who can help. To contact Thérèse, call (021) 4274981 or send an email to therese@renewalconsultants.com.

to achieve your goals

S
M
A
R
T

Specific — be clear about what it is you want to achieve.

Measurable — make sure you can assess your progress in achieving your goal.

Achievable — choose a goal that is suitable and appropriate to your lifestyle.

Realistic — ask yourself whether you're realistically going to be able to keep working towards your goal.

Timely — be sure it's the right time for change.



GO FOR IT! "Whether it's getting fit and healthy, losing weight, giving up smoking, or changing career make sure to reality test your goals as we head into the new year," says life coach and stress management consultant Therese Ryan.