

Helping a Smoker Quit:

DOs and DON'Ts

The advent of the new year is prime time for those dreaded resolutions. Support the wannabe non-smoker in your life with the following tips:

DO respect that the quitter is in charge. This is his/her lifestyle change and challenge, not yours.

DO ask the person whether he/she wants you to call or visit regularly to see how he/she is doing. Let the person know it's okay to call you whenever he/she needs encouraging words.

DO help the quitter get what he/she needs, such as hard candy to suck on, straws to chew on, and fresh veggies cut up and kept cold in the refrigerator.

DO spend time doing things with the quitter to keep his/her mind off smoking; go to the movies, take a walk to get past a craving (aka "nicotine fit"), or take a bike ride.

DO help the quitter with a few chores, some child care, cooking – whatever will help lighten the stress of quitting.

DO celebrate along the way. Quitting smoking is A BIG DEAL!



DON'T take the quitter's grumpiness personally during his/her nicotine withdrawal. The symptoms usually pass in about 2 weeks.

DON'T offer advice – just ask how you can help with the plan or program.

If Your Smoker "Slips"...

DON'T assume that he/she will start back smoking like before. A "slip" (taking a puff or smoking a cigarette or two) is pretty common when a person is quitting.

DO remind the quitter how long he/she went without a cigarette before the slip.

DO help the quitter remember all the reasons he/she wanted to quit, and forget about the slip as soon as possible.

DON'T scold, nag, or make the quitter feel guilty. Be sure he/she knows you care about him/her whether or not he/she smokes.

Source: American Cancer Society



Save Energy Simply

Want some quick tips on how to conserve energy and save money at the same time? Try the following suggestions:

- Wash laundry in cold or warm water instead of hot water.
- Replace the light bulbs in your house with compact fluorescent light bulbs (CFLs). Chances are your eyes won't be able to tell the difference.
- In the winter, set your thermostat at 68° F or less when you are home, and at 55° F at night and when you are gone. In the summer, keep it at 78° F or higher.
- Run the dishwasher only when it's full, and use energy-saving settings.
- Turn off the computer overnight.
- Change or clean the air filter on your furnace and air conditioner regularly. This can save 5% to 15% on utility bills!

Cash Out = Lose Out!

Sam, age 47, is building a new house. Rather than deal with taking out a loan, he decides to take a lump-sum distribution from his employer's 401(k). A bad idea? Definitely! Because Sam is younger than 59½, he will receive a 10% "early withdrawal" penalty. He will also have to pay federal income taxes, which could be as high as 35%, PLUS state and local taxes (if applicable). By taking his distribution in cash, his \$250,000 will end up being practically cut in half!

\$250,000 – Withdrawal

minus \$87,500 (35% federal income taxes)

minus \$25,000 (early withdrawal penalty)

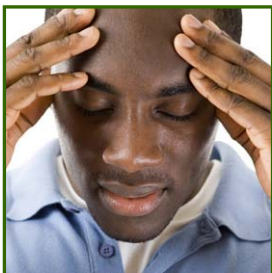
= \$137,500



Coddling a Cold

The winter season brings the holidays, renewed hope for the new year, parties... and colds. Here are some ways to cope:

- Pay attention to what your body tells you. If you feel exhausted and sleepy, then sleep. Ignoring this can make the cold last longer.
- Stay hydrated – in fact, drink more than usual. Three to four extra glasses of water or juice a day will be needed to replace the moisture lost from coughing and sneezing.
- You will be contagious for 2-3 days after symptoms first appear, so be cautious when around others.
- Watch those cough drops! Some have as many as 20 calories, so they can add up.
- Most colds last about a week; if you have had a cold for more than two weeks, make a doctor's appointment.



Healing a Hangover

Regretting all that you imbibed last night? Here are some helpful tips to get over that hangover fast:

- Drink lots of liquids

– water does the trick, but a sports drink will replace lost minerals.

- Eat breakfast – scrambled eggs and whole-wheat toast with honey are a perfect choice. The amino acid in eggs helps break down the alcohol, and the fructose in the honey helps your body metabolize it.
- Skip the hot shower – It may sound comforting, but it will actually cause your blood vessels to swell more, making your already throbbing headache unbearable.
- Take 400 mg of ibuprofen or 650 mg of aspirin – but never mix alcohol and acetaminophen. Both are metabolized in the liver, so combining them can be toxic.
- Exercise! You may not feel like it, but even a light workout will send you on the road to recovery. Increasing your metabolic rate helps rid your body of the alcohol faster.

For a good healthy breakfast, try this!

Vegetable Frittata

A mixture of green peppers, red peppers, yellow peppers, onion, mushrooms, broccoli, squash (about 2-3 cups)

Olive oil

5-6 eggs

Milk

Roughly ½ cup grated cheese

Salt and freshly ground pepper to taste

Preheat oven to 350° F. Gently sauté the vegetables in a 10-inch ovenproof skillet in the olive oil until just soft. Mix eggs with a little milk, then pour over the vegetables. Sprinkle cheese over the top. Cook over medium heat enough to set the eggs, then place in the oven to finish the cooking. Bake until the top is no longer runny.

Health and Wellness tips for your work, home and life – brought to you by the insurance and healthcare specialists at Corporate Health Systems, Inc.