



# Think, Do, Become

## Food for thought

### Top 10 brain foods

Did you know that some foods are good “brain food?” Studies show that certain foods can help with memory, mood, focus and your overall ability to think clearly.

**More...**

## Adapt to the good and the bad

### Rethinking positive thinking

We spend a great deal of time labeling life events as either positive or negative, good or bad. Why not focus on adapting to whatever happens? After all, whether it’s a positive or negative event, we need to decide how to work it out! **More...**

## Separate work from life

### Leaving your work brain at work

Do you have trouble leaving thoughts and worries about work behind you when you come home at the end of the day? If so, you’re not alone! **More...**

## e-Thoughts

### What you think you become

I’m usually the driver when I’m in the car with my family. Why, you ask?

**More...**



## Top 10 brain foods

Did you know that some foods are good “brain food?” Studies show that certain foods can help with memory, mood, focus and your overall ability to think clearly.

So... you’re probably wondering: what are these foods that can help me keep my brain in shape?<sup>1</sup>

- **Blueberries.** Blueberries are becoming known as “super food.”<sup>2</sup> They do many good things for your body and mind. Some of the benefits include: improving memory and helping to reverse age-related declines in motor skills, balance and coordination.
- **Salmon.** Salmon is high in Omega-3 fatty acids, which help develop new tissue for increasing brain power. Salmon may also be critical in fighting Alzheimer’s disease.
- **Flax seeds.** These contain a fat that can help keep you sharp. Eat them in yogurt, cereal, salad or even bake with them.
- **Coffee.** Caffeine — in moderation — is another important brain food. It may help protect against Alzheimer’s and dementia. Just don’t overdo it. Also, try to avoid the high calorie “add ins” that are popular in today’s coffee drinks.
- **Nuts.** If you’re nuts about nuts, good for you and your brain! Nuts — including peanuts, walnuts, pecans and others — can fight insomnia, keep memory strong and promote clear thinking. Almonds can even help improve your mood.
- **Avocados.** These assist in good circulation. Healthy blood flow enables you to think well and stay “on the ball.”
- **Eggs.** Eggs contain choline which contributes to better memory.
- **Whole grains.** Oatmeal and whole grain breads contain fiber, vitamins and healthy fats. Like avocados, they help improve circulation.
- **Chocolate.** Here’s the news you’ve been waiting for: both dark and milk chocolate show benefits! Small amounts can help with focus, memory and reaction time.
- **Broccoli.** Okay, so it’s not as exciting as chocolate. But including it in your diet can keep your mind sharp as a tack.

So, next time you choose your food, **think** about it!

### Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

<sup>1</sup> This list and information is from [www.dirjournal.com](http://www.dirjournal.com)

<sup>2</sup> [www.webmd.com](http://www.webmd.com)



## Rethinking positive thinking

There are many articles and books about the value of positive thinking. The most well-known quote about it is probably this one: “When life gives you lemons, make lemonade.”<sup>1</sup>

But here’s the question: Are lemons always bad? Do you really need to think of a way to make lemons good? What if you happen to like lemons? Do you still need to make lemonade?<sup>2</sup>

### Labeling uses up time and energy

We spend a great deal of time labeling life events as either positive or negative, good or bad. But why bother with labels? Often they simply create stress.

Instead, why not focus on adapting to whatever happens. After all, whether it’s a positive or negative event, we need to decide how to work it out!

### Bad can be good and vice versa

Here’s another reason to avoid labeling events in life: Sometimes things that seem good or bad turn out to be just the opposite. Two examples are:

- You just missed your bus home — that seems bad, right? But if you walk home, get fresh air, exercise and even enjoy the scenery — these are all good outcomes!
- Do you know that sometimes lottery winners become depressed?<sup>3</sup> The sudden wealth leaves them feeling vulnerable and worried that others are only interested in them for their money. So something that seems good may turn out to be not so good.

### Adapting is the key

Adapting is the solution whether you perceive an event as good or bad. You get married...so you adapt to married life. You get a raise...so you adapt to having some extra cash flow. Or: You break an arm...so you adapt to wearing a cast and using one arm until the other heals.

Those in life who do well are often those who can adapt most effectively. Consider thinking less about whether something is positive or negative and more about how you will make it work!

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<sup>1</sup> [www.brainyquote.com](http://www.brainyquote.com)

<sup>2</sup> [www.psychologytoday.com](http://www.psychologytoday.com)

<sup>3</sup> [www.pittsburghlive.com](http://www.pittsburghlive.com)



## Leaving your work brain at work

Do you have trouble leaving thoughts and worries about work behind you when you come home at the end of the day? If so, you're not alone!

We're not robots. We can't just flip a switch to turn off our "work brains" and turn on our "home brains." But you can work on setting up boundaries to give yourself needed down time at home. Here are some ideas:<sup>1</sup>

- **Have an end of day ritual at your job.** In the last fifteen minutes of work, clean up your desk or space. Make a list of your work tasks for tomorrow. Organizing yourself like this can help close out the day. It can help create a calmer feeling as you get ready to leave work behind. You may relax more knowing you've made a plan for tomorrow.
- **Begin to transition as soon as you start out for home.** Travel time can be precious if you use it to wind down. If you take a train or bus, listen to your iPod™, read a book or magazine or just close your eyes and try deep, slow breathing. If you drive, put on some music or just enjoy the silence. You may have cooking and tired kids awaiting you at home. Still, you can help yourself prepare by relaxing during your transition time.
- **Disconnect once you leave work.** If you're attached to work by cell phone, BlackBerry™ or email, turn off your device(s). If you're a doctor or your job requires 24/7 availability, then you may have no choice in the matter. But if you don't need to be reachable, power down and unplug.
- **Know your boundaries.** These steps are about setting boundaries though it's not a foolproof plan. Some days you'll still have to work late or bring work home because of deadlines. But keep in mind that you can make choices on many other days to keep your at-work and out-of-work lives in balance.

### Getting help

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<sup>1</sup>Information taken from [www.tlc.howstuffworks.com](http://www.tlc.howstuffworks.com)



## What you think, you become

I'm usually the driver when I'm in the car with my family. Why, you ask? Because when my husband looks at something of interest while driving, the car follows in that direction. So, if he looks to the right, the car goes to the right. As you can imagine, it's a little scary!

However, it had me thinking that this is kind of like life. When you think about and focus on a direction, your life moves towards it. If you seek education, you'll find many opportunities for this. If you look for negative things, you'll not need to look far to find them. It's a good idea to really think about what direction you wish your life to move toward. Then, stay alert to the opportunities that come your way. Course correct if you find yourself in a place you don't wish to be.

Your life can truly become the best thing you can imagine!

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Real SOLUTIONS for Real LIFE



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All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected abuse of a minor child, and in some areas, spousal or elder abuse).

Information is believed to be accurate as of the production date; however, it is subject to change.