



## Timely Information for Personal Success

### Overcoming 'Comfort Addiction'

People from every industry and from all walks of life suffer from a debilitating condition known as “comfort addiction.” Comfort addiction occurs any time someone complains about his or her job or life, yet never makes a change.

People who suffer from comfort addiction are addicted to the comfort level they’re currently at — even if they claim they don’t like their current job or situation. While it may be an uncomfortable situation, it’s what you’re used to, so you don’t do anything to change it. However, if you’re serious about making a change in your life and getting out of your comfort zone, the following strategies will help:

☑ **Rebuild trust in yourself.** One of the reasons people suffer from comfort addiction is that they don’t trust themselves. Perhaps they’ve tried to make a change in the past but didn’t succeed. As a result, they have a constant feeling that says, “*I’m not good enough.*” To overcome this mindset, set a small goal and accomplish it. The key is to pick one simple thing you can commit to — perhaps wearing a tie to work three days a week — and stick to it. Then, add something else you’ll commit to. Also, visualize yourself one step away from your goal, and send yourself positive affirmations (for instance, text messages and/or emails) to keep yourself inspired. Once you start to believe what you say to yourself, your confidence will soar.

☑ **Take a serious look at your health.** Poor health is often the culprit for comfort addiction. When you’re weak and tired, you simply don’t have the energy to make a change. If you think this may be the case, consult a doctor. Also, consider exercising more to boost circulation and enhance your energy. Finally, choose to be joyful to enhance your mental health. Cultivate a spirit of gratitude, and regularly forgive others as well as yourself.

☑ **Go for it!** It doesn’t matter what kind of jobs you’ve had, or what your current income level is — your future is always your choice. Don’t get comfortable in self-pity or a victim mentality. Recognize that the way things *are now* isn’t the way they *have to stay*. Acknowledge that you have a comfort addiction, and take steps to overcome it. ❖

Source: Lisa Haisha, a consultant and speaker who coaches entrepreneurs and business owners to attain success in their careers. For more information, visit [www.lisahaisha.com](http://www.lisahaisha.com).

### Sleep Solutions

If you usually wake up groggy and grumpy, you’re probably not getting enough sleep.

*Improving Sleep: A guide to a good night’s rest*, a newly updated report from Harvard Medical School, explains how lack of sleep does more than make you bleary — it can put you at risk for heart disease, diabetes, obesity, and other health problems.

For some people, late-night TV watching or Web surfing is to blame. But for many others, the culprit is insomnia (trouble falling or staying asleep) or sleep apnea, a condition in which the airway closes and breathing stops or becomes shallower hundreds of times each night.

Whatever the reason, lack of

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CLIP-N-SAVE!

[www.eatingwell.com](http://www.eatingwell.com)

## Healthy Recipe: Roasted Cauliflower

### INGREDIENTS:

- 8 cups 1-inch-thick sliced cauliflower florets (about 1 large head)
- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons balsamic vinegar
- 1 teaspoon dried marjoram
- 1/2 cup finely shredded parmesan cheese
- 1/4 teaspoon salt
- Freshly ground pepper to taste

### NUTRITIONAL INFORMATION:

- Calories per serving: 149
- Protein: 7g.
- Carbohydrates: 10 g.
- Sodium: 364 mg.
- Fat: 10 g.
- Fiber: 4 g.



### DIRECTIONS:

- 1 Preheat oven to 350 degrees Fahrenheit.
- 2 Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on large rimmed baking sheet and roast until it's soft and brown on the bottom — about 15 to 20 minutes.
- 3 Toss cauliflower with vinegar and sprinkle with cheese. Return to oven and roast until cheese is melted and any moisture has evaporated — about 5 to 10 minutes more.

**Tip:** To prepare florets from head of cauliflower, remove outer leaves. Slice off the thick stem. With head upside down and holding knife at 45-degree angle, slice into smaller stems with a circular motion.

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## Live Better on the Money You Make!

The economy seems to be getting a *little* better, but times are still tough for many Americans. Recognizing this, the following are a few dollar-stretching tips:

**This will cost...\$?** One way to limit spending is to figure out how long you have to work in order to purchase something. For example, is it really worth 30 minutes of pay each day in order to buy that a fancy coffee drink Monday-Friday? Why not bring coffee from home instead?

**Make sandwiches for the road.** Many of us travel a lot on our jobs, but who can afford a drive-thru restaurant every day? Make up some chicken salad, egg salad, etc., at home and put it in resealable bags. Seal them and stash them in a cooler in your car. When it's lunch time, snip the corner off the bag and squeeze the salad onto a hot dog or other long bun. Using a bun eliminates the need for utensils since it doesn't need to be spread out on a slice of bread. Plus, the resealable bag eliminates a dirty container to deal with later. "Road sandwiches" are quick, easy, and inexpensive. ❖

Source: *The Dollar Stretcher*. Visit [www.stretcher.com](http://www.stretcher.com) for hundreds of articles and other money-saving tips. Copyright© 2009 Dollar Stretcher, Inc.

## Sleep Solutions

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sleep causes relentless daytime fatigue that may lead to failed careers, broken marriages, and automobile and workplace accidents.

Sleep apnea can also wreak havoc on the cardiovascular system, because the heart must work harder every time the brain sends out a "wake up and breathe" signal. People with sleep apnea are prone to high blood pressure, heart failure, and stroke. Although more than half of the estimated 18 million Americans who have sleep apnea are overweight, many are not.

The disorder affects about one in 25 middle-aged men and one in 50 middle-aged women. By age 65, about one in 10 people have the problem. A short video about sleep apnea, which describes the symptoms, diagnosis and treatment of the disorder, can be viewed at [www.health.harvard.edu/video/sleep-apnea.html](http://www.health.harvard.edu/video/sleep-apnea.html).

*Improving Sleep: A guide to a good night's rest* also explains other sleep disorders, including restless legs syndrome, periodic limb movement disorder, narcolepsy, and disturbances in sleep timing. The report also describes:

- How sleep loss may lead to weight gain;
- Health problems and medications that affect sleep;
- Relaxation strategies and behavioral treatments for insomnia; and
- What happens during an overnight sleep study. ❖

Source: *Harvard Health Publications*. For more information or to order this report, visit [www.health.harvard.edu/IS](http://www.health.harvard.edu/IS).

