



Timely Information for Personal Success

Protect Yourself from Adult Cyberbullies

Internet bullying doesn't just happen to kids, because bullies eventually grow up. Some grown-ups, including moms, become cyberbullies, too!

According to ABC News, unsuspecting moms looking online for friendship and parenting advice often get slapped with harsh words, criticism, and insults instead. Psychiatrist and mommy blogger Janet Taylor says that some moms think they have to prove they're better than everybody else by criticizing others, and with online anonymity, they feel free to make comments they'd never say face-to-face.

For example, a mom who asked questions about baby bottles was called "uneducated" for not breastfeeding. Another mother was labeled "selfish" because she had a job. One mom who said she approved of "co-sleeping" — that's sharing a bed with your baby — was called "irresponsible." When a mother blogged after her daughter was caught sexting, dozens of mothers called her daughter immoral, and said she was a horrible mother, who didn't teach her daughter proper values.

The following are some tips to protect yourself online from Internet safety expert Parry Aftab:

☑ **To prevent attacks — re-read what you're posting before you click send.** Is it confusing, disrespectful, rude, mean or missing an important word? The nature of the Internet is that anybody can say anything they want about what you post. As a result, if you're offended by the comments strangers make, you may not want to blog.

☑ **In addition, use "comment moderation settings" on your profile or blog.** That way, nothing can be posted to your blog that you don't approve.

☑ **If you're attacked online, don't reply.** Instead, just block the person or the message, because letting on that you're upset only feeds the bullying.

☑ **If you receive physical threats, report it to the police.** Specific threats are serious, regardless if they're done online or in person. ❖

Additional source: John Tesh: Intelligence for Your Life (www.tesh.com).

Editor's note: See page 2 for a related story.

Be Sun-Savvy This Summer

By James Dowd, M.D.

It's long been assumed that Seasonal Affective Disorder (SAD) is caused by the lack of exposure to the sun. However, the shortest day of the year is Dec. 21, which means that SAD *should* be at its worst just before the end of the year. The reality is that we feel lousier in February and March. Why is that?

It turns out that it's not the lack of sunlight that's the problem. Rather, it's the lack of Vitamin D that we make from it. People in the Midwest and Northeast stop making vitamin D from sunlight in October, and it can't be made again until late March or April. So, although the shortest day of the year is in late December, vitamin D levels don't bottom out until March. The good news is

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Healthy Recipe: Summer Fruit Sizzle

INGREDIENTS:

- 1/2 teaspoon butter
- 1/2 cup blueberries
- 1/4 cup maple syrup
- Dash of nutmeg

NUTRITIONAL INFORMATION:

- Calories per serving: 134
- Protein: 0 g.
- Carbohydrates: 32 g.
- Sodium: 6 mg.
- Fat: 1 g.
- Saturated fat: 1 g.
- Fiber: 1 g.

Serving size: About 1/4 cup.

DIRECTIONS:

- ❶ In a small skillet, melt the butter over medium heat. Add the fruit and cook until it begins to soften slightly, about 2 to 3 minutes.
- ❷ Add the maple syrup and nutmeg. Bring to a boil and then remove from heat.
- ❸ Serve over waffles, pancakes, ice cream or frozen yogurt.



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that making simple lifestyle changes this summer can boost vitamin D and ward off depression next winter. The following are a few ideas:

> Safely get more sun.

Sunlight is a primary source of vitamin D, but most of us don't get enough of it. Summer is the perfect time to build vitamin D "stores" in your body. *You need to take measures, such as sunscreen, to avoid overexposure to the sun,* but you also need enough sun to increase vitamin D levels.

> Start a no-SAD diet.

Summer is a great time to make dietary changes, and eat more foods packed with vitamin D and other nutrients that anyone who suffers from SAD should start eating now.

> Consider vitamin D supplements. Supplements are often necessary, but do you know which ones to buy? What dosage to take? Ask a local health care professional for suggestions. ❖

James Dowd, M.D., FACR, is an associate clinical professor of medicine and author of *The Vitamin D Cure*. \$24.95 list price, Wiley.

Do Playground Bullies Become Workplace Bullies?

A recent article in *The Guardian* cites a survey that workplace bullying in the UK has almost doubled in the last decade. Combined with media reports about school-age bullying leads one to wonder — once a bully always a bully? CEO and business author Paula Marshall confirms that some of those bullies who stole our lunch money could be the very same bullies who belittle and antagonize us in the workplace. "When a person has low EQ, or Emotional Quotient, and they do little to improve their EQ, it is very likely that they could become, or be perceived as, a bully," she says.

In Paula's organization, The Bama Companies, a rigorous training regimen includes a heavy dose of EQ training. New hires are often asked to look at themselves very seriously, and ask if they will be able to relate to people in an honest and respectful manner.

"Some people can't take it. There's a lot of crying, and deep emotional searching in these sessions and sometimes people are unable to face their emotions in this way," Marshall says. "Bullies are no different. If the bullying behavior is not nipped in the bud as soon as it manifests, the individual will continue along a path of aggression and belittling until eventually, you will have a lawsuit on your hands."

In Marshall's new book, *Finding the Soul of Big Business*, she discusses her unusual, yet effective, approach to management, including the role that EQ plays in the workplace. For more information, visit www.findingthesoulofbigbusiness.com. ❖



Sources: Yorkshire Publishing Co.; www.guardian.co.uk/money/2010/jan/04/bullying-workplace-recession.