

# LIFESTYLE



Lifestyle TIPS® is a service of your EAP Provider:

Resource Management Services, Inc.

1-800-333-2059

Your Employee Assistance Provider

## Timely Information for Personal Success

### Avoid these Thanksgiving Conversation Landmines!

By Debra Fine

**F**orget Halloween, the way time flies even Thanksgiving will be here before we know it! It *can* be an ideal family get together — or a day of awkward moments, or even family feuds. Many of these fiascos can be avoided! The following are my top 10 Thanksgiving (or other holidays for that matter) conversation landmines to avoid.

1. “Are you two ever going to get married?” Most mothers are guilty of this one! Most of us assume that long-time dating results in marriage. That isn’t necessarily true!

2. “No, thanks. I gave up drinking after I saw the toll it took on you.” If you must address someone’s overindulgence, do so in private! Moreover, finger-pointing does not typically motivate better behavior.

3. “When are you going to make me a grandmother?” Back off! If they wanted you to know their intimate intentions they’d tell you!

4. “Cool Whip is interesting. Did you ever think of buying the real stuff instead?” This is the “advisor” at his/her worst. Don’t offer advice unless asked. This includes telling the recent grad how to get a job.

5. “Aren’t you full yet?” or “Why aren’t you eating anything?” Eating

a holiday dinner may be a marathon of gorging for some, but for others it may be an Olympic feat of discipline. Also, just because you slaved over the pumpkin pie or stuffing doesn’t mean that everyone is required to “consume” it. Eating is a personal decision!

6. “Yes, I know you’re a parent. But haven’t you ever thought about working?” Whether someone chooses to work outside of the home or stay at home with their kids is their decision. We should respect that choice and show a genuine interest instead. Ask questions such as: “What are the challenges of staying at home with kids?” “Describe a typical day?... ”

7. “I see you still can’t be bothered with ironing a shirt.” Leave him alone. People’s priorities differ. As the adage goes, “If you can’t find anything good to say, don’t say anything at all.”

8. “How is it that your son looks just like you, and your daughter looks like she could be from a different family?” Personal questions that you don’t know the answer to are never a good idea. Other examples include: “Did your daughter get into Northwestern?” and “How is the girlfriend?”

9. “Did you cook this yourself, or did you just thaw it out?” You may

*continued on Page 2*

### Use the RIGHT Formula for Balance

By Pat Heydlauff

**I**t’s another rotten day — stuff keeps building up. Some medical issues have flared up, there’s lots of stress related to my current clients, and I’m not sleeping well. I’m trying to work through it.”

If this sounds like you, recognize that you can do something about it! The Feng Shui philosophy is designed to create balance in your life (or that of your organization) by focusing on areas that need improvement. Use the “RIGHT” formula to discover what’s going on behind the scenes. Use the “RIGHT” formula to determine what in your life needs re-energizing or restoring:

✓ **R** — Review your physical health regularly. Is your body trying to work on a half-empty energy tank? Do you eat too much junk food? Do you exercise regularly? Whatever it is, take steps to correct it.

✓ **I** — Inventory your mental activities. Are you stuck in the right- or left-hand side of your brain? Do something on the right-hand side, like creative writing,

*continued on Page 2*



## CLIP-N-SAVE!

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

# Healthy Recipe: Turkey Roast Supreme

## INGREDIENTS:

- 2-1/2 lbs. turkey breast
- 1 cup chicken broth
- 3/4 cup evaporated milk
- 2 cups baby carrots
- 1-2/3 cups sliced celery
- 1-1/2 cups sliced onions
- 2 garlic cloves, minced
- 2 tablespoons, all-purpose flour
- 1 tablespoon, olive oil
- 2 teaspoons, Italian sodium-free seasoning
- 1 teaspoon (each) — paprika, pepper, olive oil

## NUTRITIONAL INFORMATION:

- Calories per serving: 360
- Fat: 10.4 g.
- Protein: 44 g.
- Fiber: 1.6 g.
- Carbohydrates: 11 g.
- Saturated fat: 4.5 g

## DIRECTIONS:

① Layer carrots and celery, in 3-1/2 to 4-quart crock pot. ② Heat 1 tablespoon olive oil in large frying pan, on medium. Add onion. Cook about 10 minutes, stirring often, until onion is soft and starting to brown. Add to crock pot. ③ Combine garlic, 1 tsp. olive oil, paprika, pepper, in small dish. ④ Rub spice mixture on turkey breast. Place over onions in crock pot. ⑤ Pour broth around roast. Sprinkle with seasoning. Cook, covered, on low for 7 to 8 hours or on high for 3-1/2 to 4 hours. Transfer meat to cutting board. Cover with foil. Let stand 10 minutes. ⑥ Stir evaporated milk into small bowl. Add to crock pot. Stir, cook, covered on high for about 15 minutes until boiling and slightly thickened. Cut roast into thick slices. Arrange on serving platter. Spoon vegetables and sauce over top.

## LifestyleTIPS®

2008 Impact Publications, Inc.  
1439 Churchill Street, Unit 302,  
PO Box 322, Waupaca, WI 54981  
Phone: 715-258-2448  
Fax: 715-258-9048

Website: [www.impact-publications.com](http://www.impact-publications.com)  
Email: [info@impact-publications.com](mailto:info@impact-publications.com)

Publisher: Jennifer Heisler  
Health Consultant: Tim Lencki  
Managing Editor: Mike Jacquart

LifestyleTIPS® is published as a monthly insert included with an EAR subscription. Contents are not intended as a substitute for actual medical advice. Editorial material should be used with discretion by the reader and is not endorsed by the owner, publisher, editors, or distributors.

To order a personalized,  
color version of LifestyleTIPS®  
with the name of your EAP,  
call 715-258-2448  
or email us at

[info@impact-publications.com](mailto:info@impact-publications.com).  
Pricing will vary depending on the quantity ordered.

## Beating Afternoon Fatigue!

**Q:** What can I do to beat afternoon fatigue?

**A:** Let's evaluate what causes the afternoon slump. What you eat for lunch is important. Especially following a heavy meal, more energy is needed for digestion, leaving less energy for your brain. The combination of foods you consume is also important. Meat and starches in combination are slow to digest. Eating fruit or drinking fruit juice with a meal will greatly increase digestion time as well. Therefore, fruit or fruit juice should be consumed at least 30 minutes before, or 2-1/2 hours following a meal. Try eating a lighter lunch, too. Are you taking medications? Of the 200 most prescribed medications, 87% list "fatigue" or "drowsiness" as possible side effects! Low blood sugar (hypoglycemia), dehydration, and low thyroid (hypothyroid), are among other conditions that can reduce your ability to remain alert. Also, do you really get enough sleep? Incorporating recommendations like these will help make your afternoons every bit as productive as your mornings. ♦

Source: Dr. David Tanton, author of "A Drug-Free Approach to Healthcare." Visit [www.drtdanton.com](http://www.drtdanton.com). **Editor's Note:** This article is intended for educational purposes. Always consult a physician regarding the applicability of recommendations appearing in any article.

## Avoid Thanksgiving Conversation Landmines!

continued from Page 1

be asking because you sincerely wish to know how you can create this dish yourself, but you are putting the host or hostess on the spot. Instead, ask for the recipe after the meal. If it wasn't homemade, he/she will let you know at that time. Or, be coy and reply that the recipe is a family tradition that is not to be shared outside the family!

**10. "Forget this poison nonsense — just spread the turkey legs open and stuff it in, the way that I always**

**do it."** In a day and age with "turkey hotlines," we should all know better than to ignore safety concerns. This is another case of unsolicited advice, in this case advice that could turn deadly! ♦

Debra Fine is a motivational speaker and trainer. She is the author of "The Fine Art of Small Talk" and "The Fine Art of Small Talk: How to Start a Conversation, Keep it Going, Build Networking Skills — and Leave a Positive Impression." For more information, visit [www.debrafine.com](http://www.debrafine.com).

## Use the RIGHT Formula for Balance

continued from Page 1

painting, sculpting, etc. If your work primarily uses the creative right-hand side of the brain, balance it with left-brained activities like mind games (Sudoku, crosswords, etc.) and even physical activities like tennis, golf, etc.

✓ **G** — Get a life! Social activities cannot be overlooked. Regardless of how much or little you socialize, interact with positive, uplifting people!

✓ **H** — Hanging into negative thoughts from the past drains emotions and leads to discouragement, distraction, and pessimistic thinking. Take one hour a day to read something inspirational or

motivational. Consider *Your Best Life Now*, the Bible, or a book on uplifting quotes.

✓ **T** — Teach your mind that your heart and soul need nurturing and nourishing. Spend 15 minutes every night reflecting on an inspirational or motivational message. This will re-energize your spiritual side. Remember, treat yourself as you are, and you'll stay there. Treat yourself as you want to be, and you will become what you want to be! ♦

Pat Heyldauff is president of Energy Design, and author of "Feng Shui: So Easy a Child Can Do It." For more information, visit [www.energy-by-design.com](http://www.energy-by-design.com).