

Channel Anger in Positive Ways

Everyone has experienced intense anger at one time or another – on the road, at work, at home, or on the playing field. When it's properly handled, anger can be used to give you courage to stand up for yourself. It can create energy or give you the strength and inspiration to play harder at your sport.

Here are tips on channeling your anger in a positive way:

- When anger makes you reactive rather than strategic, step back and take a deep breath.
- Learn to relax rather than being uptight. Lie down with your eyes closed and flex all of your muscles for a few seconds.
- Recognize that life isn't fair. Do something to change the situation.
- Exercise. Cardiovascular activity will drain your anger and make you stronger. It could change your outlook on life.
- If you're very angry very often, get professional advice on how to handle it properly.

Is there a topic you want us to write about?
Call us! 1-800-815-2323
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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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Are Winter Blues Bringing You Down?

Researchers say less sunlight can throw off your body clock and put you into the doldrums of winter. It can leave some people in a condition called seasonal affective disorder or SAD.

Researchers are learning why some people are affected more than others. A report in the Archives of General Psychiatry indicates that 10 million Americans suffer with SAD, and 35 million have milder symptoms.

Doctors say people with this condition generate a signal that the season is changing. The signal is similar to the one that cues bears to hibernate.

Paying attention to general health can minimize the effects of SAD. This includes taking vitamin supplements, exercising regularly, eating a balanced diet, and having a more positive atti-



tude. Light therapy is an effective treatment. Bright lights can shift the internal circadian clock. Doctors leading the winter depression program at Columbia Presbyterian Medical Center in New York say the ideal time is about 2.5 to 4 hours after the midpoint of sleep. This timing can double the antidepressant response.

If a severe case of winter blues is affecting you, see your doctor for a treatment that will help you see the light.



For Better Health: Laugh!

It's been said that laughter is good medicine. Various studies show that it boosts immunity, and signals the body to release "feel-good" chemicals and chemicals that reduce blood clotting and inflammation. It can also be a pain reliever. Laughter researcher William Fry found it took 10 minutes on a rowing machine to elevate heart rate as high a good belly laugh.



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