Coping with change at work

If you’re like many workers today, you have to always be ready to adapt quickly to new changes. Many of today’s workplace challenges can be stressful, so it’s important to find positive ways to cope with them. Work toward coping with changes at work with this advice.

Rethink your response. It can be easy to feel less than excited, nervous or even distrustful about changes at work. But your response to change doesn’t have to be negative. Instead, think about the new opportunities change may bring. You may be able to learn new skills, take on new responsibilities and do new things that you may enjoy even more than what you’re doing now.

Be kind to yourself. Eating nutritious foods, avoiding tobacco use, getting physical activity, meditating, and talking with friends and family are all healthy habits that can help you successfully cope with change.

Get energized. The learning you may need to do as a result of change at work can help keep you interested in what you’re doing. You may be asked to learn new skills, take on new tasks or do more work on your own. Go easy on yourself: It’s natural to feel some stress and to feel unsure when you’re learning something new.

Manage stress in healthy ways. Reach out to others instead of avoiding talk about what’s happening at work. If you’re asked for input on the change, speak up. People who try to problem-solve and keep a sense of humor when faced with change are usually the ones who handle it the best.

A headache diary may help you learn what’s causing your tension-type headaches. Write down these details: 1. When your headache starts. 2. What you were doing at the time. 3. How long it lasts. 4. What, if anything, makes the pain go away. A headache diary can show patterns in your daily life that may help lead to your headaches. You may also see what lifestyle changes are helping.

Foods rich in antioxidants may be good for your skin. Skin-friendly foods include carrots, apricots, and other yellow and orange fruits and vegetables. Spinach and other green leafy vegetables, tomatoes, blueberries, beans, peas and lentils are other good choices. Salmon, mackerel and other fatty fish and nuts also are helpful.

HealthQuicks

The best stroller for a newborn is one that reclines, since newborns can’t sit up or hold up their heads. Some strollers fully recline or can be used with a bassinet attachment or an infant-only car seat. However, most umbrella strollers typically don’t offer enough head and back support for young babies. Also, most jogging strollers don’t recline; they shouldn’t be used for babies until they’re about 6 months old.
EXPERT INSIGHT
Caring for children, aging parents – and yourself

By Laurie J. Spresser, L.M.S.W., Care Management, Mayo Clinic
Ms. Spresser specializes in challenges related to health and well-being as a social worker at Mayo Clinic, Scottsdale, Ariz.

Just when you no longer need a baby sitter for your kids, you may find that your mom or dad needs more of your time and attention. Meanwhile, your kids need you, too. You’re part of what’s called the sandwich generation. Find balance with this advice.

1. **Assess your parent’s needs.** What will it take to ensure your parent’s care and safety? Checklists from the National Caregivers Library (www.caregiverslibrary.org) may help you assess your parent’s needs.

2. **Remember: This is a team effort.** Your parent should lead this team. Respect your parent’s independence and dignity as much as possible. Don’t hesitate to ask for help from other family members. Most people are willing and even honored to be of assistance.

3. **Don’t lose time with your kids.** Accommodate your children’s needs and wants as much as you can. Ask friends or trusted adults for help with transportation to activities, for example. Prioritize special events so that you or your partner can be there for your child.


One more note: Never underestimate the value of family. Life is a journey we share with those who surround us. Good or bad, lessons are learned, strengths are gained, and laughs, even in the darkest moments, can be shared.

Helping with homework

If your student needs a little nudge to get homework done, you can help with these tips.

**Get rid of distractions.** Set a rule that the TV, cellphone and video games all stay off during homework. Create a quiet, well-lit, comfortable study space. This will help your child focus.

**Break it down.** If your child feels overwhelmed by the amount of homework, help split it up into small chunks. For example, take one assignment out at a time. Keep the rest out of sight to help your child focus on the homework at hand. Take five-minute breaks here and there for a snack or conversation.

**Offer guidance, not answers.** Encourage your child to work on his or her own. Be there to answer questions and offer help when needed, but don’t do the homework for your child.

**Talk with the teacher.** Ask your child’s teacher how closely you should keep an eye on your child’s homework. Take a moment with your child to look over teacher comments on returned assignments. If your child is having ongoing trouble understanding and getting homework done, talk to the teacher about it.

**Try to stay positive.** Be firm but kind when your child needs to do homework but doesn’t want to.
Lloyd Roholt isn’t 91 years old – he’s 91 years young.

His everyday habits – including regular physical activity – play a major role in living a long and enjoyable life.

Lloyd has always been active. He regularly plays golf, and he still fishes for salmon. He used to play hockey and ski. He quit skiing just in the last five years, only because he felt that his balance wasn’t good enough for skiing anymore.

Lloyd says he likes “physically being able to do the things I enjoy doing.” This has been a lifelong theme for him.

Physical activity has also helped Lloyd bounce back from surgeries over the years.

“I have a strong drive in my head: Be active,” Lloyd says. “It’s hard for me to sit around and do nothing.”

Physical activity has also been a family affair. He and his wife, Betty, like to golf. Together, they taught their sons about the importance of regular activity. Their sons have carried this lesson through their lives and into their own families.

For the rest of his life, Lloyd’s goal will be the same as it’s always been: To be fit enough to enjoy the things he likes to do. Regular physical activity is one way Lloyd has and will continue to make this happen. But – like many people – Lloyd has times when he doesn’t feel like exercising, even though he thoroughly enjoys being active.

“It takes discipline,” Lloyd says. On the days when he doesn’t want to exercise, he works out in front of a TV, watching a sporting event he enjoys.

So, as with life, Lloyd takes his physical activity one day – and one step – at a time. One key to his long life: Walking every day.

“If I don’t walk, I can feel it,” Lloyd says. His muscles tighten, and he doesn’t like the way that makes him feel. “Walking is one of the best exercises to keep the joints moving and the blood flowing. It’s a healthy way to stay fit.”

My Story

Lloyd Roholt: ‘If I don’t walk, I can feel it’
What to do when you can’t afford your medication

Have you ever gone to the pharmacy with a new prescription, only to find that you can’t afford to buy it? You do have some choices. As a first step, talk with your doctor or pharmacist about your concerns. From there, consider these options.

- **Ask about generics.** There may be a generic version of the drug your doctor wants you to take. If not, ask your doctor if there’s a similar, older drug that has a generic version.

- **Look into patient-assistance programs for brand-name medications.** Prescription drugmakers may offer lower cost medications or help you pay your copay if you qualify. Manufacturers’ websites often have information on financial assistance. Another website to try is www.needymeds.org.

- **Make lifestyle changes.** Sometimes, if you make lifestyle changes, your doctor may ask you to take less of a medication – or you may not need to take it at all. Changes that may help include losing weight, quitting smoking and getting regular physical activity.

### QUICK QUIZ: TEST YOUR UNDERSTANDING

1. **IF YOU CAN’T AFFORD YOUR MEDICATION, YOUR ONLY ALTERNATIVE IS TO MAKE DO WITHOUT IT.**
   - True
   - False

2. **ALL DRUGS HAVE GENERIC VERSIONS.**
   - True
   - False

3. **THERE ARE PROGRAMS FOR PEOPLE WHO CAN’T AFFORD THEIR MEDICATIONS.**
   - True
   - False

4. **LIFESTYLE CHANGES THAT MAY IMPROVE YOUR HEALTH AND LESSEN YOUR NEED FOR DRUGS INCLUDE:**
   - Losing weight
   - Quitting smoking
   - Exercising regularly
   - All of the above

### TAKE THE QUIZ, ENTER TO WIN!

Enter for a chance to win one of Mayo Clinic’s award-winning books!

Contact information will be used for the purposes of this contest only.

Name:

Phone number:

Email (optional):

MAIL: Clip out your quiz and mail it to Stephanie Vaughan, Mayo Clinic EmbodyHealth newsletter, 200 First St. SW, Rochester, MN 55905.

OR EMAIL: your answers and contact information to EmbodyHealthnewsletter@mayo.edu. Include “Healthy You drawing” in the subject line.

WINNERS: Contest entries must be received by Sept. 15, 2013. One winner will be chosen to receive a Mayo Clinic book of the winner’s choice. Winners will be notified by phone or by email if no phone number is given.

Congratulations to Karl W. of Torrance, Calif., the winner of the March Healthy You drawing!


People in the Blue Zones share key habits. They eat a healthy diet, get regular moderate exercise, have a sense of meaning and purpose in their lives, and enjoy a strong sense of community and social support.
A sunny outlook on arthritis

New research shows that women who spend time in the sun may be less likely to have rheumatoid arthritis. A study of about 235,000 women showed that those who got the most UVB from the sun lowered their risk by almost 25 percent.

Here’s why this might happen. Sunlight helps your skin make vitamin D. Vitamin D, in turn, is good for your health in a number of ways. Too little vitamin D has been linked to a higher risk of bone problems, cancer, heart disease, multiple sclerosis and type 1 diabetes.

But some research shows that vitamin D may not be the only thing that makes sunlight helpful. In a study of more than 120,000 women, researchers found that those who were regularly exposed to UV light were less likely to have non-Hodgkin lymphoma, multiple myeloma and Hodgkin lymphoma. These results couldn’t be explained by an increase in vitamin D.

Enjoy the health benefits of the sun, but do so wisely. Avoid the sun when its rays are strongest, between 10 a.m. and 2 p.m. When you’re out in the sun, wear sunscreen with an SPF of at least 15.
ARE YOU AVOIDING YOUR DOCTOR?

If you avoid seeing your doctor, you’re not alone. Even when sick, about 1 in 6 Americans waits nearly a week to see a doctor.

Fear keeps some people home – some are afraid of getting bad news. Others worry they’ll be embarrassed. Still others are scared of certain medical tests. Cost is another barrier. Other times, you may not see the doctor simply because you can’t get off work during doctor’s office hours.

You can solve many of these issues by talking to your doctor. Here are some ways.

If you’re anxious about an imaging test, let your doctor know. Learning more about a test can help you feel better about it. Or a sedative could make the test easier. There may also be another test you can get instead.

Cost can be tough to tackle. But, your doctor might know local resources available to you. Your human resources department at work or your health insurance or health plan company also may have ideas.

If scheduling is an issue, ask your doctor if extended hours are an option. If your doctor is part of a medical group, another location might be open later.

It’s September – Happy New Year!

Let autumn breezes breathe new life into stale or forgotten resolutions. Use these tips to help get back on track or up the ante if you’re ready for the next level.

Check your progress. If you started out strong, use the strategies that worked and commit to finishing the year strong. If you haven’t met your goals, wipe your slate clean and try a fresh approach.

Think small. Studies show that achievable goals can be the best fuel for progress. Set your sights low and build up slowly. For example, if you’d like to strive for more physical activity, get out for a quick five-minute stroll the first day – no more. Then set a new goal when you’re ready to take another step.

Be specific. Post a list of concrete goals where you’ll see them easily and check them off daily. Some ideas: Walk 1,000 more steps every day, eat one more serving of fruits or vegetables with every meal, or take the stairs instead of the elevator.

Stress is part of life. Sometimes it can help give you the energy you need to meet a challenge, but other times it can make you feel nervous and make it hard to focus.

When your body is faced with stress, it goes into what’s called fight-or-flight mode. Your body gets ready to either fight what’s causing your stress or run away from it.

Your body reacts to emotional or mental stress in the same way it would if you were being attacked by a saber-toothed tiger or facing a natural disaster. This response used to be very helpful when people faced physical threats more often – such as that saber-toothed tiger. But often these days, stress is caused by meetings, deadlines or conversations. This is when the fight-or-flight response turns into an overreaction. It can make it hard to do what you set out to do.

When you’re faced with stress, your brain sends fight-or-flight chemicals throughout your body. These chemicals can affect all of the different parts of your body. This is why, over time, chronic stress can be hard on your body and can affect how it works.

Here’s the good news: You can cope with stress and limit the effects of stress. Getting regular physical activity and enough sleep are two ways. Mind-body approaches – such as yoga, acupuncture, meditation and massage therapy – also can help.

“Different mind-body approaches can make you more resilient,” says Amit Sood, M.D., Mayo Clinic, Rochester, Minn. Dr. Sood created the Stress Management and Resiliency Training Program at Mayo Clinic. “By training your brain, you can handle stress more proactively.”
Healthy eating on the go

Don’t let the hectic schedules of a new school year take a toll on your family’s healthy-eating habits. Try these tips for eating well on the go.

**BREAKFAST**
Include protein, whole grains and fruit.

- 1 6-oz. container of low-fat yogurt
- 1 whole-grain granola bar
- 1 apple

**LUNCH**
Include protein, whole grains, fruits or vegetables, and a dairy product.

- 1 whole-grain tortilla + leftover rotisserie chicken
- lots of romaine lettuce
- 1 serving (8 oz.) low-fat milk

**DINNER**
Aim for a dinner plate half-filled with fruits and vegetables, one-quarter filled with whole grains and one-quarter filled with lean protein.

- Frozen veggie burger + whole-wheat bun
- side salad of lettuce, tomatoes and any other vegetables you like
- a peach for dessert

**SNACKS**
Include nutrient-rich foods from the major food groups.

- Whole-grain crackers
- peanut butter
- fresh fruit and vegetables

Use these suggestions to start thinking of other ideas for quick, healthy meals.

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**Fruit and nut granola bars**

Total prep and cooking time: 75 minutes | Serves 16

- 2½ cups old-fashioned oats
- ½ cup dried skim milk powder
- ¼ cup dried cranberries, raisins or chopped, dried fruit
- ½ cup chopped almonds, walnuts, pecans or peanuts
- 2 tsp. ground cinnamon
- ¼ cup canola oil
- ½ cup honey
- 2 eggs
- 2 tsp. almond extract

1. Preheat oven to 300° F. Line a 9-by-9-inch pan with aluminum foil or parchment paper and spray with nonstick vegetable spray.
2. In a large bowl, stir together oats, milk powder, cranberries, almonds and cinnamon.
3. In a smaller bowl, blend oil, honey, eggs and almond extract.
4. Pour the liquid over the oat mixture and mix with a large spatula until the liquid is evenly distributed.
5. Press mixture evenly into the prepared baking pan.
6. Bake for 45 to 50 minutes or until lightly browned.
7. Cool for 10 minutes and turn onto a cutting board. Cut into 24 bars with a sharp knife and cool completely before storing in an airtight container.

**Nutrition analysis per serving:**

- 190 calories
- 6 g total fat (1 g saturated fat, 0 g trans fat, 4 g monounsaturated fat)
- 25 mg cholesterol
- 30 mg sodium
- 28 g total carbohydrate (3 g dietary fiber, 16 g sugars)
- 5 g protein

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**Men’s Health**

**ONE MORE REASON TO LIMIT FAT**

Eating too much saturated fat isn’t only bad for your heart. It may also help lead to a low sperm count, according to new research in The American Journal of Clinical Nutrition.

In the study, researchers found that men who ate the most saturated fat had a lower sperm count when compared with men who ate the least. Sperm count can be an important factor in a man’s ability to father a child.

Other research has shown a link between saturated fat and sperm count. Research has shown that there are dietary choices men can make that are good for sperm health. Including omega-3 fatty acids (fish oil, others), antioxidants and walnuts in a man’s diet have shown to be helpful.

Limiting saturated fat is good for your health in many ways. Keep your saturated fat to less than 7 percent of your daily calories.
Health Questions

**How do I know when it's time to get antibiotics for my child's ear infection?**

According to the American Academy of Pediatrics (AAP), more than 3 out of 4 children with middle ear infections get better without antibiotics. In its new guidelines, the AAP says to go straight to antibiotics in only two cases: for babies age 6 months and younger, and for older children who have ear drainage or severe symptoms. Severe signs and symptoms may include significant ear pain and a fever above 102°F.

For other children, the AAP says to wait for two to three days. Over-the-counter pain relievers, such as acetaminophen (Tylenol, others) or ibuprofen (Advil, others), can help relieve discomfort. Putting a warm cloth over the ear that hurts also may help. If symptoms aren’t better by then, talk to your child’s doctor about antibiotics.

**What's the best way to keep fingernails from breaking?**

There are several things you can try to help keep your fingernails from breaking.

- Keep your fingernails short.
- Apply moisturizer to your fingernails and cuticles several times a day.
- Try soaking your nails in water, applying moisturizer and then wearing cotton gloves when you sleep to help seal in the moisture.
- Wearing a thin coat of clear nail polish can help seal in moisture. Be sure to use nail polish remover no more than once a week.
- The oral supplement biotin may help strengthen weak or brittle nails.

10 Ways to Get Active Outdoors

If you’re searching for a good way to spend the waning days of summer, look no further than the great outdoors. Many outdoor activities allow you to enjoy August’s warm weather and get some exercise, too.

Some studies show that exercising outdoors may be a better option than exercising indoors. In one study, older adults exercised longer when they exercised outside. Another study found that people who walked outdoors enjoyed it more and were more likely to stick with walking over time. Yet another study showed that exercising outdoors can help your mental well-being in ways that indoor exercise doesn’t.

Ready to head outside? Try some of these outdoor-activity ideas.

- Invite the neighbors over for a friendly game of kickball or softball in your backyard.
- Spend an afternoon canoeing or kayaking.
- Go mountain biking.
- Take an active camping trip. Backpack to your campsite; gather and chop your own firewood.
- Take a hike at a wilderness area.
- Join a friend for a few games of tennis at an outdoor court.
- Swim laps at your local outdoor pool.
- Go to a park and fly a kite or play Frisbee with a friend.
- Get a group of friends together for a game of beach volleyball.
- Golf 18 holes with a few friends. Skip the motorized cart and carry your own clubs instead.