

# livingwell

## BUILD FLEXIBILITY AND MANAGE CHANGE!

In previous issues, we discussed how 'personal resiliency builders' help us lead happier lives in general. Now let's look at how we can call on one of the key resiliency builders, flexibility, to manage specific challenges like change.

Whether change is thrust upon us or we are the initiators, it can be unsettling. Try to keep in mind that although the familiar may be more comfortable, it can ultimately be stifling. By building flexibility, you can learn to welcome change as a stimulating opportunity for new experiences. This is the way to come out a winner!

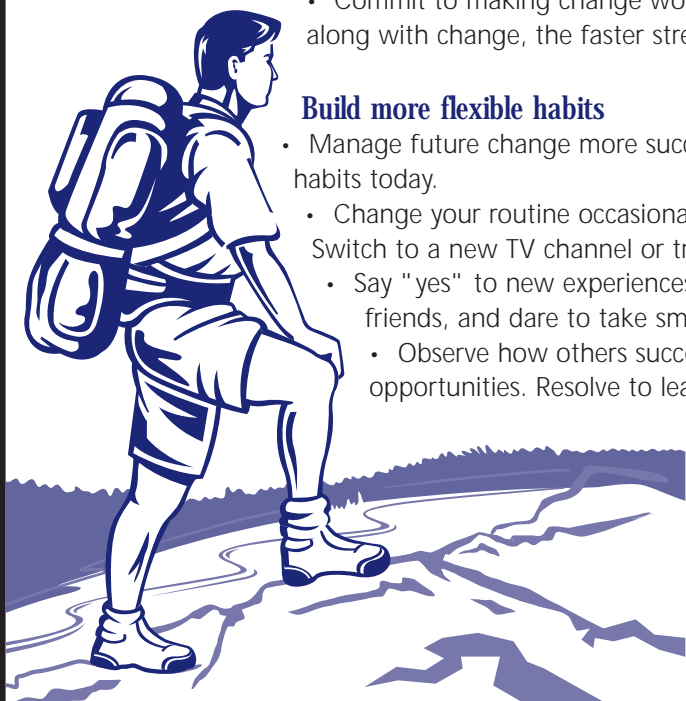
Flexibility is both an attitude and a habit. Aim to build on both.

### Build a more flexible attitude

- Remember that change can happen any time. Be positive and open-minded.
- Reflect on previous changes that you navigated easily, and mentally prepare yourself to be positive about future ones.
- Welcome every opportunity to master new skills, take on new responsibilities, meet new people, or transition into new life stages.
- If change brings difficult circumstances, accept that you are powerless to alter what has happened. Avoid brooding. Choose not to fight the impossible and instead focus your energy on moving ahead.
- Identify the things you can control. Focus on positive outcomes.
- Give change a chance! In the workplace, seek to understand the reasons for change and the benefits that could result from it. Give it your best shot. In your personal life, plan ahead for life's transitions and resolve to embrace them with excitement.
  - Commit to making change work and come up with ideas to help implement it. The sooner you move along with change, the faster stress subsides.

### Build more flexible habits

- Manage future change more successfully by building flexible habits today.
- Change your routine occasionally. Take a different route. Switch to a new TV channel or try different foods.
  - Say "yes" to new experiences. Keep learning, make new friends, and dare to take small risks.
  - Observe how others successfully handle challenges and opportunities. Resolve to learn from them.
- Go with the flow sometimes. Instead of always trying to be in control of every moment of every day, stop occasionally and savour the moment that you are 'in'. Just 'be'!



## INSIDE...

- ▶ Plan ahead for older loved ones' care
- ▶ Help your teen get into the college or university of their choice!
- ▶ Make it a successful school year!
- ▶ Food beats stress!
- ▶ Get your very own Resiliency Coach!

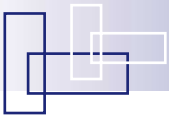
Next issue's resiliency builder...

## Interpersonal skills

Call **WorkLife Solutions** for more information on the topics in this issue or for helpful telephonic advice, educational information and resources on a wide range of other issues, including childcare, parenting, homecare, eldercare, legal, career, and financial issues. **There is no charge to you!**

Call 1-800-268-5211





## PLAN AHEAD FOR LOVED ONES' CARE

Giving advance thought to older relatives' future care requirements can help you and your loved one end up with a more flexible range of options. Here are three key potential care stages, along with tips for each. Recognize that while some people never pass stage one, others may be immediately plunged into the third stage, due to critical illness.

### 1st stage:

#### Some support required

- Needs for support may be minimal and your relative may resent interference. Be supportive but respect their independence.
- Older adults are often receptive to help from children or teens. They can clear out closets, shovel snow, unpack groceries, run errands, etc.
- Suggest options for outside help for gardening, cleaning, odd jobs, etc.
- If relevant, keep an eye on driving ability. Take their car out sometimes to check brakes, lights, steering, etc.
- Encourage regular medical checks, including vision and hearing tests.
- Go over prescription medications with your loved one and a pharmacist. Ensure drugs are being taken correctly, and check whether cheaper brands might be available.
- Check the home for potential safety hazards.
- *Our Eldercare specialists are just a phone call away. For advice, support or community resources, call us at 1-800-268-5211.*

### 2nd stage: An important need for assistance

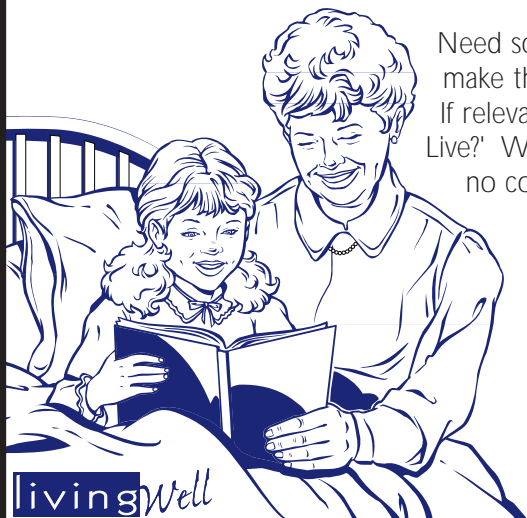
- May occur through ongoing decline or be precipitated by sudden illness or accident.
- Accept that you cannot provide all the support yourself. Involve your relative in a family meeting to assess new and future needs and discuss how these can be met. Be honest about your own limits.
- Share information about support services such as community meal services, day programs, friendly visitors, or volunteer drivers, etc.
- Respect your older relative's right to make decisions, unless he/she is cognitively impaired.
- Begin to review future housing options with your loved one.
- *Help your loved one set up a Power of Attorney, a Living Will, and a will. Need help? We'll take you through the steps and provide materials. We can also help you set up a family meeting. Call 1-800-268-5211.*

### 3rd stage: Extended or 24-hour care is necessary

- Your world is turned upside down as critical illness, dementia or disability requires 24-hour support.
- This is the stage when you are least likely to ask for help...and most likely to need it! You may need to take some time off work to handle personal emergencies. Talk to your boss in advance about the changes in your family situation.
- May require a move to a residential facility. Healthcare providers may recommend options. Your EAP can also help with advice and resources.
- When reviewing facilities, keep in mind that older adults' needs may change quickly. Consider both current and future needs.
- *Need some help coordinating care? Our Eldercare specialists will help take the load off your shoulders. We also offer Critical Illness support. Call 1-800-268-5211.*

Find some helpful links here: <http://www.seniors.gc.ca/scolPortSearchScreen.jsp?&font=0&userLanguage=en&cat=503>

## NEED HELP COORDINATING HOUSING, COGNITIVE IMPAIRMENT AND HOME CARE SUPPORT



Need some help coordinating care for a loved one? No time to do all the research? Let us make the calls for you and provide you with some of our excellent informational materials. If relevant for your needs, these materials may include the popular book 'Where Will They Live?' We can also help you set up Power of Attorney, Living Wills or traditional wills. All at no cost to you.

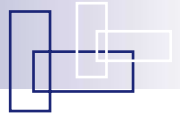
Call today for a telephone appointment with a WorkLife specialist

**1-800-268-5211.**

You can also visit our website at [www.fgiworldmembers.com](http://www.fgiworldmembers.com)

### DID YOU KNOW...?

- For the first time in history, there are more people looking after older family members than looking after children?
- Someone in Canada turns 50 every second.
- Only 30 - 40% of people have made retirement plans to replace 2/3 of their income.



## MAKE IT A SUCCESSFUL NEW SCHOOL YEAR

Children who feel comfortable in school enjoy more success, both from an academic and social point of view. But each new school year means lots of changes and, just like adults, children are often uncomfortable with the unfamiliar. How do you help your child enjoy the new opportunities that go along with change? Here are some great strategies, plus some tips for specific age groups.



- Help your child set up an area for schoolwork. Stock up on stationery. Pin up a large calendar for school and extra-curricular activities.
- Review last year's schoolbooks.
- Discuss streetproofing and Internet safety rules.
- Draw up and sign a parent-child contract that includes consequences for broken rules.
- Encourage older children to walk around the school, familiarizing themselves with new classrooms, etc.

### Under 8 years

- Talk about the great new things your child will do at school this year.
- Invite previous school friends to your home to play.
- If your child's teacher sets homework, schedule a regular time each evening to sit with your child while he or she works.
- Plan nutritious lunchbox ideas together. Call our Registered Dietician for some great advice and tips.
- *Need help handling challenges related to a new school, schoolyard bullies or other school-age concerns? Call our Parenting Experts.*

### 9 - 13 years

- Discuss your child's goals for the school year and plan together how they can best be met. Talk about opportunities and how your child can make the most of them.
- Establish a regular after-school routine, including scheduled homework time.
- Agree upon rules for homework, plus TV and Internet use.
- Ask how your child's friends feel about the new teacher/school/classes, etc. It's a great way to find out how your child feels!
- Let us research school or extra-curricular resources for you.
- *Kids home alone? Our Home Alone program helps prepare for success. Just call us.*

### High school students

- Discuss your teen's long-term goals for college, university or the workplace. Talk about short-term goals that should be set to help meet these dreams.
- If your teen is hoping to win a university scholarship, help him/her begin checking academic, work experience and extra-curricular requirements. Call our College Success Program for advice and information.
- Encourage your teen to begin self-assessment to help with future education or career planning.
- *Does your teen need help with career planning or landing a first job? Ask about our Career Services for students.*
- Here's a helpful site for college applicants: <http://canlearn.ca/>

## HELP YOUR TEEN GET INTO THE COLLEGE OR UNIVERSITY OF THEIR CHOICE!

Our College and University Success program materials include:

### • For parents

Detailed step-by-step plan in booklet form, plus other materials, to help you successfully guide your teen through the application year. Includes financial aid tips.

### • For students

Detailed step-by-step guide and action plan, plus other materials, to help teens make the right selections and gain acceptance from their school of choice.

### PLUS

MACLEAN'S College and University Guide 2003! *Our program also includes student coaching and career planning.*

REMEMBER, THERE IS NO COST TO YOU. CALL **1-800-268-5211**.

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**NEW**

## FEELING STRESSED AND BURNT-OUT?

You may not have specific problems, but nevertheless feel overwhelmed by what feels like constant chaos in your life. There never seem to be enough hours in the day, stress is wearing you out, and you sometimes worry that life is losing its real meaning. As for time for yourself...what's *that*?

Does it sound familiar? If so, you may be the perfect candidate to receive Resiliency Coaching. This new program is designed to help you establish and achieve the resiliency needs, goals, and strategies that can help you manage stress and regain work-life balance. Over a 3-month period, your Resiliency Coach will work with you one-on-one by phone, using cutting-edge stress reduction tools and processes. You will:

- Learn how to reduce life's irritants
- Find a point of focus or change direction
- Gain the courage to protect time for yourself

Why not call today? There is no charge to you.  
**Call 1-800-268-5211**

## FOOD BEATS STRESS!

As the days get shorter, our stress levels starts inching up. This year, be prepared to keep stress in check with a strategic food plan. Eat well to beat stress and eat more to stress less!

### 4 Stress Buster Tips:

- Eat a high performance breakfast, including fruit, yogurt, whole grain cereals and wheat germ. For eat-and-run mornings, grab a low sugar cereal bar, a cheese stick and juice box and off you go! Skipping breakfast increases stress levels, reduces concentration and often causes irritability or headaches.
- Plan ahead for nutritious lunches by stocking up on veggies, comfort food like chicken soups, hummus, chili...A variety of whole grain rolls and wraps can be stored in the freezer and pulled out in the morning, nice and fresh for lunch!
- Reduce caffeine drinks (coffee, tea, cola, hot chocolate) to 1-2/day. Stimulants can make you feel edgy. Try decaf latte, mint tea, cranberry juice or sparkling water.
- Before embarking on the latest low-carb fad diet, which will undoubtedly increase stress levels, contact your health professional and/or dietitian to gauge potential health risks and for your personalized Stress Buster Meal Plan.



For more information or assistance with any WorkLife Solutions, call your Employee Assistance Program (EAP). It's a free, confidential service for you and your family.

**1-800-268-5211**  
(English)

**1-800-363-3872**  
(en français)

You can also visit our website at [www.fgiworldmembers.com](http://www.fgiworldmembers.com) for more information and resources.

We welcome any suggestions you may have about topics you'd like to see covered in Living Well. Please contact *Barbara Jaworski*, Director, WorkLife Solutions by e-mailing [bjaworski@fgiworld.com](mailto:bjaworski@fgiworld.com), writing to the address below, or calling her at FGI at:

**1-800-263-4533**

FGI, 10 Commerce Valley Drive East,  
Suite 200, Thornhill, ON L3T 7N7



For the complete Anti-Stress Diet, contact your FGI dietitian at:

**1-800-268-5211**