

MORALE & WELLNESS NEWS

March 9, 2001



Your M/W News is fun, informative news for all CAO employees. Please feel free to share any information with us to relate to your fellow employees.

We are really excited about this years Wellness Day 2001 and hope you are all looking forward to spending that day (April 27th) having fun and just being healthy with your friends and work mates. Next meeting, Tuesday March 13th @ 3pm in the CAO café.

Here are some steps to reduce work-related depression, anger, and anxiety:

Step 1. Recognizing body cues that express feelings. For example, identifying a tightness in the chest as an expression of worry, or sagging posture and sighing might be expressions of depression, or tight jaw an expression of pent-up anger. Body awareness gives you information about what you are feeling.

Step 2. Identifying feelings in their early stage. Learn what you are feeling before it becomes an intense or overwhelming emotion. For example, recognizing your uneasiness before it becomes a fear, or your frustration before it becomes rage.

Step 3. Reducing the intensity of an emotion. Learn to release or express it before it distorts communication.

- a. Indirect options: Release intensity through such coping skills as relaxation breaks, exercise, or writing.
- b. Direct options: Express yourself using assertive communication and good listening skills.



A Few Benefits of Growing Older:

- *Your secrets are safe with your friends because they can't remember them either.*
- *You quit trying to hold your stomach in, no matter who walks in the room.*
- *You can live without sex, but not without glasses.*
- *You consider coffee one of the most important things in life.*
- *You have a party and the neighbors don't even realize it.*
- *In a hostage situation, you are likely to be released first.*



Rose Bush is a teacher at Mooberry Head Start. Rose was a Head Start parent several times. Her son Christopher attended East Hillsboro with teachers Carolyn, Monique and Cathy. Son Paul attended West Hillsboro with Teacher Laura. Daughter Estella was with Teachers Chris and Maria and daughter Veronica was with Teachers Amber and Sunni in the new Hillsboro center. Rose started with Head Start in February '92. She has been an aide, bus aide, and an assistant. Rose has even helped out doing janitorial work for awhile. Needless to say she has been a big asset where ever her placement.

For stress at work, Rose likes to sit with the children and do playdough or art. At home she puts on some soft music. All teachers know the nature of exercise at work, but at home Rose enjoys going for walks with her children. Relaxation at home, after working on the 'new house', would be a quick swim in the pool then lounging in a chair while listening to music and possibly snacking on her favorite healthy snack of yogurt.

Rose is a strong advocate and participant in 'Habitat for Humanities' and after donating hours for years on homes for others, she has finally been blessed with one of her own. Rose mentioned she has two more daughters who do not reside with them, Shana and Melissa. Also two grandsons.









"Fear less, hope more, eat less, chew more, whine less, breathe more, talk less, say more, hate less, love more, and all good things will be yours" –Swedish proverb

Even if you've been fishing for 3 hrs. and haven't gotten anything except poison oak and a sunburn, you're still better off than the worm.

Quick Irish Soda Bread

Preheat 375. Greased 8" round loaf pan.

-  Sift together in lrg. bowl:
-  2 cp. sifted all-purpose flour
-  1 1/2 tsp. double-acting baking pdr.
-  1/2 tsp. baking soda
-  1/2 tsp. salt
-  1 tbls. sugar

Cut 1/4 cp chilled shortening into mix.

Stir in:

1/2 to 1 cp. raisins or currants.

Mix together:

1 beaten egg & 2/3 cp. buttermilk

Add to dry mix and stir well.

Knead briefly & press into pan.

Cut cross in top & brush with milk.

Bake 35 to 40 minutes.

