

Job Stress and Your Health

By Gord and Gertie Guide

Many people will state that the number one source of stress in their lives is their job. There are varying degrees of job-related stress but most people will say they experience high levels of stress several times a week. One in four people have high levels of stress every day. What you may not be aware of is that this type of stress can severely impact your health, which can ultimately affect your life. Your body deals with stress in many ways and some can cause serious health problems. Chronic or long term stress causes almost 80 percent of all illnesses. Weakened immune systems create havoc on our bodies and allow all types of diseases to take hold.

Your Health

There are many symptoms that can cause related health issues but these are the most common we hear about.

- Coronary heart disease
- Ulcers
- Hypertension
- Insomnia
- Depression
- Migraines
- Increases in colds and flu

There are millions of dollars spent on stress related diseases and even more lost on salary and wages for those unable to work due to stress. Job stress is at an all-time high with smart phones and laptops keeping employees logged into work all hours day and night. Gone are 40 hour work weeks and expectations of working more hours to reap raises and bonuses. Even taking vacation time has become a luxury.

Watch For The Signs

There are several key warning signs that may tell you that your stress levels are dangerously high.

- Frequent headaches
- Back and neck pain
- Insomnia
- Teeth grinding
- Over or under eating
- Anxiety

If left unchecked, these issues can develop into serious medical problems.

Take the Steps

By identifying the major factors causing your stress, you can make changes to help get your stress levels back into balance. Look at your work environment and see if any changes can be made. If there are interpersonal issues, perhaps mediation can be arranged. Examine your responsibilities. Are you taking on too much? If your job cannot make any changes, perhaps a new job is the answer. Taking care of the issues that you can will make a difference in taking back control. Change your home and sleep routines to make your health a top priority and schedule vacation and recreation time as the necessary requirements that they are. All jobs are stressful in some capacity and it is in our best interest to learn how to see the signs before the negative effects impact our health. We are worth it.



Tips For a Better Relationship with Your Child

By: Norman Musekiwa

The following suggestions can help you develop a relationship that will make both of you happier—now and for many years to come.

Praise often

If your child is engaging in an appropriate behavior, tell them how proud you are. Children love praise. Hearing kind words help children feel good about themselves and continue to do good things to receive continued praise.

Follow through

Teach children that they can count on you from an early age. When they are young they will naturally trust you, but as they grow into teenagers you want them to think of you as a respected ally, not a feared dictator.

Be clear

Speak to your child at their level. Don't just bark orders at them all the time. They'll feel like they have no connection with you if you do that. Remove your ego and learn to communicate better with your child.

Participate

Become active in your child's school environment and activities. Being acquainted with teachers and curriculum can greatly help you help your child meet their true potential. It will enable you to work with your child and assist them when needed.

Be Specific

If you have trouble getting your child to not do something, it is best to specifically instruct them to do something else. For example, if you do not want your child to run down the stairs, instead of stating "don't run," it is better to say, "please walk down the stairs." When told not to do something, a child is more likely to instinctively ignore the instruction.

Using these tips could help you build a better relationship with your child.

What Is Cardiovascular Disease?

By: Ryan Polski

Are you a person with a family history of heart disease? Do you want to learn more about how you can prevent such conditions? This group of diseases—that affect the cardiovascular system—is one of the leading causes of death globally, accounting for 17.3 million deaths worldwide.

What Causes Cardiovascular Diseases (CVD)?

These diseases are often caused by everyday activities, such as smoking, lack of exercise, and poor diet. These activities, called risk factors, cause plaque to build up in the arteries, setting the stage for a future CVD. Two common CVDs are stroke and aortic aneurysms. Let's take a more detailed look at these CVDs.



Stroke

Sometimes, blood flow gets cut off to the brain, causing the brain's cells to slowly die. This is one of the most common CVDs and it's called a stroke or brain attack. There are two types of strokes: ischemic and hemorrhagic. Ischemic strokes, which make up 87% of all strokes, result in a blood clot in the brain. Hemorrhagic strokes are caused by the rupture of a blood vessel in the brain. A stroke can have dramatic consequences, including the inability to move and/or speak for the rest of the victim's life. Common signs of someone in the middle of having a stroke include lack of physical coordination, a sudden onset of weakness, and abnormal speech. In 2010, approximately 17 million people suffered a stroke worldwide.

Aortic Aneurysms

The aorta is the main artery in the body and provides oxygenated blood to nearly all parts of the body. When that main artery in your body enlarges, an aortic aneurysm has occurred. This can result in the aorta enlarging itself over one and a half times its normal size, and can happen in either the abdomen or thorax. Rarely will this cardiovascular disease cause any immediate symptoms if the aorta doesn't rupture. Instead, one will develop back and abdominal pain. If the aneurysm causes the aorta to rupture, it is often fatal, and usually cannot be treated, even with immediate surgical attention. Aortic aneurysms led to about 150,000 deaths in 2013.

Globally, CVD is the leading cause of death. The good news is that most are preventable by making better lifestyle choices such as healthy eating and exercising regularly. Remember, your health is in your hands!.

Member Services is always available to help you with:

- Accessing Services
- Finding a Provider or Doctor
- Finding Community Resources
- Self Determination
- Recipient Rights
- Grievances & Appeals Process

Call us if you need help
24 hour a day / 7 days a week
1-888-711-LINK (5465)
www.BHPI.org/Members

(313) 656-2587
(TDD line for the hearing impaired)
(313) 656-2588 (fax)

BHPI Calendar of Events

SEPTEMBER

The Guidance Center | **Grape Expectations for Kids**
September 22, 2016, 6:00-9:00 pm, Colony Club Detroit
For more information visit www.guidance-center.org/events/wine

National Alliance on Mental Illness | **NAMIWalks**
September 24, 2016, 10:00 am, Belle Isle, Detroit
For more information visit www.NAMIWalks.org

Southwest Solutions | **Solutions at Sunrise**
September 29, 2016, 8:00-9:00 am, MGM Grand, Detroit
For more information contact: (248) 872-6900

OCTOBER

Team BHPI participating in the **Walk to Defeat ALS**
October 1, 2016, 9:30 am, Detroit Zoo, Royal Oak
For more information visit ALSA.org

Judson Center | **A Night to Embrace**
October 8, 2016, 7:00-11:00 pm,
Westin Book Cadillac, Detroit
For more information contact: (248) 549-4339

Community Living Services
Parent Resource Open House
October 20, 2016 10:00 am-12 pm, and 6 pm-8 pm
For information call Cynthia Whisler at (734) 722-7493

NOVEMBER

Northeast Guidance Center
Day of Restoration for Detroit's Homeless
November 5, 2016, 10:00 am- 3:00 pm
Detroit Rescue Mission Ministries
For more information call (313) 308-1400



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