

## Finding Purpose In Life

By: Carla Khabbaz

It can be hard to realize when we are self-sabotaging as we try to achieve the most important life goals that we aspire to. However, self-sabotage is one of the more common habits that people engage in. We often fail to realize that we are undermining our own power when we do this.

Understanding the reasons why we do this can help us to face the fears that keep us from finding purpose in life. When we second-guess what we want, or allow others to direct our actions, we are giving in to fear and giving our power away. Realizing that we are truly the architects of our own destiny can help us to break through the judgment of others and take responsibility for the direction of our life's path.

Many of the obstacles that we routinely encounter are the result of fear, which can hold us back from achieving our goals. Facing this is one of the most difficult parts of empowerment, but it is also the key to achieving more and attaining a sense of self-efficacy.

So often, when we face fear, our initial reaction is denial, as this can seem like the easiest course of action. But when we do this, we are giving our power away, because we are not taking action, instead, we are merely re-acting. It is only by acting, and by facing fear with courage, that we can overcome life's biggest obstacles.

One of the biggest obstacles that fear creates is self-doubt. This can manifest itself as reactions to the judgment of others, especially when we change our goals because of what someone else thinks. Remember that it is possible to acknowledge what another person feels without letting it rule us, or derail our long-term goals. Taking the advice of a trusted person can be helpful. We can thank them for their input and incorporate useful suggestions into our long-term plans without giving them the power to decide our fate.

Starting the journey of personal empowerment can be the most difficult part of self-discovery and realizing our dreams. When we have allowed fear to hold us back, it can be scary to break free, but when we liberate ourselves from the bonds of fear and self-doubt, the possibilities are endless. It is an exciting, overwhelming, and sometimes even, a scary feeling, but nothing compares to taking control and making our own choices in life.



## 4 Ways to Save Energy

By: Linda Rivers

There are a lot of things you can do to save energy every day. Whether you're looking to conserve energy at home, to help lower your heating bills, or interested in making a big environmental impact, there is tons of information available online to get you started.

Here are a few energy saving tips to get you started:

### Tip #1: Turn it off!

Make sure you turn off all lights and appliances when they aren't in use. ALWAYS. This is one of the main causes of energy waste and skyrocketing energy bills. Turning off lights and electronic devices both in your home and elsewhere will always help to improve energy conservation.

### Tip #2: Cool it down!

Turning down the temperature of your home by just one degree can drastically decrease your energy consumption while also helping to lower your home heating bill. You can also consider improving some of your home and window insulation to help you keep the warm air inside during winter and the cool air inside during summer.

### Tip #3: Pack it light!

If you have the option for choosing lightweight packaging when purchasing products, remember that the less packaging involved typically means there was less energy used to produce it. Making smart decisions is one of the best ways you can help improve energy conservation on a global scale.

### Tip #4: Plan it smart!

Rethinking your travel schedule is another great way to save. Everyone has last minute (and late night) trips to the store, for example, but if you're able to run 4 errands in one trip instead of spreading them out over multiple trips, you'll use a lot less gas while saving money.

# Avoiding the Common Cold

By: Lorita Marquez

It's cold and flu season, and since no one likes being sick, here are some sure-fire ways to help reduce the chance of getting sick:

## Wash Hands Often

This is perhaps the ideal and most efficient way to keep the common cold at a bay. Why is this simple act so effective? Think about it. Of all the parts of the body, the hands come into contact with the most surfaces that may contain cold and flu germs. Have you ever seriously considered everything you touch every day? Every time you touch a product or surface that has been touched by someone who is suffering from the flu or a cold, your chances of getting sick increase. If you scrub your hands often, you will be far less likely to let any of the germs that you have made contact with into your system.

## Get Sufficient Rest

It can be really tempting, specifically when things are hectic at the holidays, to stay up late in an effort to get more done. There never seem to be enough hours in the day. Maybe you want to spend more time with friends and family, or perhaps you just want to watch a show on television. All of these things reduce the amount of rest that you are able to get. Unfortunately, sufficient rest helps your body fight infections, so skimping on sleep, though tempting, is not the best choice. When you are sleeping your system has a chance to do routine maintenance and make repairs. The more rest you get, the easier it will be for your body to defend against infection and keep you healthy.

## Drink Lots of Water

Your body needs a minimum of about 64 ounces of drinking water every day for maximum health. Staying effectively hydrated is how one's body is able to flush toxins out of the system. If you aren't properly hydrated, germs refuse to leave the system. Don't forget: you can go at least seven days without eating solid food but without water, you will only last a day or two. That alone ought to remind everyone how crucial it is to stay hydrated, and this is even more important during cold and flu season.

## The Member Services Department 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)  
(313) 656-2587  
(TDD line for the hearing impaired)

## BHPI Calendar of Events

### DECEMBER

#### MORC

##### Movie Night

December 16, 2016, 6:30-8:30 pm, Woodside Bible Church  
For more information visit  
[woodsidebible.org/ministry/special-needs](http://woodsidebible.org/ministry/special-needs)

#### Black Family Development Network for Change

December 17, 2016, 11:30 am, American Serbian Hall  
For more information email  
[dchavous@blackfamilydevelopment.org](mailto:dchavous@blackfamilydevelopment.org)

#### Neighborhood Service Organization Holiday Meals on Wheels

December 25, 2016, Morning, Northwest Detroit Area  
Sign-up at [www.nso-mi.org](http://www.nso-mi.org)

### JANUARY

#### The Children's Center

##### AutoGlow

January 13, 2017, Ford Field  
For more information visit  
[TheChildrensCenter.org/AutoGlow](http://TheChildrensCenter.org/AutoGlow)



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