

# FrontLine Employee

Wellness, Productivity & You!

## Quest Employee Assistance Program

### The Value of Checklists

**I**f you've used a grocery list, then you know the value of a checklist and the relief that comes from not having to remember details. Apply this stress-reducing tactic to other areas in your life and watch relief flow. What to do, what to bring, how to do it—whether it's planning a party or social event, fishing, camping, boating, cleaning a house, repairing an engine, or baby-proofing a house—your checklist can be about almost anything. To make a checklist, track and record each step as you plan any event that has details associated with it. Use a well-developed checklist to stop the old "Are we forgetting anything?" routine and U-turns. Get started with the book *Checklists for Life: 104 Lists to Help You Get Organized, Save Time, and Unclutter Your Life*, available through online bookstores.

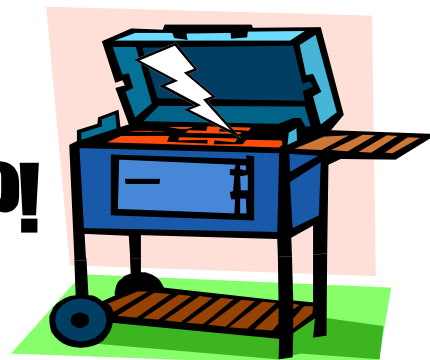


### Yuck— What's on Your BBQ?!

**A**re those pesky flare-ups still hitting your barbe-

cued food? According to research scientist J. Scott Smith of Kansas State University, certain spices may help fight the carcinogenic effects of charred food if they are mixed in with the meat. These three spices are rosemary, turmeric, and fingerroot. When flames hit meat and char food, they create "heterocyclic amines" (HCAs). These are cancer-causing compounds. The three spices can reduce HCAs up to 40 percent if applied to or mixed with the meat before cooking it.

Source: [www.cancer-health.info](http://www.cancer-health.info), May 20, 2010



### Ecstasy: Hug Drug with a Bad Bite

**E**cstasy is an illegal drug of abuse with no medical benefits. Its popularity is increasing due to rumors among teenagers about its reputation as a cure-all for shyness, loneliness, or feelings of isolation. There are lots of teenagers who would love to be more social, or feel more accepted and welcome, so Ecstasy's draw as the "hug drug" or "love drug" is seductive to teens who might be tempted by its promises of the closeness and acceptance many of them crave. Fight this dangerous marketing message by reading about Ecstasy so you can impart accurate information to your children. Learn more at [DEA.gov](http://DEA.gov).



A confidential service that helps employees and dependent family members to identify and resolve challenges that may be affecting them either at work or in their personal lives.

1.800.364.6352

[www.questeap.com](http://www.questeap.com)

# Getting Your Point Across

**Y**ou may never take a job in “sales,” but you are nonetheless “selling” throughout your career. Getting hired, asking for a raise, persuading others to accept your ideas, or positioning your employer for success—these things all benefit from organizing your thoughts and preparing your pitch like a sales pro. Most people hope for the best without knowing tested “templates” exist for a persuasive presentation. Here’s one approach (notice how the solution you’re “selling” comes last): (1) State the problem and the background information clearly—present the unanswered need or the dilemma at hand. (2) Identify the key consequences of the unresolved problem or need—be general. (3) Share your personal account of the negative consequences. (4) Provide more details, actual specifics, and evidence to support your view and to convince the listener of the seriousness of the problem. Use facts, specifics, and the testimony of others. Also, provide opinions of experts and use anecdotes. (5) Restate the problem one more time, and offer your solution, an action, or an answer to the problem. Prior to your meeting—to sound like a champ—rehearse your presentation aloud and ask a co-worker to critique it. Keep the above “formula” handy and advance your career with it.



# Fake It—Till You Make It

**I**t sounds sneaky and dishonest, but the catchphrase “Fake It Till You Make It” (FITYMI) is one of the most useful pieces of advice in the business world. The goal of faking it until you make it is not about acting as an imposter. It’s about imitating confidence and energizing yourself to be successful while you wait for real confidence and know-how to arrive. Fear of not measuring up to expectations can be a self-fulfilling prophecy. The most famous study of FITYMI asked 50 students to act like they were extroverts, even though none of them had the desire to do so. The more these students faked it, the happier they became. And the more extroverted they *actually* became. Another variation on this same strategy is “bring your body and the mind will follow.” These tactics are well-known for helping alcoholics stay involved in programs like Alcoholics Anonymous until a level of self-motivation to stay involved is achieved.

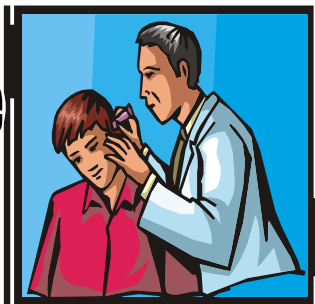


# Men and Preventive Health

**M**any preventable illnesses take a toll

on the longevity of men’s lives, unfortunately contributing to the unattractive statistic that men do not generally live as long as women do. Most are life-style-related. Although men are less proactive than women when it comes to preventive health care—undoubtedly also part of the reason men lead shorter lives—men’s attitudes are changing for the better according to experts. It’s good timing, because many of the illnesses that target men in their middle age are becoming more prevalent. They include heart disease, diabetes, bowel cancer, gallstones, prostate cancer, testicular cancer, and arthritis. If you’re a man, check out the “blueprint” for men’s health at [www.menshealthnetwork.org](http://www.menshealthnetwork.org). You will find a comprehensive tally of the things you need to be targeting for prevention before they target you first.

Source: [www.menshealthnetwork.org/blueprint/](http://www.menshealthnetwork.org/blueprint/); also check out the Centers for Disease Control and Prevention’s section on men’s health at [www.cdc.gov/men](http://www.cdc.gov/men).



# Dip into Pool Safety Tips

**T**he American Academy of Pediatrics has some important tips for pool owners to prevent summer tragedies, including those with small “blow-up pools” for toddlers. You already know to keep kids from running on wet pool decks, but here are a few you may not have heard, each of which has made the list of recommendations the hard way: 1) Don’t allow electrical appliances or extension cords near pools, especially if you are doing yard chores while the kids play. 2) After using a blow-up pool, drain it to prevent toddlers who wander back from falling in. 3) Keep toddlers on tricycles or riding toys away from pools, so they don’t fall in. See the complete list and consider a family/friends orientation and reminder about pool rules.

Source: [www.aap.org](http://www.aap.org).

