

PowerChoices ©

PURPOSE, POTENTIAL & PERFORMANCE

C.R.E.A.T.E. C.H.A.N.G.E.

Health
August 2011

** A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses."*
Hippocrates

In this issue:

Laura Novakowski	Page 2
Leanne Hoagland Smith	Page 4
Judy Rienzi	Page 5
Laura Canter	Page 6

How will we build health into our thoughts, attitudes, and behaviors to create extraordinary organizations, relationships, and communities?

In this month's issue, our intention is to help you to appreciate that **HEALTH** is essential element to success and life. Included in this issue are some insights, ideas and opportunities that can help you to achieve healthy and powerful results personally and professionally.

WHO - World Health Organization -
Website: <http://www.who.int/about/en/>
defines health as:

" a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

"The human body has been designed to resist an infinite number of changes and attacks brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body. "

Harry J. Johnson

"Half the costs of illness are wasted on conditions that could be prevented."

Dr. Joseph Pizzorno

Make Health an Essential Element in Your Thoughts and Actions to CREATE Extraordinary CHANGE

HEALTH

THE Essential Element

Laura Novakowski



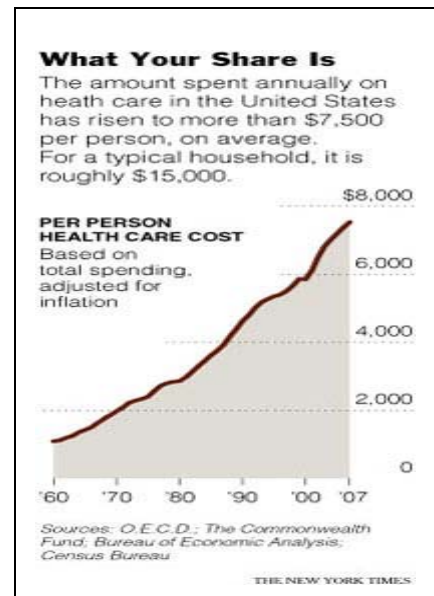
"The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years."

Dr. Deepak Chopra

Let me reiterate the **World Health Organizations** definition that health is *"a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."* We have reduced health to only be focused on the "physical" aspect of our lives perhaps because it is the easiest to determine. So, let's start there.

On July 13th, 2009, **The New York Times** columnist David Leonhardt wrote an article entitled *"How Much Does Health Care Cost You?"* In this article, Leonhardt wrote that *"health care will cost the typical household roughly \$15,000 this year."* Therefore, the "average share" for each individual is an estimated \$7,500. *These costs are directly related to "all insurance premiums, employer contributions, co-payments, Medicare and Medicaid taxes and everything else."*

On February 4, 2010, **The Commonwealth Fund**, a private foundation published this article entitled, *"Washington Health Policy Week in Review National Health Expenditures Now Grab 17.3 Percent of GDP, Study Projects."* In the article it is written that, *"The national health expenditures are projected to have risen to \$2.5 trillion in 2009, or 17.3 percent of the Gross Domestic Product, boosted by spending on public health programs amidst a deepening recession, according to a new government study published Thursday."*



The cost of unhealthy choices are astonishing. And yet we continue to sink money into treating the "symptoms" or "effects never really getting to the underlying causes of disease. Which is why mental and the social wellbeing cannot be taken out of the equation. Health is not just about the body, the physical, the science, the anatomy and physiology. It is about taking our relationship with health to an artform and treating it like it is **THE Essential Element**.

As we learn to appreciate that our thoughts, our mental attitude, are more likely to set us up for dis-ease that ultimately leads to disease, then and only then, will we have an opportunity to move towards a state of total personal and professional wellbeing. One cannot compartmentalize by treating health as only taking care of the physical like preparing for a doctor's visit or a trip to the pharmacy. Instead, we consider that our thoughts are pulling the strings on our health just as much as our exercise and nutrition.

Consider this scenario. *It's Monday morning and an important meeting is planned. You're driving to work and your mind is on the meeting. You stop at the gas station, your card doesn't work, several things happen. You rush into the attendant and have to wait your turn. The clerk is taking their good old natured time, chatting with the customers, calling them by name, smiling and carefully handing them their change. You know that they are just lazy or worse yet they know you're in a hurry and because they know you are important (because you know you are), they purposely make you wait. Now it's your turn. You step up and abruptly tell them how ridiculous it is that your card doesn't work. The smile that had been extended to others is gone and now the tension is overwhelming. They inform you that they will hold your card or you can charge a certain amount. Either way you have to go back in to sign. You stomp out to your car and stomp back in. The clerk tosses your receipt on the counter. You sign and throw the pen down. What a way to start a day.*

Did that sound like a healthy encounter? By the time you have reached work, everyone is a jerk, your blood pressure is sky high and important meetings are blown. What caused the dis-ease? Your mental attitude and lack of social awareness. Now you started your day with disease



Unless we live like Tom Hanks in *Castaway* and the only social interaction we have is with Mr. Wilson (a volleyball), we will need to understand how social interactions and relationships affect our health. Healthy, honest open communication, clarifying our own emotional intelligence, understanding our ability to manage conflicts and problem solving are imperative for us to truly enjoy health and perform as healthy individuals.

The tangible costs of health care are published and reported. Consider the real cost of unhealthy physical, mental and social health. It's like that Master Card commercial a few years ago. The cost of great health is "priceless."

If you are interested in treating **Health** as **THE Essential Element**, consider these three questions:

1. **What am I willing to do to ensure great physical health?**
2. **What am I willing to do to ensure great mental health?**
3. **What am I willing to do to ensure great emotional health?**

Laura R. Novakowski, RN, MBA, President
Positive Power Strategies, Inc.
Release Potential to Create Positive Change
The ACTS™ Approach to Build Accountability!
<http://www.positivepowerinc.com>
laura@positivepowerinc.com

The ACTS® Approach is a proven technique that Positive Power Strategies, Inc. uses to help individuals, organizations and communities to find ways to "Navigate their way with strategies, resources and actions that lead to extraordinary health and wealth."



The Fear of Health Awareness

Leanne Hoagland-Smith

Indiana can be proud of many accomplishments from a balance budget to traditional values. Yet, the health of many Indiana citizens is in jeopardy due to this one health issue - obesity.

When we remove the minority of the population that suffers from genetic diseases, obesity for the most part is a choice of health. And even though many may know they should not have that fast food take out or another piece of Aunt Mary's delicious homemade chocolate cake, the want exceeds the knowledge and shortly more calories are added than expended.

The fear of stepping on the scale and not assessing one's health keeps so many people from being healthy. Since organizations are comprised of people, that same fear of metrics and numbers jeopardizes the health of these economic engines.

Why do we fear numbers?

Why are we uncomfortable with assessing our awareness?

Why do we live in the status quo and are willing to have a lesser quality of life?

Two of my clients recently each lost 100 pounds. They shared one common desire to be truly healthy both in mind and in body. Both of these gentlemen embraced a new belief that allowed them to shed years of unwanted pounds. With that excess and heavy baggage removed, they have more energy, better attitudes and their respective businesses have also blossomed. They are no longer haunted by the fear of numbers and a poor quality of life.

The mind is where awareness be it health or anything else begins. Success and failure both start and end in the same place - between the ears. Sometimes our awareness is not accurate. This is why tools are required to ensure we know we are truly aware. Those tools can range from the simple scale to proven assessments to even dialogue with family, friends or even customers.

Health from the overall well being of an individual to an organization is critical to success. As was written in the novel Dune "The greatest fear is fear itself." Step away from your fear, start an action plan to leave the status quo and choose health.

Leanne Hoagland-Smith, M.S. Chief Results Officer

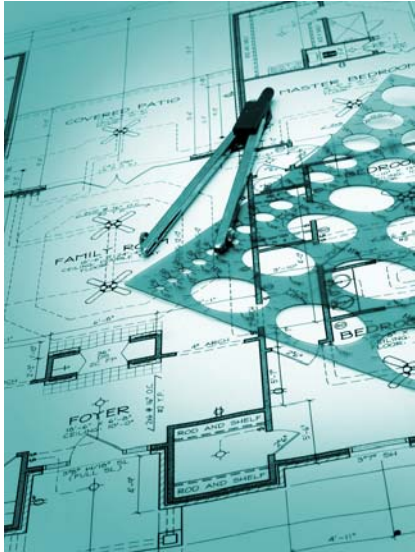
ADVANCED SYSTEMS

An International Firm for Human Capital Talent

Unlocking Results in People, Processes & Strategies

<http://www.processspecialist.com> ~ coach@processspecialist.com

www.increase-sales-coach.com - Blog on Sales & Business



Medically Manage Your Health by Preparing for Your Doctor's Visit

Judy Rienzi

People who are prepared to communicate with medical professionals develop partnerships with their health care team that lead to better quality healthcare and wiser self-care.

Many of us would never think of going to a business meeting, or giving a seminar unprepared. Therefore, why go to a doctor's appointment, a meeting about your health, unprepared?

Major advances in research and technology has led to better treatment options for preventing disease and treating chronic illnesses. It has also led to an increase in the number of specialists and high patient volumes at the doctor's office. Our time with our physician is limited. We need to get the most out of that office visit in order to be informed on how to manage our health. Physicians rely on what we tell them in order to make a proper diagnosis.

Planning in advance affords you the opportunity to effectively communicate all your health needs to your physician and be an active participant in decisions about your treatment options or self-care. Your doctor will appreciate the information you bring to him. Your preparation frees up time for you and your physician to discuss important matters concerning your health.

Here are some tips to help you communicate more effectively and get the most out of your office visit.

Before the Appointment

- Keep a list of symptoms you are experiencing.
- Keep a food journal. You may not be aware of it, but foods can trigger reactions in the body either from allergies, or by increasing inflammation in the body.
- Gather any pertinent articles that may pertain to your condition, or may be relevant in preventing disease.
- Always ask for a copy of a report when you go to your doctor, get lab tests, or any diagnostic testing, and bring it with you to your next health visit. This will save time if your physician didn't get the report, and you can both focus on the results.

Things to take to the appointment

- Get a folder to carry your papers.
- Take a copy of all your reports.
- Bring your food journal, list of symptoms, and questions.
- Blank paper or pad and pen to take notes.
- Current list of medication, supplements, and the name and phone number of the pharmacy you use.

What to discuss at the appointment

- If you have any symptom such as pain, fatigue, or a chronic illness that is limiting your life, then explain to your healthcare provider how this is limiting your life and how you would like it to change.
- Discuss treatment options. If medication is ordered, ask about their side effects. If diagnostic testing is ordered, ask what these tests will show.
- Always ask about lifestyle changes, even if your physician doesn't bring it up. Changes in lifestyle could have a profound effect on your health.

Sign in a Doctor's Office

Please
Talk to Me

Healthcare is truly a team effort. A proper diagnosis and treatment plan requires open communication and mutual trust. All member of the team have a part to play. Our role as the client is to listen, ask questions, and be prepared before your next visit. The above tips can help you prepare and open those lines of communication. Medical management, although often overlooked, gives you a clear understanding of what is going on inside you and identifies potential problem before they start. This is your fist step in planning your self-care.



Judy Rienzi, RN,MS
Health Promotion Associates. LLC
The CONNECT Method for Improved Health
www.healthpromotionassociates.com
judy@healthpromotionassociates.com



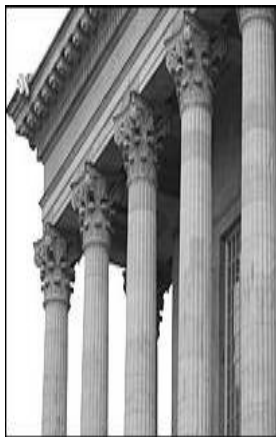
Health Matters

by Laura Canter

The first wealth is health.
~Ralph Waldo Emerson

Being healthy isn't just about having an apple a day, eating all of your veggies, drinking your milk or remembering to get in a bit of physical exercise in to keep the Mrs. and the doctor off of your back. Health is so much more encompassing than just what we eat or what type of exercise will burn the most calories and fat.

Looking back at last month's newsletter, I reintroduced the 6 Dimensions of Wellness wheel. You can see how health is Physical, Emotional, and Spiritual, Intellectual, Occupational, and Social. Depending on which philosophy you follow it could also mean Environmental, Cultural and even Financial.



In order for us to be successful at our job, in our personal lives – we need to consider the 5 Pillars of Health. The 5 Pillars of health include:

1. **Healthy Eating** – awareness of consumption, mindful eating
2. **Health Sleep** – 7-9 hours of sleep, peaceful environment, sleep routine
3. **Healthy exercise and movement** – engaging in hobbies and interests
4. **Healthy social and spiritual involvement**
5. **Taking time for Regular Breaks** – quiet & silent spaces, relaxation, reflection, meditation, guided imagery and more

Dr. Happiness (aka, Dr. Ed Diener at University of Illinois Champagne-Urbana) has studied for the past 25 years what makes us happy. Specifically, he has also looked at our overall well-being as it relates to our financial income. Dr. Diener says that our “happiness” or a much better phrase which he coined – “subjective well-being” has a strong genetic component to happiness. He has accumulated some persuasive data which shows external conditions do little to change one's happiness levels.

Diener has found that external conditions do little to change one's level of happiness. After a certain threshold there seems to be no correlation between income and happiness, and in fact in a recent study it was found that teenagers from blue-collar families were happier than teenagers from rich families. In 2004, Diener concluded:

...over the past 50 years, income has climbed steadily in the United States, with the gross domestic product (GDP) per capita tripling, and yet life satisfaction has been virtually flat. Since World War II there has been a dramatic divergence between real income (after taxes and inflation) and life satisfaction in the United States, and a similar pattern can be seen in the data from other nations, such as Japan.” (“Beyond Money” APA, 2004)

While income is not highly correlated with happiness, Diener has found that social relationships are. This is very good news, for many people who are low on the happiness scale (perhaps due to genetically acquired gloominess) can raise their level significantly by closely interacting with a good friend on a daily basis. In a cross-national study on the happiness of teenagers, he found that:

“The most salient characteristics shared by the 10% of students with the highest levels of happiness and the fewest signs of depression were their strong ties to friends and family and commitment to spending time with them.”
(“Very Happy People,” Psychological Science 2002)

In general, people are happy. About ½ of Americans report being “*very happy*” and only 1 in 10 claim they are “*not too happy*” (Diener & Diener, 1996). The majority of people rate themselves as “*pretty happy*.” These results were replicated in other countries, showing that are positive levels of *Subjective Well-Being* throughout the world (with the possible exception of very poor countries).

Dr. Diener’s Ingredients for a happy (and potentially healthy) life:

In his latest book, *Happiness: Unlocking the Mysteries of Psychological Wealth*, Diener sums up the results from his twenty-five years of research on happiness. He underlines four central ingredients for a happy life:

1. Psychological wealth is more than money. It is also your attitudes, goals and engaging activities at work.
2. Happiness not only feels good, but is beneficial to relationships, work and health.
3. It is helpful to set realistic expectations about happiness. No one is intensely happy all of the time
4. Thinking is an important aspect to happiness. His theory of Attention, Interpretation, and Memory (AIM) helps people to increase their psychological wealth.

Dr. Diener also addressed several “*myths*” of happiness in his latest book, some as a result of his own research. He notes that while positive affect is not highly correlated with income after a certain point, life satisfaction *is* correlated with income.

Finally, the idea that one should strive for happiness in life needs to be qualified. The focus should not be on getting married, making money, being good at work in order to become happy. Rather, the focus should be on becoming happy in order to have a better marriage, career, and purpose-filled life. It turns out Dr. Happiness suggests that ultimately it’s not about being happy. It’s about being happy in order to live a rich, varied, and meaningful human existence.

People who believe they have the power to exercise some measure of control over their lives are healthier, more effective and more successful than those who lack faith in their ability to effect changes in their lives. – Albert Bandura

**For more information
on Individual Coaching, Team/Group Coaching,
Guest Lecturing, or Workshops & Programs or the
Values in Action Character Strengths Assessment
~ please contact Laura Canter.*

Laura Canter
☞ [Canter Associates](#)
[Positive Performance Consulting...](#)
Corporate, Life & Sport
Email: llcanter1@gmail.com
Website: www.canterassociates.org