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## Family Goals: Making Good Stuff Happen

Helping to ensure plenty of happy, memorable moments with your family is something no one would consciously shy away from; however, most people do just that, by default. Busyness gets in the way. Time passes and it is finite, so don't let happiness be something that happens only by accident. 1) Decide what you and your partner or spouse want to do for the family. Try making weekly, monthly, and yearly goals. 2) Get everyone involved in the discussions and decisions. 3) Conduct these discussions at regular intervals as part of a larger family meeting. 4) Get things scheduled. 5) Consider scrapbooking everything so memories stick around. Get more ideas here.

## Don't Skip Your Health Checkups

So, you are feeling well and are without any apparent health problems? Great, but are you postponing preventive health care, screenings, and examinations because you don't seem to have any cause for concern? Don't do it, especially as you grow older. Delays in identifying and treating some medical conditions can make doing so harder or even futile later. Many detectable health conditions, like high blood pressure, diabetes, vision problems, and cancer, can be cured when they are spotted early, and you won't notice any symptoms in early stages. Postponing preventive health care might be more likely if you live alone, without someone who may urge and prod you to see a doctor because of conditions like sleep apnea.

## What You Forgot About Dietary Fat

Many dietary fats are healthy. They give you energy and support cell growth, but they are calorie dense, and more so than carbohydrates are. Olive oil is a healthy fat, but do you know a tablespoon of it has around 120 calories? Use it in many dishes, but sparingly—splashing it on with abandon every day can add 3,500–4,000 calories to your diet each month! When you consider that a person who weighs 155 lbs. uses fewer than 100 calories to walk a mile, you can see how consuming even healthy fats can make you put on the pounds! To learn more, check out the book “Dietary Fats: Balancing Health & Flavor” from the International Food Information Council.

## What Women Should Know About Alcohol

Men have higher rates of alcohol-related hospitalizations and deaths than women do, but unfortunately these statistics overshadow alcohol’s disease effects on women: Illnesses associated with alcohol use claim more lives of women than of men. Women who drink alcohol face a higher risk of alcohol-related problems than men do because women, on average, weigh less and have less water in their bodies than men, so their blood alcohol concentration will be higher after the same number of drinks. Because most women do not metabolize alcohol as quickly as men do, they also are more susceptible to long-term health problems. The risk of alcohol-related liver disease, brain shrinkage, heart damage, and breast and other cancers are all greater for women, even if they consume less alcohol over a lifetime than men. Learn more from the National Institute on Alcohol Abuse and Alcoholism.

## Could Keeping a Happiness Journal Lengthen Your Life?

Journaling (expressive writing) has been studied scientifically. It’s considered a powerful tool to support change, overcome challenges, and accelerate goal achievement. It is often used to support therapy and medical treatment. This includes anxiety, depression, grief, and stress. It’s not a gimmick. UCLA scientists in a brain-imaging study discovered that putting feelings into words produces therapeutic changes in the brain. The real news is that everyone can benefit from journaling, and the theme you might want to consider is “happiness.” Journaling daily about happy moments in your life may lead to more of them, an upbeat mood, and perhaps a longer life, because happy people have been shown to live longer. Learn more about the healing power of journaling [here](#).

# EAP

Employee Assistance Program

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