



MAY 2009

E-FIT SPRING NEWSLETTER

Spring is the time to get refreshed and prepared for summer fun. Shake off the winter blahs and focus on getting your mind, body, and spirit fit for the good weather!

Fresh Outdoors = Mind & Body Connection

Fresh Activities



Getting out and doing something different will ward off boredom. Turn off the electronics and tune into the floral show presented by mother nature.

Have you taken your family to the park lately? It is a free and fun way to learn more about the Cincinnati Region plants and topography.

Here are 5 Suggested Parks to make an outdoor memory:

- [Boone County Arboretum](#) in Union, KY- Kid friendly plants & grass maze
- [Eden Park](#), East Downtown- Castles & fountains
- [East Fork Lake](#), Clermont County- Hit the clean water beach
- [Spring Grove Arboretum](#), West Side- Walking paths & more
- [Winton Woods Park](#), North of Cincinnati- Frisbee golf & more

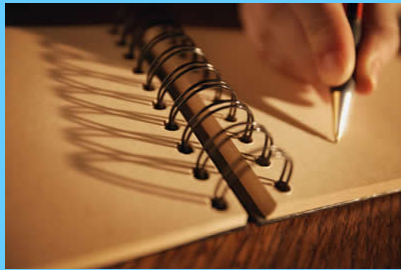
Fun activities to try:

- Be a photographer for the day- then do a slide show at home
- Be an artist for the day- draw or paint scenes from the great outdoors
- Step competition- take your pedometer and compete with friends and family members for the most steps taken
- Scavenger hunt/ "I Spy"- create a list of items to find at the park

Get a physical work out with hiking trails, walking paths, and lots of new things to see. Encourage your children to appreciate the beauty of nature. Pack plenty of water, wear sunscreen and supportive footwear, and check the above websites for policies on food and pets.

Fresh Ideas = Refresh Your Soul

Fresh Ideas



Spring is the time to prepare yourself for the year. A great way to plan ahead is through writing down your dreams and goals for the future in a **JOURNAL**.

Keeping a journal is a way to tap into your subconscious mind. It is your own personal time to renew your mind and spirit.

- Set a scheduled time for 5 minutes every day just for you.
- Free flow your ideas and dreams in a way that feels good to you.
- It does not have to be structured or formatted.
- Feel free to incorporate art with drawings or colors in your journal.
- Record quotes, poems, or music lyrics that speak to you.
- Think beyond the realm of possibility of "what is" and think of "what could be".
- If you are not comfortable with writing, you can record your thoughts and ideas in the form of a video or audio journal.

The goal is to be inspired and let your mind roam free.

Journaling is also a great way to safely unload any insecurities or concerns you have. It has been shown that by getting out these emotions in the form of words or writing, you are likely to feel lighter and less burdened without carrying around the negativity. Be proactive about your mental fitness by journaling to detoxify

your mind!

Each month we will offer a journal topic to inspire you to expand your mind.

MAY JOURNAL TOPIC: What are you looking forward to this summer?

[Participate in the Poll Question](#)

Fresh Communication = Genuine & Honest

Fresh Communication



There is something to the phrase of "*the truth will set you free.*" Within any relationship, the communication between people needs to be a genuine and considerate as possible.

Think of any soap opera. The characters are the best in manipulation and game-playing. There is too much energy that goes into a lie or coercing another person. **When you are honest, you are not burdened** by guilt. Even when the news you are saying may not be pleasant, the other person will prefer that you had respect for them in speaking the truth. No one want to be lied to.

This does not mean that you have to be rude. The goal is to be as honest and open as possible when talking about important topics. Here are some tips to keeping the communication honest:

- Use **I STATEMENTS** to share your side of the story. "When this happens, I FEEL... because... I would really like it if..." This makes the problem, your feelings, and your wishes clear to the other person.
- If the time is not good (like during the World Series) when someone wants to have a serious conversation, tell them in a **gentle tone** your request to talk about it at another time. This lets the other person know that you are not brushing them off, but that you would rather talk when you can fully focus.
- If you don't know how to bring up something that is difficult to another person, you can start by saying just that. "**I did not know how to bring this up, but...**" Let the other person know where you are coming from. If you ask the other person to listen to you, **you must also return the favor** of listening to them once you have said your piece.

Relationships need a breath of fresh honesty sometimes.

It is not that one person is right and another is wrong, it is that you each have a side to share.

If any of the above ideas are too hard to try, it may be a good idea to bring in a third party to referee the conversation. A family member or a friend is a good start. Sometimes it is better to have someone who will not judge or gossip about your situation. A counselor is a safe and confidential place to discuss difficult topics.

Your company offers an Employee Assistance Program called the Employee Assistance Resource Network (EARN) where you can see a counselor as a confidential and unbiased resource. This is **no cost to you** and includes members of your family who live in your home. Your company **will not know** that you attended. Learn more about Cincinnati's premiere EAP with over 30 years experience at [EARN-Employee Assistance Program](#).

Call 513-733-3800 or 1-800-875-5540 to schedule a confidential appointment.

Share Your Story & WIN

Share Your Story with EARN & WIN MOVIE PASSES

Send your story of your outdoor adventures, honest communication, or journaling topics. We will feature a different story each month.

The featured story will **win 4 movie passes** to AMC movie theater at Newport-on-the-Levee.

Send your 500 words or less story and a photograph to [E-Fit News](#) with your email address and mailing address (for us to send the tickets).

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