



# PM Care Capsule

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*we manage because we care*

THE QUARTERLY CAPSULE

FOR INTERNAL CIRCULATION ONLY

Issue No 1/2007

JANUARY - MARCH 2007

## Cover Story

# Merancang Untuk Sihat

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20 Simple Ways to be Happy

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PMCare Sports Carnival 2006

PM CARE SDN BHD

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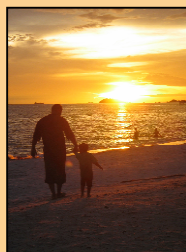
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We invite members and others to submit comments, opinion and articles for publication in the *PMCare Capsule*.

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Cover Picture  
Sunset at Damai Laut

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*PMCare* would like to thank all our members for your continuous support. We look forward to serve you better.



*PMCare* would like to wish Happy New Year, Maal Hijrah & Gong Xi Fa Chai to all our employees, corporate clients, medical providers and other business associates.

Checkout *PMCare* Health Bulletin for the latest health news and information at [www.pmcare4u.com.my](http://www.pmcare4u.com.my)



## Message from the CEO

**Wan Shukri Ariffin**

Chief Executive Officer, PMCare

Greetings to all and we meet again in the first issue of *PMCare* Capsule for 2007. To us, the new year signifies the kind of continuous improvement and commitment that we need to deliver in order to have a good and productive year filled with success. We also hope to be able to deliver a 'wow' factor while delivering our quality services to our clients in return for their continuous support to us. For a start of this year, we have been entrusted by DKSH, Majlis Perbandaran Selayang, MIMOS and Lembaga Tabung Haji to manage their employees' medical benefits programme.

This first quarter issue puts forward interesting articles on our theme for this time "Motivation". The need for goal-setting becomes more obvious and clear. Goal-setting is powerful, partly because it provides focus. It shapes our dreams. It gives us the ability to come in on the exact actions we need to perform to achieve everything we desire in life. Goals are great because they cause us to stretch and grow in ways that we never have before. In order to reach our goals we

must become better. We must change and grow.

Goals also provide long-term vision in our lives. We all need lots of powerful, long-range goals to help us get past short-term obstacles. Life is designed in such a way that we look long-term and live short-term. We dream for the future and live in the present. Unfortunately, the present can produce many difficult obstacles. But fortunately, the more powerful our goals (because they are inspiring and believable) the more we will be able to act on them in the short-term and guarantee that they will eventually come to reality.

We at *PMCare* have a goal to continuously exceed our members' and corporate clients' expectations. To achieve our goal, we do have our action plans which details out the approaches and actions that we have to follow to achieve our goal.

Looking back, the year 2006 had been an eventful one for us at *PMCare*. For *PMCare* at corporate level, we have a local institutional investor, Inflexion PEF Sdn Bhd as one of our new shareholders. Inflexion PEF is an equity fund manager that is

owned by Mayban Venture Capital Sdn Bhd, Employees Provident Fund, SME Bank, Malaysia Reinsurance Berhad, Momentum STI Sdn Bhd, PFM Capital Holdings Sdn Bhd and Labuan Reinsurance (L) Ltd.

In terms of business and operational level, we have managed to renew contracts with our clients for longer periods and we have successfully organized several medical management and wellness programmes for our clients. We are also conscious of our Corporate Social Responsibility. We have been sponsoring Rumah Insaniah Siti Hasmah at Jalan Klang Lama since we started our operations in 1995 and last year we conducted a preventive programme for Orang Asli in Raub, Pahang together with the local Lions Club. During the year, we also organised our annual sports and activities for our staff.

Once again, we wish to thank all our valued clients, business associates, friends and those who have contributed and have supported us thus far, and we are hopeful of your continued support in the years to come.

Best wishes & God bless !



# MERANCANG UNTUK SIHAT

By Dr. Helmi Ismail

Kita kerap diseru untuk merancang kewangan kita. Ungkapan "*Financial Planning*" kadangkala begitu mesra apatah lagi bila kita baru sahaja melangkah ke tahun baru – tahun 2007 Masihi atau tahun 1428 Hijiriah maupun Tahun Ding Hai (Khinzir Hutan) – atau pun bersiap untuk tahun kewangan berikutnya. Jika direnung sejenak, apapun yang dirancang, ia pasti terbantut jika kita atau ahli keluarga (keluarga rumahtangga atau boleh saja keluarga kerja) terganggu kesihatan mereka. Maka, langkah baiknya kita juga bukan hanya menumpu kepada soalan kewangan tetapi juga menumpu pada perancangan kesihatan.

Perancangan kesihatan keluarga boleh digunakan sebagai contoh. Mengambil pendekatan ini terdapat berbagai peringkat untuk kita memulakan perancangan kita. Untuk memudahkan perbincangan, kita mulakan dengan seorang dewasa lelaki yang masih bujang yang sedang menetapkan hari perkahwinannya. Perancangan dibuat bukan sekadar untuk dirinya tetapi juga kepada generasi yang akan dilahirkan seterusnya.

Pendekatan awal yang diambil boleh diringkaskan kepada beberapa peringkat berikut:

- Kesihatan diri,
- Kesihatan (bakal) pasangan,
- Keadaan kesihatan kedua-dua pasangan yang boleh menjejaskan mereka,
- Keadaan kesihatan kedua-dua pasangan yang boleh menjejaskan generasi selepas mereka.

Dunia perkahwinan merupakan dunia baru bagi kedua-dua lelaki dan perempuan yang ingin berkongsi hidup. Kedua-dua mestilah sihat minda dan fizikal. Pasangan mestilah juga tahu tahap kesihatan pasangan mereka dan mereka perlu bertolak ansur untuk meneruskan perhubungan nanti, individu itu sedar dan tahu untuk menguruskan kekurangan ini. Seseorang yang mengalami sawan (*epilepsy*), misalnya, perlu berterus terang dengan pasangannya tentang apa yang dialaminya sementara pasangannya perlu bersedia untuk menghadapi (kemungkinan) serangan sawan samada ia berlaku semasa mereka hanya berdua atau pun dikhalayak ramai.

Memang telah banyak penulisan betapa hari-hari memulakan kehidupan baru ini begitu mencabar sehingga tidak sedikit juga yang kecundang dengan ketidakserasian sehingga perhubungan menjadi hambar atau senang meledak atau boleh sahaja mengheret kepada perpisahan melalui perceraian.

Kesihatan kedua-dua pasangan juga boleh menjejaskan generasi selepas mereka. Ada beberapa penyakit keturunan yang boleh lahir hasil dari percantuman kedua benih dari lelaki dan perempuan ini. Jika kita senang memikirkan bagaimana bayi mengambil iras rupa dengan hidungnya mengikut emak dan telinganya mengikut bapa, (sekadar menyebut sebagai contoh), kita akan mudah membayangkan ada sifat-sifat tertentu yang akan lahir dengan percampuran sifat yang dibawa oleh gen-gen pembawa sifat sumbangan kedua mereka. Hasil percantuman ini ada yang boleh dipandang ringan dan ada juga yang pasti membebankan. Yang paling kerap dan ketara adalah penyakit Thalasaemia. Jika kedua-dua ibu dan bapa adalah pembawa (dimana setiap mereka tidak mengekspresikan petanda penyakit ini dan mungkin sahaja tidak menyedari yang mereka pembawa) ada 50% kemungkinan di setiap kelahiran nanti bahawa bayi akan dilahir dengan penyakit yang akan membuatnya sentiasa kehilangan darah sehingga pucat, kelihatan kuning (*jaundice*) dan terbantut tumbesarnya. Bayi ini memerlukan pemindahan darah yang berulang yang akan hanya selesai melalui (pembedahan) perpindahan

sum-sum tulang dari penderma yang sesuai. Ini boleh sahaja mencelarukan kehidupan kedua mempelai suami-isteri tadi.

Perancangan peringkat kedua boleh disimpulkan seperti berikut:

- Kesihatan ibu semasa hamil,
- Kesihatan bayi semasa dalam kandungan,
- Kesihatan keduanya selepas kehamilan/bersalin,
- Kesihatan ibu untuk kehamilan seterusnya,
- Kesihatan bapa untuk semua proses di atas,
- Kesihatan bayi yang baru lahir serta perkembangan seterusnya.

Pada amnya kesihatan ibu dan anak terjamin melalui pemeriksaan semasa hamil (*antenatal check-up*) yang menyeluruh. Pada amnya (melainkan bila ada permasalahan yang akan meningkatkan kekerapan pemeriksaan), ibu dipanggil untuk pemeriksaan secara berjadual:

- Sebulan atau setiap empat minggu sekali dari tarikh disahkan hamil ke 32 minggu;
- Dua minggu sekali dari 32 minggu ke 36 minggu;
- Seminggu sekali sehingga bersalin.

Teknologi perubatan sebegitu maju dibidang apa yang disebut sebagai Perubatan Perinatal sehingga ada beberapa kelainan yang dapat dikesan kepada bayi sebelum dia lahir lagi. Kemahiran serta teknologi yang berkaitan memungkin perancangan awal dibuat sebelum bayi itu lahir.

Pemeriksaan sesudah lahir (*Post-natal visit*) bertujuan untuk memastikan kesihatan ibu dan anak. Ianya juga untuk megukuhkan kesihatan ibu untuk tugas-tugas seterusnya sambil menilai keperluan melengahkan masa untuk kehamilan yang berikutnya. Walaupun kerap diabaikan, masa ini juga sesuai untuk menilai kesihatan keluarga keseluruhannya (yang pasti berubah dengan kehadiran pendatang baru ini) terutama suami.

Dalam ketelitian membincangkan pendekatan menyeluruh seperti di atas, perlu ditekankan bahawa perancangan kesihatan untuk diri sendiri amat perlu diutamakan. Setiap individu perlu tahu di tahap mana dia berada dan merancang ke mana arahnya. Sebagai contoh, mereka yang sedar berat badannya jauh melampaui normal perlu mengatur hidupnya (cara makan serta aktiviti harian) untuk mengatasi masalah itu yang akan menjamin pemulihan kesihatannya. Mereka perlu melakukan bukan sahaja untuknya tetapi pasti juga untuk yang disayangnya. Apa yang misalnya berlaku kepada bapanya boleh dijadikan iktibar sebagai apa yang juga mungkin bakal turut menyimpannya. Di segi kesihatan diri juga, anda perlu membayangkan mereka yang disayangi yang menunggu kepulangan serta bergantung kesejahteraan mereka kepada anda - sekadar meminjam kata-kata yang kerap disiarkan melalui media - mereka berharap anda "*pulang ke rumah bukan pulang ke Rahmatullah*".



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# Motivation and the Power of Not Giving Up

By Dr. Benjamin

Have you ever set a goal for yourself, like getting fit, making honor roll, or being picked for a team? Like lots of people, maybe you started out doing great but then lost some of that drive and had trouble getting motivated again.

## You are not alone!

Everyone struggles with staying motivated and reaching their goals. Just look at how many people go on diets, lose weight and then gain it back again.

The reality is that refocusing, changing or making a new start on something, no matter how small is a big deal. But it's not impossible. With the right approach, you can definitely do it.

### Getting — and Staying — Motivated

So how do you stay motivated and on track with your goal? It all comes down to good planning, realistic expectations and a stick to it attitude. Here is what you need to do:

**First, know your goal.** Start by writing down your major goal. Your major goal is the ultimate thing you would like to see it happen. For example, "I want to make honor roll" or "I want to get fit enough to make the cross-country team" or even, "I want to play in the Olympics" are all major goals because they are the final thing the goal setter wants to see happen (obviously, some goals take longer and require more work than others). It is OK to dream big. That is how people accomplish things. You just have to remember that the bigger the goal, the more work it takes to get there.

**Make it specific.** It is easier to plan for and master a specific goal than a vague one. Let's say your goal is to get fit. That is pretty vague. Make it specific by defining what you want to achieve (such as muscle tone and definition or endurance), why you want to get fit and by when. This helps you make a plan to reach your goal.

**Make it realistic.** People often abandon their goals because their expectations are unreasonable. Maybe they expect to get ripped abs in weeks rather than months.

Let's say you want to run a marathon. If you try to run the entire distance of 26.2 miles tomorrow without any training, you are unlikely to succeed. It takes the average person 4 months of training to run that far. But the bigger risk is that you will get so exhausted that you will give up your marathon dreams and running altogether.

Part of staying motivated is being realistic about what you can achieve within the timeframe you have planned. Competing on the Olympic ski team is a workable goal if you are 15 and already a star skier. But if you are 18 and only just taken your first lesson, time is not exactly on your side.

**Write it down.** Put your specific goal in writing. Then write it down again and again. Research shows that writing down a goal is part of the mental process of committing to it. Write

your goal down every day to keep you focused and remind you how much you want it.

**Break it down.** Making any change takes self-discipline. You need to pay constant attention so you do not get sidetracked. One way to make this easier is to break a big goal into small steps. For example, let's say you want to run a marathon. If it is February and the marathon is in August, that is a realistic timeframe to prepare. Start by planning to run 2 miles and work up gradually to the distance you need.

Then set specific daily tasks, like eating five servings of fruit and veggies and running a certain distance a day. Put these on a calendar or planner so you can check them off. Ask a coach to help you set doable mini-goals for additional mile amounts and for tasks to improve your performance, such as exercises to build strength and stamina so you will stay motivated to run further.

Reaching frequent smaller goals is something to celebrate. It gives you the confidence, courage and motivation to keep running or doing whatever it is you are aiming to do. So reward yourself.

**Check in with your goal.** Now that you have broken your goal down into a series of mini-goals and daily tasks, check in every day.

It helps to write down your small goals in the same way you wrote down your big goal. That way you can track what you need to do, check off tasks as you complete them and enjoy knowing that you are moving towards your big goal.

As you accomplish a task, check it off on your list. Tell yourself, "Hey, I have run 10 miles, I am nearly halfway to my goal". Reward yourself with something you promised yourself when you set your goal. Feel successful, you are! Now think ahead to accomplish the rest of your goal: "What

do I have to do to reach 26 miles? How am I going to make the time to train?"

Writing down specific steps has another advantage. If you are feeling weak on willpower you can look at your list to help you refocus.

**Recommit to your goal if you slip up.** If you slip up, do not give up. Forgive yourself and make a plan to get back on track.

Pat yourself on the back for everything you did right. Do not beat yourself up, no matter how far off track you get. Most people slip up when trying to make a change. It is a natural part of the process.

Writing down daily tasks and mini-goals helps here too. By keeping track of things, you will quickly recognize when you have slipped up, making it easier to refocus and recommit to your goal. So instead of feeling discouraged, you can know exactly where you got off track and why.

What if you keep slipping up? Ask yourself if you are really committed to your goal. If you are, recommit and put it in writing. The process of writing everything down may also help you discover when you are not really committed to a goal. For example, perhaps you are more in love with the fantasy of being a star athlete than the reality and there is something else that you would rather be or do.

**View slip-ups as lessons and reminders** of why you are trying to make a change. When you mess up, it is not a fault. It is an opportunity to learn something new about yourself. Say your goal is to fight less with your brother or sister. You

may learn that it is better to say, "I cannot talk about this right now" and take time to calm down when you feel your temper is growing out of control.

**Keep a stick-to-it attitude.** Visualize yourself achieving your goal, a toned you in your prom dress or a successful you scoring the winning soccer goal. Self-visualization helps you keep what you are trying to accomplish in mind. It helps you believe it is possible. You can also call up your mental picture when willpower and motivation are low.

Positive self-talk also boosts your attitude and motivation. Tell yourself, "I deserve to make the honor roll because I have really been working hard" or "I feel great when I swim, I am doing well on my exercise plan."

**Share with a friend.** Another boost is having supportive people around you. Find a running buddy, a quit smoking buddy or someone else with a similar goal so you can support each other. Having a goal buddy can make all the difference in times when you do not feel motivated, like getting up for that early morning run.

If you are not getting support from someone when you really need it, you may need to take a break from that friendship and surround yourself with people who want to help you succeed. For instance, if you have been going to your friend's house to study together every Thursday after school but now your pal is turning on the TV, chatting with friends online or gabbing on the phone and ignoring your pleas to get down to work, it is time to find another study buddy. You cannot stay focused on your goal if your friend does not share that goal or even worse, is trying to hold you back. Seek out others who are on the same path with you and work with them instead.

## Don't Give Up!

Ending an unhealthy behavior or creating a new, exciting one is all about taking responsibility for our lives. Finding the motivation to do it is not necessarily easy but it is always possible. You can stay motivated by writing down your goals, sticking to your schedule and reminding yourself of what led you to set your goal in the first place. Change is exciting; we would all be very bored without it.

Good luck in reaching your goals!



### Do It for Yourself

The key to making any change is to find the desire within yourself. Don't create a resolution just to please someone else or because others are telling you to change. If you're only doing something because you feel obligated to, you won't be as motivated as if you truly want it for yourself.

**Motivation is what gets you started. Habit is what keeps you going.**

- Jim Rynun

**People often say that motivation does not last. Well, neither does bathing, that is why we recommend it daily.**

- Zig Ziglar

**There are those that look at things the way they are, and ask why? I dream of things that never were, and ask why not.**

- Robert F Kennedy

## REPORTS

### PMCare WELLNESS PROGRAMMES

By S. Mahandran

PMCare organizes numerous health talks and health screening programmes throughout the year to enhance and incorporate the importance of preventive health to the employees and family members of the employees as well as to build a healthier community.



This is in line with our pledge towards building a healthy community at work and at home. The response from the members was overwhelming for both the health talks and screening programmes. So far we have organised about 10 wellness programmes. The support from the providers was very encouraging and we would like to extend our gratitude to all the providers who took part in all our wellness programmes.

Listed below are some of the programmes, which were organised successfully in 2006 and 2007.

Venue	Date	No. of Participants
Wisma Tenaga Nasional, Alor Setar	3 August 2006	100
Stesen Janakuasa TNB, Pasir Gudang	29 August 2006	150
Kempen & Pameran OSH TM Melaka, Menara Bertam, Batu Berendam	7 & 8 September 2006	150
Wisma TM Mahkota, Kuantan	12, 13 & 14 September 2006	250
Stesen Janaelektrik TNB Gelugor, Penang	19 September 2006	80
UMW, Shah Alam	7 November 2006	100
Stesen Janaelektrik TNB Tapah, Perak	14 November 2006	80
Pameran Keselamatan & Kesihatan Pekerjaan TM 2006, Menara TM, Bangsar	21, 22 & 23 November 2006	3,800
MIMOS Health Carnival 2007	17 & 18 January 2007	300
TNB HQ, Bangsar	19 January 2007	150
Kelab TM Health Carnival 2007	25 & 26 January 2007	400







# PMCare Family Retreat 2006

## Swiss Garden Damai Laut

By Dr Benjamin

After a tiring year working hard day in day out, PMCare showed that WE CARE by taking the staff members with their families to a wonderful and fun filled vacation to Swiss Garden Resort & Spa, Damai Laut, Perak in early December 2006. Our employees and family members really enjoyed the outing and all the activities over there.

Here are a few snapshots of our 2006 Family Retreat in Swiss Garden Resort & Spa at Damai Laut.



# PMCare Sports Carnival 2006

By Sharul bin Mohd Yasin

PMCare Sports Carnival 2006 came to the climax on 16 December 2006 with the Track & Field events and Sukan Rakyat which was held at the Matsushita Sports Centre, Shah Alam. The final overall result for the year of 2006 was England as Champions, followed by France, Holland, Brazil, Mexico and Spain. Congratulations to team England as the PMCare Sports Carnival 2006 Champions. Team France did not return empty handed as they managed to bag the prize for Best Supporters.



The Champions - ENGLAND team!



Go Brazil Go !!!



No Pain No Gain



HODs on their 100m dash!



Sukan Rakyat



Prize giving ceremony  
SJMC, PMCare, SMC

**PMCare's New Clients**

During the first quarter of 2007, Majlis Perbandaran Selayang (MPS) , DKSH Holdings (Malaysia) Berhad, Mimos Berhad and Lembaga Tabung Haji joined the PMCare clientele. PMCare takes the opportunity to give a warm welcome to them.



We look forward to serve all our members and provide them the best healthcare management services. This will definitely improve their quality of life and together we will work towards building a healthier community.

We also would like to extend our gratitude to all our corporate clients for their continuous support. Their confidence in us has made us grow as who we are now.

# SMP Group of Clinics

*Discover the Difference*

P

**PROTECT**

Your most important asset – your health.

R

**REMEMBER**

Wealth cost – Nothing lost character lost –  
Something lost health lost – Everything lost

T

**THINK**

We spend two thirds of our life earning money and neglecting our health.

And in the last one third of our life, we spend the two thirds of wealth – trying to gain back health. Is that wise?



Dr. Najee teaches the Art of Healing cum Wellness Medicine.

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**CLINIC PERTAMA** : No. 15, Jalan 38, Kawasan Perumahan PKNS, 42000 Selat Klang Utara, Selangor.Tel. : 03-31761696

**CLINIC SEKON** : No. 3. Jalan Lintana Batu 3. off Persiaran Tenaah. 41300 Klana. Selanaor. Tel. : 03-33420177

**CLINIC CHAN** : No. 17 G, Ground Floor, Jalan Raya Barat/KS1, Pusat Perniagaan Raya Barat, 41000 Klang, Selangor. Tel. : 03-33711413

# 20 Simple Ways to Be Happy

By Dr. Benjamin



Happiness is ephemeral, subject to the vagaries of everything from the weather to the size of your bank account.

We are not suggesting that you can reach a permanent state called "happiness" and remain there. But there are many ways to swerve off the path of anxiety, anger, frustration and sadness into a state of happiness once or even several times throughout the day. Here are 20 ideas to get you started. Choose the ones that work for you. If tuning out the news or making lists will serve only to stress you further, try another approach.

### State of Mind

**1. Practice mindfulness.** Be in the moment. Instead of worrying about your checkup tomorrow while you have dinner with your family, focus on the here and now - the food, the company, the conversation.

**2. Laugh out loud.** Just anticipating a happy, funny event can raise levels of endorphins and other pleasure-inducing hormones and lower production of stress hormones.

**3. Go to sleep.** We have become a nation of sleep-deprived citizens. Taking a daily nap or getting into bed at 8 p.m. one night with a good book and turning the light out an hour later can do more for your mood and outlook on life than any number of bubble baths or massages.

**4. Hum along.** Studies find music activates parts of the brain that produce happiness, the same parts activated by food or sex. It is also relaxing.

**5. Declutter.** It is nearly impossible to meditate, breathe deeply or simply relax when every surface is covered with papers, bills and magazines, your cabinets bulge and you have not balanced your checkbook in six months.

**6. Just say no.** Eliminate activities that are not necessary and that you do not enjoy. If there are enough people to handle the charity bazaar and you are feeling stressed by the thought of running the committee for yet another year, step down and let someone else handle things.

**7. Make a list.** There is nothing like writing down your tasks to help you organize your thoughts and calm your anxiety. Checking off each item provides a great sense of fulfillment.

### Block and Focus

**8. Do one thing at a time.** Instead of talking on the phone while you fold laundry or clean the kitchen, sit down in a comfortable chair and turn your entire attention over to the conversation.

**9. Garden.** Not only will the fresh air and exercise provide their own stress reduction and feeling of well-being but the sense of accomplishment that comes from clearing a weedy patch, watching seeds turn into flowers or pruning out dead wood will last for hours, if not days.

**10. Tune out the news.** For one week go without reading the newspaper, watching the news or scanning the headlines online. Instead, take a vacation from the misery we are exposed to every day via the media and use that time for a walk, a meditation session or to write in your journal.

**11. Take a dog for a walk.** In one analysis, researchers evaluated the heart health of 240 couples, half of whom owned a pet. Those couples with pets had significantly lower heart rates and blood pressure levels when exposed to stressors than the couples who did not have pets.

**12. Scent the air.** Research finds that the benefits of aromatherapy in relieving stress are real. Today you have a variety of room-scenting methods, from plug-in air fresheners to essential oil diffusers, potpourri and scented candles.

**13. Ignore the stock market.** Simply getting your quarterly statement can be enough to send your blood pressure skyrocketing. Give your investments time and give yourself a break.

**14. Visit a quiet place.** Libraries, museums, gardens and places of worship provide islands of peace and calm in today's frantic world. Find a quiet place near your house and make it your secret getaway.

### Be Appreciative

**15. Volunteer.** Helping others enables you to put your own problems into perspective and also provides social interaction. While happy people are more likely to help others, helping others increases your happiness.

**16. Spend time alone.** Although relationships are one of the best antidotes to stress, sometimes you need time alone to recharge and reflect. Take yourself out to lunch or to a movie or simply spend an afternoon reading, browsing in a bookstore or antiquing.

**17. Walk mindfully.** You probably already know that exercise is better than tranquilizers for relieving anxiety and stress. But what you do with your mind while you are walking can make your walk even more beneficial.

**18. Give priority to close relationships.** One study of more than 1,300 men and women of various ages found that those who had a lot of supportive friends were much more likely to have healthier blood pressure, cholesterol levels, blood sugar metabolism and stress hormone levels than those with two or fewer close friends.

**19. Take care of the soul.** For many people faith provides a support community, a sense of life's meaning, feelings of ultimate acceptance, a reason to focus beyond you and a timeless perspective on life's woes. Even if you are not religious, a strong spirituality may offer similar benefits.

**20. Count your blessings.** People who pause each day to reflect on some positive aspect of their lives (their health, friends, family, freedom, education, etc.) experience a heightened sense of well-being.

