



CURTIS NEWS

Curtis
Personalized
Health
Management

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the art of no



Many of us struggle with saying no - at work, at home, and in our communities, resulting in an over-scheduled calendar. Relationships suffer if one party feels that they're are obligated to make accommodations for the other person all the time. Here are some tips to make "no" easier to say - and mean it.

There are many reasons you may feel more comfortable saying yes. Some common reasons are:

- * You feel it is part of being considerate towards others. That may be the case at times, but consider whether saying yes builds resentment or removes the opportunity for others to help themselves.
- * You feel that your relationship to the other person is dependent on your saying yes. If this is truly the case, you may want to reconsider the value of such a relationship in your life. But in many cases it's more a fear - that your friendship is not enough just as it is - than a reality.
- * You may feel flattered at being asked.

In all these cases there is pressure to say yes in order to control the outcome - to make others feel happy, to preserve a relationship, or to preserve your pride or self-image. In small doses there's nothing wrong with that, but when you begin to feel that you don't have time to meet your own goals, that's a sign that there is a lack of balance. Clarify your own priorities for your time, and then begin to act accordingly. If you feel that being helpful is important, set aside some time for that and say yes to those requests that fit into that time. Then you will be ready to say no to the rest.

One of the hazards of saying yes all the time is that people come to expect it - and they can fail to appreciate your effort over time. Another hazard is that by taking on too much you may become frazzled or have less energy to put your best effort into something. So consider your ability to say no as a way of maintaining your integrity. Then people around you will know that when you say yes, they can count on you.

Of course if you're accustomed to saying yes, your no will come as a shock. That's one of the times it may be helpful to offer a brief explanation: "I've been feeling very burnt out lately, so I'm afraid I have to say no this time. I'm sure you understand."

There's often no need to apologize or explain when you say no. A simple "no, but thank you very much for thinking of me," or "I'm afraid I don't have time that month, so my answer is no" helps to end the exchange and move on to other topics.

One of the most common reasons for saying yes when you'd rather say no is a feeling of being cornered and unwilling to say no without a "good reason." It's also easy to say yes in the flush of a successful event or a warm moment. But after looking at one's calendar or in a calmer moment you may find yourself regretting having taken on an obligation. Make your default answer "let me get back to you on that." Some other ways to make this smoother include:

- * Giving a specific time that you'll let the person know - such as "I'd like to, but I'm not sure. Can I let you know on Saturday?"
- * Stating that you need to check with someone else, like a spouse, or your calendar
- * Be up front about your reasons: "I want to be sure I have time to give it my best, so I'll have to let you know"

There's also nothing wrong with passing the question on. For example, if you're asked to organize something, say no - but then offer to help find someone who will. Just be prepared to take no for an answer!

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HEALTH HUMOUR

**Helpful,
practical
advice for
setting
boundaries on
your time**

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Exercise first thing in the morning, before your brain figures out what you are doing!

Mint Marinated Shrimp with Tabbouleh

Shrimp transforms a Middle Eastern salad into a light yet satisfying main course.

2 cups medium or coarsely cracked bulgur (cracked wheat)*
1 1/2 cups water
1/2 cup plus 2 tablespoons fresh lemon juice
1/3 cup plus 2 tablespoons olive oil

6 tablespoons chopped fresh mint, divided
2 teaspoons coarse kosher salt, divided
20 cooked peeled de-veined large shrimp with tails intact

3 plum tomatoes, seeded, coarsely chopped
1/2 cup finely chopped arugula
1/2 cup crumbled feta cheese (about 3 ounces)
2 green onions, chopped
1 garlic clove, minced

Stir bulgur, 1 1/2 cups water, 1/2 cup lemon juice, and 1/3 cup oil in large bowl. Let stand until bulgur is tender and most liquid is absorbed, about 2 hours.

Meanwhile, whisk together remaining 2 tablespoons lemon juice, 2 tablespoons oil, 3 tablespoons mint, and 1/2 teaspoon salt in medium bowl. Mix in shrimp. Marinate 30 minutes, stirring occasionally.

Drain off any excess liquid from bulgur. Mix in tomatoes, arugula, feta, green onions, garlic, remaining 3 tablespoons mint, and 1 1/2 teaspoons salt. Season salad to taste with pepper.

Mound salad in large shallow bowl or on individual plates. Spoon shrimp and dressing over and serve.

**Available at supermarkets, specialty foods stores, and natural foods stores.*

Nutritional information:

Calories: 501
Protein: 17 g
Fat: 23g
Carbs: 60g
Fibre: 14

Vitamin A: 9%
Vitamin C: 35%
Calcium: 13%
Iron: 16%



Makes 4 servings.

Bon Appétit
August 2006

Over the next several issues of Curtis News, we will explore different types of health services, ranging from Physiotherapy and Massage Therapy, to Complementary and Alternative Medicines.

Health Therapies & Services: **Physiotherapy**

Physiotherapy is a primary care, autonomous, client-focused health profession dedicated to:

- Improving and maintaining functional independence and physical performance,
- Preventing and managing pain, physical impairments, disabilities and limits to participation; and
- Promoting fitness, health and wellness.

Useful in:

- Management & prevention of back or neck pain
- Healing sports injury
- Arthritis management
- Musculo-skeletal pain and injuries

What do Physiotherapists do?

Physiotherapists provide assessment, treatment and education for a wide range of health problems to ensure you make the most of your lifestyle. As people live longer and busier lives than ever before, it's not surprising that our bodies occasionally need assistance to stay in good working order. Physiotherapists can recommend the best way to treat problems with your muscles, bones and joints, circulatory, respiratory or nervous system. Physiotherapists can also advise you on ways to prevent potential health problems from occurring before they arise.

Every year physiotherapists assist thousands of Canadians of all ages, from babies to the elderly, in preventing and managing the effects of congenital diseases, illness, chronic diseases, neurological conditions, accidents and the stresses and strains of everyday life.

Physiotherapy - How it Works

Physiotherapy involves using a variety of techniques to help your muscles, joints, heart and lungs work to their potential. Physiotherapists work in partnership with individuals of all ages to break down barriers impeding physical function. Physiotherapy can help individuals living with congenital or chronic diseases or other debilitating conditions and can assist those recovering from: surgery; illness; neurological conditions such as stroke; injury; industrial or motor vehicle accidents; or age related conditions. The practice of physiotherapy is drug-free.

Fundamental to a physiotherapists' approach is an appreciation of your role in your own care. Physiotherapists work with you to integrate your care into your lifestyle. They are skilled in providing treatment, preventative advice, rehabilitation and care for people with long-term or terminal illness and will develop a full treatment plan to suit your unique needs.

Physiotherapists are university educated, regulated health professionals that play an important role within your health care team. To ensure physiotherapists across the country apply consistently high standards, the Canadian Physiotherapy Association, the Alliance of Physiotherapy Regulators and the physiotherapy colleges of each province regulate the practice of physiotherapists in the public interest.

Find a physiotherapist in your area by going to www.physiotherapy.ca or by referral from your family physician.



Canadian
Physiotherapy
Association

Association
canadienne de
physiothérapie



CURTIS CORNER

Choosing Change

Life presents infinite opportunity for achievement and personal growth. Embracing these opportunities helps us realize our potential, build self-confidence and self-respect. These opportunities all come about through the process of change.

Choosing change is ultimately a decision and a commitment. It means taking a leap of faith, facing your fears and moving into the quality of life you deserve. Take a moment right now to consider your most positive vision of yourself. Connect with your values and beliefs. See yourself as the person you already are and the person you want to become. See the change you want to occur.

People change only when the pain of not changing becomes greater than the pain of changing. Recognizing that parts of your life are not working and taking a proactive approach to change is one of the surest ways to improve the overall quality of your life.

The inescapable need to change can come with great pain and fear. These are natural emotions that are imbedded in the change process. Continued compassion and loving patience towards yourself will honor and respect the journey you are on.

A positive self-image keeps us on a path of continued self-fulfillment. When we value ourselves, we take care of ourselves in the best possible way. This translates into making healthy lifestyle choices. Choosing to exercise regularly, eating in a consistently healthy way, getting the sleep you need and creating balance allows us to achieve our emotional and physical best.

By embarking on a path of change, you show deep gratitude for your life and its possibilities.

Change is one of life's most powerful processes. Change is a celebration of life.

Taken from the "Choosing Change" workbook. Written by Mary Roncarelli and Charles Curtis. For more information contact Curtis at 604-921-2348.



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