



Career Coach's Advice: 5 Tips for Setting Boundaries at Work

By David Bohl

Excerpted from brazencareerist.com

Sometimes it's hard to set boundaries with others. We all want to be liked and to be considered open and friendly. However, people who fail to set and maintain boundaries in their life and work often find that it's much harder to meet their own needs, and to prevent others from imposing their needs onto them. But setting boundaries prevents misunderstandings, hurt feelings, awkward situations, grudges and other interpersonal torpedoes from endangering your relationships. And it's as simple as taking a few easy steps:

1. **Know how you expect to be treated and be clear about it to others.** We're trained not to make demands or state our own wants when dealing with others. But do everyone a favour by speaking up about how you prefer to be treated, what you expect from them and what your personal boundaries are. You don't have to be rude about it; a simple, "I'm sorry, I reserve my weekends for my family" is more than enough to get your point across directly and politely.
2. **Don't feel you have to offer explanations for your boundaries.** When you set a boundary or refuse a request, you are under no obligation to explain yourself. Offering explanations gives the impression that you feel that your boundaries and preferences are insufficient to stand on their own. Don't short-change yourself – state your case, stand by your requests and don't let others try to argue you out of your own best interests.

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3. Be respectful, thoughtful and responsible when setting boundaries. Make sure you don't set boundaries simply as a way to get special treatment, or to get out of your share of responsibilities.
4. If you want others to respect your boundaries you must respect theirs, even if you don't agree with them. If your boundaries happen to be incompatible, you must either find a way of working around those issues, or figure out some compromise that will work for you both. It's not fair to ask one person to give up their boundaries in deference to another's unless the situation is critical and there's no other way to resolve it. In that case, you should take the first opportunity to allow the person who gave in a chance to be recognized and rewarded for their generosity in a way that is meaningful to them.
5. Be proactive when dealing with other peoples' boundaries. If you're unsure where another's boundaries lie, take the initiative and ask. Most people will appreciate the opportunity to make their needs clear and reciprocate in kind.

October is Breast Cancer Awareness Month

Breast Health Information

Medical experts recommend women with no signs of a breast problem who are between the ages of 40 to 79 have regular screening mammograms at least once every 2 years.

Mammograms may find lumps 2 or 3 years before you or your doctor can feel them.

Early detection means more treatment options and a better chance to recover.

Perform breast self-exams regularly, even if you're under 40 – be sure you know all the areas of your breast tissue, including your armpits and collarbone.

Have a clinical breast exam at least once every 24 months.

For more information, go to bccancer.bc.ca



Ways to Boost Your Metabolism Naturally



By Dr. Joey Shulman

Excerpted from canadianliving.com

Making small changes to your lifestyle can boost your metabolism and help you lose weight. Here's how you can do it:

Eat More Protein

The hormone glucagon is released in response to dietary protein, such as egg whites, low-fat cheese, lean meats, chicken, fish and protein powder. Glucagon signals fat cells to release fat into the blood, thereby promoting its use. In other words, more fat is burned and more weight is lost when you eat more protein.

Say Good-Bye to Refined Grains

Products made from refined grains, such as many breads, pastas, cookies and cakes, cause most people to over secrete the hormone insulin. Insulin has the opposite effect of glucagon. Of its many functions, insulin is secreted from the pancreas to facilitate the uptake of glucose from the bloodstream into the cells.

Glucose (aka blood sugar) is derived from carbohydrates and is the main source of fuel for the body. When too many of the wrong type of carbohydrates are consumed, such as refined white sugar and/or white flour, excess insulin is secreted to deal with the sugar. In short, excess insulin=excess fat.

Low Glycemic Foods

Stick to eating low glycemic foods, such as fruits, vegetables, whole grains (breads and pastas) and beans. Do not be scared of eating bread! Research demonstrates very clearly that whole grains are beneficial for weight loss and the prevention of type II diabetes, colon cancer and constipation.

Go for Green!

Instead of your morning coffee, opt for some green tea. Green tea has many health benefits, from helping to fight diseases such as cancer and heart disease, to aiding in weight loss. Studies show that catechins, the antioxidants in green tea, help increase fat burning. Research also shows that green tea may lower blood sugars by inhibiting enzymes that allow the absorption of starches, and it may reduce the absorption of fat from the intestine. Typical dosage is three to four cups per day or a 300 to 400 mg capsule of green tea extract daily.



CURTIS CORNER

Don't just "fall" back into it...

**By Dawn Julson,
HR Manager
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Summer is coming to a close and the feel in the air is of back to routine and a sense of normalcy to our schedules.

As we head back to school, work schedules and a more structured day, now is the time to take stock and see what's working and what isn't.

The urge to just "Fall" back into the same old routines is tempting and easy but not always the best course of action. Take some time to really look at how your days, weeks and months are structured. Do some days and timetable make you pull your hair out, hanging on for the reprieve of a weekend? Do you dread certain days or times when you know the stress and workload will wear you down? Take a closer look at the good times to really see what it is you value in those times. Sometimes a few adjustments, some forethought, planning and re-structuring are all that's needed to make a hectic schedule run more smoothly and reduce stress for yourself and those around you. As we head back to it all, don't just settle for routine, you are in control of how it all plays out – make it the way you want it!

***"Time is a finite resource and we all place infinite demands on it. I view time as an opportunity, as a chance to make choices about how I spend that resource – because it is our choice. And that's something people often forget.
Maggie Wilderotter"***



www.racketsandrunners.ca

Sep/Oct 2009

Publisher: Charles Curtis

Editor: Kerri McBeath

Curtis Personalized Health Management Ltd.

www.curtishealth.com

Sources: brazencareerist.com;

canadianliving.com; bccancer.bc.ca

