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Friday FACTS

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"Leadership, Partnership, and Championship"

Tips for Getting Along Better with Your Kids by James D. Sutton, Ed.D.

Affirm Unconditionally. Whether we like it or not, we live in a conditional society. We have to perform to stay employed. Sometimes our children sense that they must perform to be loved. They have difficulty separating who they are from what they do, and unfortunately we too often add to the confusion by praising our kids when they make the team, if they make first chair trombone, and because they won the contest. Although there is nothing wrong with recognizing a child's accomplishments, such affirmation must balance with recognizing the youngster's unconditional value.



One way to do this is to simply say to the youngster, "You know Suzie, I was just thinking about something. I know that we have our differences from time to time, but, through it all, you're one of the best things that ever came into my life. You don't have to say anything; I just wanted you to know." The secret to making this affirmation "stick" is to immediately ask a non-related question (such as, "Say, can you tell me where the scissors are?"), leave the room, or in some way make it comfortable for the youngster not to respond to what you have said.

Casual notes left on the bathroom mirror are another way to affirm a youngster without him or her feeling like you are making a "big deal" out of it. Keep affirming in small, almost "casual," ways. It will begin to pay off. For more tips visit: <http://www.docspeak.com/Articles/TIPS.HTM>

12 Warning Signs of Health (Unknown author)

1. Persistent presence of a support network.
2. Chronic positive outlook and expectations!
3. Episodic peak experiences!
4. Sense of spiritual involvement.
5. Increased sensitivity.
6. Tendency to adapt to changing conditions!
7. Rapid response and recovery of adrenaline system due to repeated challenges.
8. Increased appetite for physical activity!
9. Tendency to identify and communicate feelings.
10. Repeated episodes of gratitude, generosity, and related emotions.
11. Compulsion to contribute to society.
12. Persistent sense of humor.

"USPSTF Recommends Screening for Depression"

The U.S. Preventive Services Task Force (USPSTF) recently reviewed the scientific evidence regarding depression screening for adults in the primary care setting. The USPSTF finds sufficient evidence to encourage primary care clinicians to screen their adult patients for depression. The USPSTF noted that clinicians should have systems in place to assure accurate diagnosis, effective treatment, and follow-up of patients. In addition, the USPSTF concluded that the evidence is insufficient to recommend for or against routine screening of children or adolescents for depression.

To view the complete announcement of the recommendation, visit the AHRQ Web site at: <http://www.ahrq.gov/clinic/3rduspstf/depression/>

The recommendations and accompanying article will appear in the "Annals of Internal Medicine" on Tuesday, May 21.

Tobacco Article

The June 2002 issue of *Good Housekeeping* has a great tobacco article- No Ifs, Ands or Butts!

"Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, 'What's in it for me?' "

- Brian Tracy