



Perspectives®

NEWS ON THE NET:

Helping organizations and individuals maximize their human assets.

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QUOTE OF THE MONTH:

“Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself.”

-Abraham J. Heschel

IN THIS ISSUE:

Cognitive Therapy As Good As Antidepressants, Effects Last Longer

Cognitive therapy to treat moderate to severe depression works just as well as antidepressants, according to an authoritative report appearing today in the Archives of General Psychiatry. The study, conducted by researchers at the University of Pennsylvania and Vanderbilt University, challenges the American Psychiatric Association's guidelines that antidepressant medications are the only effective treatment for moderately to severely depressed patients. [MORE...](#)

Courtesy of Deployment Health News

Balance, What Is It In Our Lives?

There always seem to be those messages out there that tell us to balance our lives. What does that mean? Balance your time, your checkbook, your roles, work and leisure, your meals, etc. [MORE...](#)

Are You Proud Of Your Job?

Think it doesn't matter what that stranger at the party thinks when you tell him or her what you do for a living? Think again. These days, you can speak proudly if you're a firefighter or a scientist. Those are among the professions to which the public still assigns great prestige. But a little embarrassment is understandable when you say you're an accountant or real estate agent. As important as those professions may be, there is a less than 1 in 10 chance that the person you're talking to believes your job carries great prestige, and according to a survey conducted by Harris Interactive, the prestige of most occupations continues to spiral down. [MORE...](#)

Courtesy of USA Today

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Balance continued...

In today's fast pace it feels as though we are more in imbalance. Society makes impossible demands and then, has us thinking we have not lived up to what we should be able to do.

If one can free themselves to ignore social pressures and begin creating a life that comes from your own goals, dreams and expectations, one will begin living life from the inside out.



Balance is not a perfect state, but a play between balance and imbalance and getting comfortable with imbalance.

One will find themselves more flexible and relaxed if one realizes balance may happen in moments, but expecting imbalance is more realistic.

Photo Courtesy:

<http://www.advantageworklife.com>

**Balancing a job and a family is not the hardest thing to achieve.
It's second. (Right after world peace.)"
-Barbara Dale**

"Take Five" to Simplify Your Life

- * Set realistic goals; simplify your expectations. Life is filled with foibles, flaws, and imperfections.
- * Mark one day off your calendar a month to "catch up."
- * Give yourself permission to play; schedule "Joy Breaks"—fun in small doses. Get as good at planning fun as you are now at scheduling work.
- * Blend rewarding work with time for personal refreshment.
- * Plan a day to work at home once in a while.
- * Schedule a breather. If you live by a calendar, schedule one hour a day to allow some breathing space. "Take Five" for yourself. Five minutes away from your work area can have a dramatic effect on your productivity.
- * Schedule time to work on specific projects. Give yourself time to work on these things by scheduling work time in your calendar.
- * De-clutter. Divide your desk or room at home into sections. Pick one section and start de-cluttering. Try handling things only once. Use three boxes or bags, marking them: Keep, Give Away, and Toss.
- * Delegate. Stop trying to do everything yourself. Let your spouse and children help with family responsibilities.
- * Rid yourself of old commitments and goals. Stop to think about everything you're doing or working towards. Does it still fit your life today? If not, stop doing it or get rid of it as a goal.
- * Take a "well" day. Enjoy doing what you enjoy the most.
- * Take a 1-minute speed whine. Find a friend, set a timer, and take turns whining about everything you can fit into 1 minute. If you whine fast enough, you'll end up laughing—the best stress-buster of all.

