A Tobacco Cessation Success Story

How Tina Walked Away From Smoking

If you ask Tina McDowell how she gave up tobacco, she would probably tell you she set her mind to it, completed the Freedom From Smoking program, and power-walked her way through every nagging urge to smoke. She might also tell you that it took three attempts before quitting for good, but she will quickly add all that she has gained as a non-smoker.

To her list of gains, Tina adds “the pleasure of saving money, sleeping better than ever, eating healthier, feeling good, increased energy level. My daughter noticed the healthy choices I was making when she moved home.”

So how does someone finally quit tobacco after over 20 years of smoking? According to Tina, the gears were put into motion when she noticed her reasons for smoking had changed. “It became something I did out of boredom and habit, and I was no longer satisfied with smoking,” she explained. “I thought smoking was helping me get through stress, but now I have a different way of thinking.”

After her “Quit Day”, she battled many cravings by getting out of her office and taking a brisk walk around The Quad. She soon found that these walks provided the very stress-relief she thought she was getting from smoking. Like Tina, many former smokers realize that smoking—and its demanding cycle of cravings and relief—was actually their root cause of stress rather than relief.

Emory’s new tobacco free policy had an effect on Tina’s decision, but as she explains, “I didn’t quit because of the new policy, but it did clench the deal for me.” Her advice to others who are trying to quit is “…don’t do it for anybody else. It has to be for you.”

Amid strange dreams, some irritability, and the long uncomfortable smoke-free commute to work, Tina got through her first two tobacco-free weeks by drinking cold water, chewing gum, and stocking her car with her favorite CDs. She told her friends she would no longer be joining them on smoke breaks and invited them to walk with her instead. Her walks always made her feel more functional and relaxed when she returned to her office, and she became amazed at how her auto-pilot smoking habits shut off. “It is funny when you realize you skipped a smoking break without even meaning to, and your pattern is starting to be broken.”

These days Tina continues her walk breaks at work, uses the treadmill at home, participates in various wellness programs at work, and strives to improve her blood pressure through activity and diet. Tina defines wellness as “being at peace with yourself, having good family relations, low stress, and satisfying your needs.”

Tina encourages smokers to ask themselves: “Do cigarettes really give you the same satisfaction or is it just out of habit?” She strongly believes “you must find a healthy replacement.” With all this success, you may wonder if Tina has had any “slips” since walking away from cigarettes. “Only in dreams … and when I wake up, the sensation to not smoke is even stronger.”

Diane Weaver, MS, RD, LD
Wellness Specialist
Wellness and Lifestyle

Choosing Healthy Relationships

“Let there be spaces in your togetherness.” This line is from a famous quote by poet-author Khalil Gibran and is often shared at weddings. It describes a healthy relationship as one where two people do not merely become one, but still remain two … In other words, we do not lose ourselves in each other, but do create a new identity together. The saying “We are the company we keep,” comes to mind.

Self-help books abound on the topic of finding a love relationship that is right for us. However, with all of this seemingly opposing wisdom, who is to say what is right when it comes to choosing healthy relationships?

Here are a few tidbits culled from my own years of experience as a counselor:
1) Love is NOT attachment; it is mutual freedom and respect.
2) Love in relationships is work, but ideally isn’t struggle.
3) Love is spiritual growth.

4) Love isn’t something we merely take; love is something that we make, and what goes around, surely comes around. Make love, and you will know what love is as you share it.
5) Love respects oneself as much as any other person, and like a good lifeguard, protects itself first, and then looks out for the other.
6) True love really is letting go. If it is meant to be, it will come back around.

As long as we’re living with our eyes open and fostering a commitment to the values of integrity, honesty, and a desire to do what’s right by each other in this world, then we’re surely bound to learn and grow from our experiences.

So, whether currently in a relationship or seeking one, let there be spaces … and let there be togetherness.

Kevin E. Buckins, LPC, EA Clinician

Strategies for Making Effective Workplace Choices

Without a doubt, we spend a significant amount of time at work. The workplace becomes a milieu for a number of activities as it relates to job tasks and interpersonal interactions. We are often faced with complex problems, changes, conflict, and communication challenges. How we focus on and resolve these issues is important for effective organizational dynamics. As we strive to maintain equilibrium in our work environment, consider the following strategies:

- Identify and define your specific challenges in the workplace (e.g., “I am having a problem completing my job tasks because of frequent and unexpected interruptions”).
- Develop an action plan to resolve the identified challenges.
- Seek support from a trusted colleague or supervisor to assist you with implementing your action plan.
- Maintain confidentiality of information that is shared with you by colleagues, unless you have their permission to disclose.
- Avoid the tendency to informally share information or “gossip”.
- Seek to resolve conflicts during the earliest possible stages; otherwise, escalated conflict may impact aspects of your work including team and job performance.

- Display a positive attitude in the workplace and avoid the tendency to complain or recycle problems.
- Demonstrate the behaviors that you value (e.g., respect, common courtesies, help and support when needed, etc.).
- Commit to be a change agent and seek ways to enhance your work environment. Be a part of the solution as opposed to being a part of the problem.
- Remember you can make a positive difference!

Marilyn Hazzard Lineberger, PhD
Senior Program Consultant and Psychologist
Nutrition Spotlight

**The Smoothie Wars**

Smoothies are a very popular choice in the summer months and you can find them just about anywhere: fast food restaurants, grocery stores and coffee shops, marketed as a low calorie alternative. But are they really?

Many smoothies sold in stores feature plenty of high-fat and high-sugar items like ice cream, peanut butter, sweetened syrups, or chocolate and as a result, you can end up with a drink that has upwards of 600 calories. Combine that with the gigantic portions that are sometimes served and your “healthy” smoothie might not be the best choice after all. Remember, we must still monitor our portion sizes, even when we are consuming foods that contain some healthy ingredients.

**Tips for making a healthy & low-calorie smoothie:**
- Use fresh, canned, or frozen fruit that is unsweetened or packed in its own juice.
- Use a no-calorie sweetener if you like your smoothie a little sweeter.
- Use low-fat yogurt or fat-free milk instead of full-fat yogurt or whole milk.
- Watch your portion size! Limit your smoothie serving to one cup (8 oz.).

Q. Is the Berry-Banana Smoothie a healthy choice?
A. It depends. While this smoothie provides a good amount of protein, fiber, calcium and vitamins, it also packs 290 calories into just an 8 oz serving, making portion control critical. To reduce the calories in this smoothie, use skim milk instead of whole milk, and leave out the sugar.

**Berry-Banana Smoothie**

*Ingredients:*
- ½ cup whole milk
- ½ medium size banana
- 2 tablespoons of granulated sugar
- ½ cup fresh strawberries, chopped
- 2 tablespoons ground flaxseed or flaxseed meal
- ¾ cup Cheerios cereal
- 1 cup vanilla low fat yogurt

*Directions:* Puree all ingredients in a blender until smooth. Serve immediately.

*Yield:* 2 servings (8 oz)

*Nutrition Information (Per Serving):* CALORIES 290; FAT 6 g; PROTEIN 11 g; CARBOHYDRATES 46 g; FIBER 5 g; CALCIUM 376 mg; IRON 2 mg; VITAMIN A (RAE) 44 mcg; VITAMIN C 26 mg

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2011 FSAP Health & Wellness Survey Highlight

Survey Highlight #5 – Over 55% of survey respondents identified having difficulty engaging in moderate physical activity three to four times per week. In addition, Exercise and Fitness repeatedly ranked as a top requested FSAP service.

FSAP’s Response – FSAP coordinated opportunities to participate in Zumba, a Latin dance inspired group exercise. Three classes were held during National Nutrition Month and one was held during Staff Fest. Also, FSAP continues to increase the number of walking groups on campus.

Check our website and future AAH newsletters for more highlights and updates on action steps taken as a result of the findings.
Wellness Calendar

BLOOD PRESSURE SCREENINGS
July 11
1599 Building, Room 2A
9:30 a.m. – 11:30 a.m.

July 25
IT Finance and Administration (UTS)
1762 Clifton Road, Suite 1495
Room E140, Conference Room A
9:30 a.m. – 11:30 a.m.

August 8
N. Decatur Building
1784 N. Decatur Road
Tugaloo Room 207
8 a.m. – 10 a.m.

August 14
Goizueta School of Business
1300 Clifton Road, Room 500
10:30 a.m. – 12 p.m.

BLOOD GLUCOSE SCREENINGS
July 17
White Hall
301 Dowman Drive, Room 200
8 a.m. – 10 a.m.

July 25
EU Administration Building
201 Dowman Drive, Room 309
8:30 a.m. – 10:30 a.m.

August 17
Department of Human Genetics
2165 North Decatur Rd.
1st Floor Conference Room
9 a.m. – 11 a.m.

August 21
Emory Parking Services
1945 Starvine Way
Conference Room
9 a.m. – 11 a.m.

Buyer Beware:
Navigating the Grocery Store and Interpreting Nutrition Labels

It’s 6 p.m. on a weekday, and you find yourself aimlessly wandering your local grocery store hunting for dinner. Your stipulations: it has to be tasty, healthy, affordable, and quick. Throw in the flashy packaging of over 47,000 stocked items and the confusion of nutrition labeling, and how is one supposed to make a good choice? It can be overwhelming, but follow these tips to painlessly navigate your grocery shopping trip:

● Make a plan, make a list, and stick to it! Meal planning may seem daunting and time consuming, but keeping it simple and flexible will save you time and money. Going into the grocery store without a list makes you more vulnerable to impulse buys, unhealthy choices, food waste, and frustration. Commit to grocery shopping on a regular basis.

● Think variety. Hit all of the food groups (grains, vegetables, fruits, dairy, and protein), and vary your choices within these groups each time you shop. Do a quick “shopping cart assessment” before check-out to ensure you have achieved variety.

● Be aware of nutrition claims. Although the Food & Drug Administration regulates nutrition and health claims, companies carefully highlight only information that makes their product appeal to buyers. For instance “Reduced Sodium” products are not always the same as “Low Sodium” and can sometimes still be extremely high in sodium.

● Review the nutrition labeling. When in doubt, read the “Ingredients” list and “Nutrition Facts” panel. Stick to the serving size to manage calorie intake and get more servings per package, which will stretch your food dollar. In the “% Daily Value” column, 5% or less means the food is low in that particular nutrient, while 20% or above is considered high.

With a bit of planning, an eye for variety, and a basic understanding of labeling, anyone can become a swift yet mindful shopper. Above all, the ideal grocery shopping trip is one that is stress-free, well-informed, and supportive of your personal health and wellness goals.

Diane N. Weaver, MS, RD, LD
Wellness Specialist

Additional Programming at FSAP

Freedom From Smoking (8 sessions)
Begins July 11, 2012; meets weekly on Wednesdays from 11:30am-1:00pm.
Pre-registration required. Please call 727-4328 or email Diane.N.Weaver@emory.edu

Anger Management Skills Group (7 classes)
Will meet weekly on Tuesdays from 12:00 - 1:15 p.m. in the FSAP Conference Room.*
All prospective participants must schedule a screening appointment prior to joining this group. Call FSAP at 404-727-4328 to register and for more details.

*Group is limited to 8 members and specific start date will be announced once class is full.

Please forward comments to:
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