



BetterSafe

WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

What You Need To Know About BULLYING

Bullying is when a person or a group shows unwanted aggression to another person who is not a sibling or a current dating partner. Cyberbullying (or “electronic aggression”) is bullying that is done electronically, including through the Internet, e-mail, or mobile devices, among others.

Bullying can be:

- » **Physical:** punching, beating, kicking, or pushing; stealing, hiding, or damaging another person's belongings; forcing someone to do things against his or her will
- » **Verbal:** teasing, calling names, or insulting another person; threatening another person with physical harm; spreading rumors or untrue statements about another person
- » **Relational:** refusing to talk to someone or making them feel left out; encouraging other individuals to bully someone

Bullying can lead to physical injury, social problems, emotional problems, and even death. Children and adolescents who are bullied are at increased risk for mental health problems, including depression, anxiety, headaches, and problems adjusting to school. Bullying also can cause long-term damage to self-esteem.

Children and adolescents who are bullies are at increased risk for substance use, academic problems, and violence to others later in life.

Children or adolescents who are both bullies and victims suffer the most serious effects of bullying and are at greater risk for mental and behavioral problems than those who are only bullied or who are only bullies.



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What The Science Says

Research studies show that anyone involved with bullying—those who bully others, those who are bullied, and those who bully and are bullied—are at increased risk for depression.

Studies have also found that unlike traditional forms of bullying, youth who are bullied electronically—such as by computer or cell phone—are at higher risk for depression than the youth who bully them. Moreover, cyber victims are at higher risk for depression than cyberbullies or bully-victims (i.e., those who both bully others and are bullied themselves), which was not found in any other form of bullying.

What Makes You A Bully?

To be considered bullying, the behavior in question must be aggressive. The behavior must also involve an imbalance of power (e.g., physical strength, popularity, access to embarrassing details about a person) and be repetitive, meaning that it happens more than once or is highly likely to be repeated.

Bullying also includes cyberbullying and workplace bullying:

- » Cyberbullying has increased with the increased use of the social media sites, the Internet, e-mail, and mobile devices. Unlike more traditional bullying, cyberbullying can be more anonymous and can occur nearly constantly. A person can be cyberbullied day or night, such as when they are checking their e mail, using Facebook or another social network site, or even when they are using a mobile phone.
- » Workplace bullying refers to adult behavior that is repeatedly aggressive and involves the use of power over another person at the workplace. Certain laws apply to adults in the workplace to help prevent such violence.

Know The Symptoms

Signs Of Bullying Include:

- Depression, loneliness, or anxiety
- Low self-esteem
- Headaches, stomachaches, tiredness, or poor eating habits
- Missing school, disliking school, or having poorer school performance
- Self-destructive behaviors, such as running away from home or inflicting harm on oneself
- Thinking about suicide or attempting to commit suicide
- Unexplained injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Difficulty sleeping or frequent nightmares
- Sudden loss of friends or avoidance of social situations





Day In Day Out

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

Focusing On ADHD *Attention Deficit Hyperactivity Disorder*

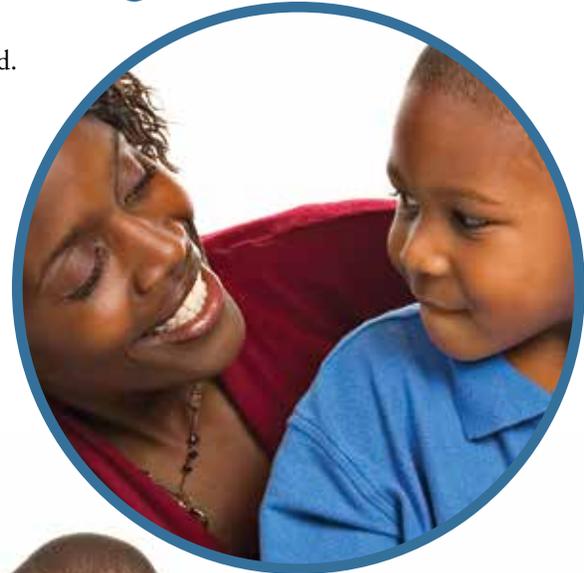
Most children get restless, rowdy, or distracted at times. That's all part of being a kid. But some kids have such trouble paying attention, staying focused, and finishing tasks that it interferes with their schoolwork, home life, and friendships. These difficulties might be signs of a developmental disorder called attention deficit hyperactivity disorder, or ADHD.

ADHD is a common brain condition in children. Nationwide, more than 1 in 10 kids ages 4 to 17 have been diagnosed with ADHD. Many will have all or some of their symptoms as adults too. While there's no cure for ADHD, it can be treated and managed with medication and therapy.

"Kids with ADHD are impaired in their functioning in school, with friends, in activities, at home, or in the community," says Dr. Benedetto Vitiello, a psychiatrist and child mental health expert at the National Institutes of Health (NIH). "The diagnosis is made because the level of hyperactivity or lack of concentration is extreme and prevents the child from engaging in what would be expected activities appropriate to their development."

Children with ADHD usually get diagnosed around age 7, but more severe cases may be identified earlier. Often a teacher or parent notices the child seems out of control and has more serious and persistent behavior problems than other kids the same age.

Some children with ADHD are hyperactive (overactive) and impulsive (acting quickly without thinking). These kids are constantly in motion, fidget a lot, and find it hard to sit still. They're impatient and have trouble controlling their behavior or waiting their turn.



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Day In Day Out

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Other children with ADHD, especially girls, are mainly inattentive (have trouble paying attention). Kids with the inattentive kind of ADHD have a hard time concentrating and following instructions. They often forget and lose things; they can't seem to get organized or complete assignments or chores. Most kids with ADHD have a combination of the hyperactive-impulsive and inattentive types.

What Causes ADHD?

Researchers have been studying what might cause ADHD. The condition tends to run in families, but experts believe many complex factors may play a role.

Studies suggest that some aspects of brain development can be delayed by 2 or 3 years in kids with ADHD, especially in the parts of the brain involved in thinking, planning, and paying attention. For many kids, Vitiello says, the brain later develops normally and these kids catch up, even though some symptoms may continue throughout their lives.

There's no single test to diagnose ADHD. If you're concerned about it, talk with your child's doctor or a mental health specialist. Medication and counseling can help kids focus and learn skills so they eventually won't need constant reminders to do and finish routine tasks.

"Make sure there's a good schedule of activities and a system of reinforcing the child to follow through on assignments," says Vitiello. "Reward the child for good behavior and discourage distraction, impulsiveness, and other problematic behaviors."

The most effective ADHD medications are stimulants, Vitiello says. In kids with ADHD, stimulants reduce hyperactivity and improve attention. Children taking these drugs should be monitored by a doctor. If symptoms don't improve, or if side effects occur (such as loss of appetite, difficulty sleeping, or anxiety), the doctor might lower the dose or change the medicine.

"Considering there are different types and forms of the condition," says Vitiello, "each child and each family needs to identify and tailor the approach to that child, without relying just on medication alone."

MANAGING ADHD

Help kids with ADHD stay on top of their game:

- **Keep children on the same daily schedule, from waking up to bedtime.**
- **Organize clothes, toys, and other commonly used items. Keep everything in its place.**
- **Use organizers for schoolwork and supplies.**
- **Be clear and consistent with rules; praise and reward kids when they achieve goals.**





TakeCharge

WELCOA'S ONLINE SELF-CARE BULLETIN

Drinking To Excess

Recognize & Treat Alcohol Problems

Some people enjoy an occasional glass of wine with dinner. Others might grab a beer while watching a football game. Most people drink alcohol moderately, within their limits. Others overdo it occasionally. But some people find they can't control their drinking. How do you know when drinking is becoming a problem? And what can you do if it is?

About 18 million Americans have an alcohol use disorder. Drinking too much alcohol raises your risk of injury and accidents, disease, and other health problems. Heavy drinking is one of the leading causes of preventable deaths in this country, contributing to nearly 88,000 deaths each year.

How much is too much? Men shouldn't have more than 14 drinks per week and 4 drinks on any single day. Women shouldn't have more than 7 drinks per week and no more than 3 drinks on any day. But you might be surprised at what counts as a drink. A 5-ounce glass of table wine, a 12-ounce glass of regular beer, and 1½ ounces of hard liquor each contain the same amount of alcohol, and each counts as 1 drink. You may need to adjust the amount you drink depending on how alcohol affects you. Some people—such as pregnant women or people taking certain medications—shouldn't drink alcohol at all.

“Addiction has 3 major problems: You lose your ability to feel good, you get more stressed, and you have a hard time making proper decisions,” says Dr. George Koob, director of the NIH National Institute on Alcohol Abuse and Alcoholism. “That’s a recipe for disaster.”

Signs of an alcohol problem include drinking more, or more often than you intended, or making unsuccessful attempts to cut back or quit. People with alcohol problems often have trouble functioning at work, home, or school.

“A good indicator is that something is out of whack. Is your personal life deteriorating because of your drinking? Are people starting to shun you? If you're feeling generally miserable, that's a warning sign,” Koob says. “You don't have to hit bottom. You'll save yourself a lot of damage socially, professionally, and probably in your own body if you attend to an alcohol problem a lot earlier.”



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Alcohol Addiction Treatment

Studies show that most people with an alcohol use disorder can benefit from some form of treatment. If you or someone you care about may have an alcohol problem, help is available. The first step is to talk to a primary care doctor. In some cases, a brief intervention, or an honest conversation about drinking habits and risks, is all the person needs. If the problem is more serious, the doctor can help create a treatment plan, prescribe medications, or refer the person to a specialist. In more severe cases, the doctor might recommend a treatment clinic or in-patient addiction center.

Medications can help people stop or reduce their drinking. Three medications are approved by the U.S. Food and Drug Administration for treating alcohol use disorders. One of these, disulfiram, causes unpleasant side effects such as nausea, vomiting, and a racing heart rate if you consume any alcohol while taking the drug. Understandably, some people don't want to take this medication for that reason. The two other drugs, naltrexone and acamprosate, also have been shown effective at reducing alcohol craving in many heavy drinkers.

Behavioral therapy, such as counseling or support groups, can help people develop skills to avoid or overcome stress and other triggers that could lead to drinking. The approach can help people set realistic goals, identify the feelings and situations that might lead to heavy drinking, and offer tips to manage stress. It also helps to build a strong social support network.



Rethink That Drink

Drinking too much alcohol? Here are some tips to help cut back:

- **Pace yourself.** Sip slowly. Drink a glass of water after each alcoholic drink.
- **Include food.** Don't drink on an empty stomach.
- **Avoid triggers.** If certain people, places, or activities tempt you to drink, try to avoid them.
- **Seek healthy alternatives.** Look for new hobbies, interests, or friendships to help fill your time and manage your stress.
- **Track and control how much you drink.** If offered a drink you don't want, have a polite, convincing "no thanks" reply ready.



ToYourHealth

WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Walking: A Step In The Right Direction

Have you been thinking of adding more physical activity to your life? Starting a walking program may be a great way to be more active. And walking on a regular basis may lead to many health benefits.

THE BENEFITS OF WALKING

Walking is the most popular physical activity among adults. Taking a walk is low cost and doesn't require any special clothes or equipment.

Walking may:

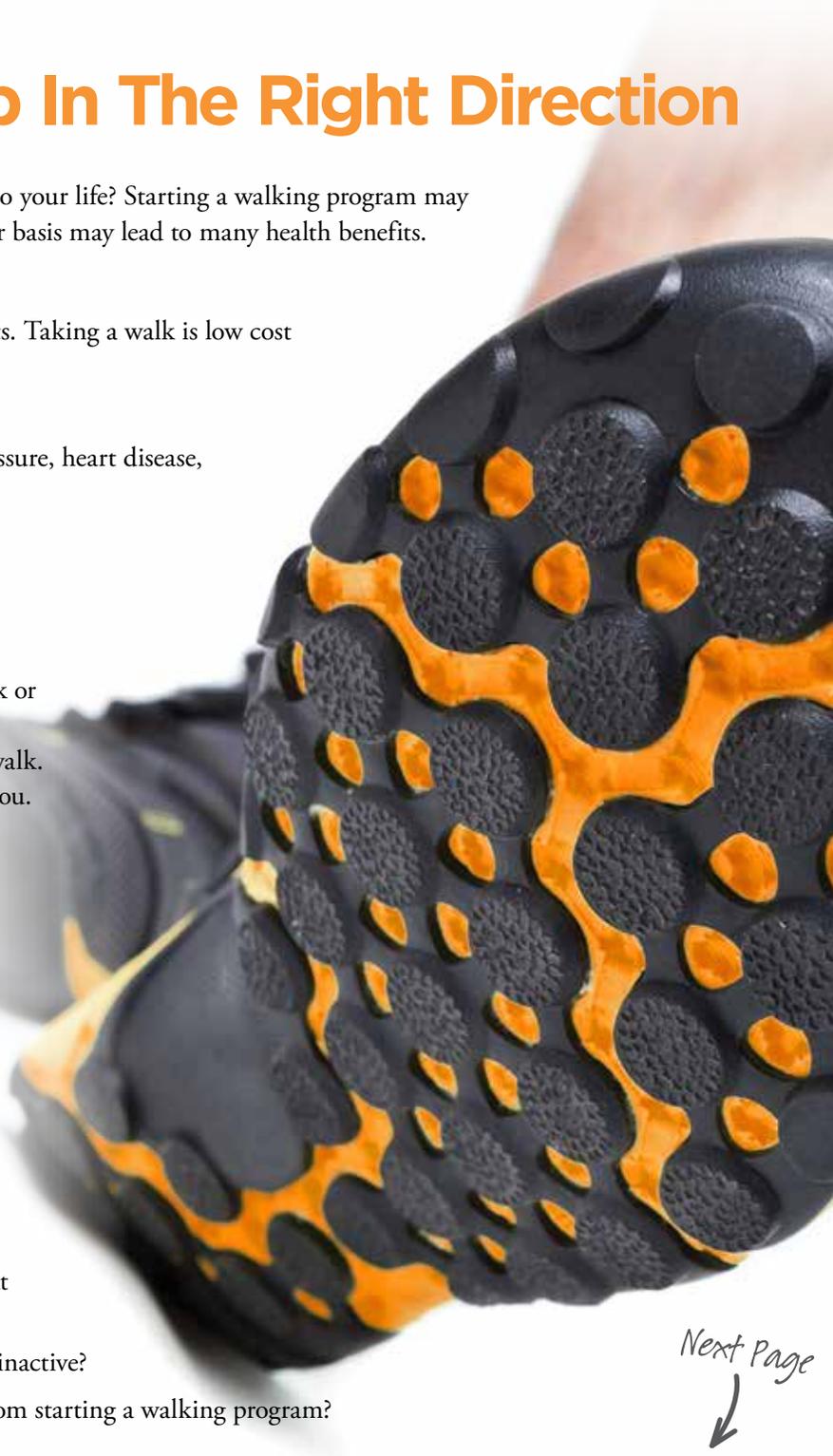
- lower your risk of health problems like high blood pressure, heart disease, and diabetes
- strengthen your bones and muscles
- help you burn more calories
- lift your mood

Make walking fun by going to places you enjoy, like a park or shopping center. Bring along a friend or family member to chat with, or listen to some of your favorite music as you walk. Keep the volume low so that you can hear noises around you.

SHOULD YOU SEE A DOCTOR FIRST?

Most people do not need to see a doctor before they start a walking program. But if you answer "yes" to any of the questions below, check with your doctor first.

- Has your doctor told you that you have heart trouble, diabetes, or asthma?
- When you are physically active, do you have pains in your chest, neck, shoulder, or arm?
- Do you often feel faint or have dizzy spells?
- Do you feel very breathless after physical activity?
- Do you have bone or joint problems, like arthritis, that make it difficult for you to walk?
- Are you over 40 years old and have you recently been inactive?
- Do you have a health problem that might keep you from starting a walking program?



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To Your Health

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How Do I Start?

1. MAKE A PLAN

The following questions may help you get started:

- Where will you walk?
- How often will you walk?
- Who will walk with you?
- How far or for how long will you walk?

2. GET READY

Make sure you have anything you may need:

- shoes with proper arch support, a firm heel, and thick flexible soles
- clothes that keep you dry and comfortable
- a hat or visor for the sun, sunscreen, and sunglasses
- a hat and scarf to cover your head and ears when it's cold outside

3. GO

Divide your walk into three parts:

1. Warm up by walking slowly.
2. Increase your speed to a brisk walk. This means walking fast enough to raise your heart rate while still being able to speak and breathe easily.
3. Cool down by slowing down your pace.

When walking, be sure to use proper form:

- Keep your chin up and shoulders slightly back.
- Let the heel of your foot touch the ground first, and then roll your weight forward.
- Walk with your toes pointed forward.
- Swing your arms naturally.

4. ADD MORE

As walking becomes easier, walk faster and go farther. Keep track of your progress with a walking journal or log. Record date, time, and distance. Set goals and reward yourself with a relaxing shower or 30 minutes of quiet time to yourself.

HOW MUCH DO I NEED TO WALK?

150 minutes

Amount of time adults need per week of moderate-intensity aerobic activity (activity that speeds up your heart rate and breathing) to stay healthy.

30 minutes per day × 5 days per week = 150 minutes per week

Walking briskly for 30 minutes per day, 5 days a week will help you meet this goal. But any 10-minute bout of physical activity helps.

You can also spilt it up:

10 minutes + 10 minutes + 10 minutes = 30 minutes

If you can't walk for 30 minutes at a time, you can take three 10-minute walks instead.

