Blue light from technology screens like smart phones is known to interfere with sleep. Suppression of melatonin, a naturally occurring hormone is the reason. It helps us fall asleep and makes sleep restorative. Researchers recently demonstrated that blue light also interferes with your body's ability to naturally reduce its temperature at night, which also enhances restorative sleep. During the night, this temperature drop hits its low at about 4 a.m. As body temperature returns to normal, you begin to awaken. Blue light inhibits this temperature drop. This in turn, causes your deep sleep period to suffer. Hence, you are tired the next day. Source: http://www.haifa.ac.il (search “blue light”)

Making a decision to seek psychotherapy is a big step, so a decision to stop psychotherapy should be just as thoughtful. What if you are experiencing conflict with your psychotherapist? Tension or disagreement does not necessarily signal a problem, but a relationship with a therapist must be compatible in order for treatment to work. Concerned? Don't just quit. Talk to the EAP where you can discuss the issues, get tips on communicating your concerns to your therapist and decide if the relationship is helping you meet your goals.

Multiple recent research projects appear to show that reducing the number of calories you consume in a nutritionally sound diet, say by 20%, may increase your life span. Reducing caloric intake causes the body to use slower-burning, but high-energy fat cells instead of faster-burning carbohydrates that produce less energy output. As you get older and go about daily activities, less strain is put on an aging heart because more energy is available to it. Always talk to your doctor before starting a diet or exercise program, or acting on the latest researcher findings. Source: University of Wisconsin, Research News (Search “eat less live longer”)

Disability awareness” overcomes stereotypes about disabilities and prevents discrimination, disharmony, and lost productivity. Disability awareness will help you communicate and accommodate fellow workers with disabilities effectively. Organizations need employees who understand these inclusiveness values because these values are economic forces essential to success in an interconnected business world. Stereotypical thinking about differences is damaging, so disability awareness is a soft skill employers value. Learn the etiquette, myths, communication tips, and the best methods for engaging with America’s disability community. And teach these principles to others by googling “disability awareness training ppt.”

Fast communication is not always meaningful and effective. So, should you pick up the phone or meet in person to discuss that important issue with your coworker, colleague, boss, or customer? It could make a difference in your getting the job, smoothing over a conflict, explaining a mistake, or getting the sale. This is called “mindful communication”—choosing the right communication method. That might be text, but be mindful about it. Communication “tools” include voice, tone, appearance, and nonverbal behaviors. These resources—and those of your counterpart—may be what deliver your goal. The meaning of your communication is found in the response you get back. If it is not what you want, switch methods.

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