



Employee Assistance Program

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Summer is a great time to get a good solid habit going to better your physical self. Making a commitment to set a goal to maintain a healthy well-disciplined body is something I think we all would agree is a good thing.

When setting a goal of any kind it is important to take some time to first think about the **What**, **Why**, **How** and also is the goal the **Right Thing**, for the **Right Reason**, and are you doing it the **Right Way**.

So lets begin ☺

WHAT:

-My goal is to maintain a healthy well-disciplined body.

Why-So That:

-I can have the strength, endurance and physical presentation necessary to effectively fulfill my missions.

-I can be an example to my children and to others in effective health maintenance.

-I can build my personal character strength.

How:

-Good nutrition. I will increase my intake of fresh fruits and vegetables, complex carbohydrates, whole grains, poultry and fish; I will eat small meals more frequently.

-Physical Maintenance. I will do thirty minutes of aerobic exercise four times a week; biking, tennis, swimming, basketball, brisk walking. I will get seven hours of sleep a night by retiring and rising early.

-Mind/body Connections. I will think positive thoughts about my body and health. I will read and learn more about health issues.

-Focus. I will attend to any specific health problems I may have.

This **What/Why/How** format creates an open connection between mission, principles, and goals. As you prepare to set your weekly goals, you can review these goals to immediately tap into that connection and select a "bite-sized" actionable piece that will move you toward reaching your goal. Good Luck and a Good Summer!!

"Monkey Chatter"

I have a statue in my office of a monkey sitting with its hand over its mouth, similar to the "Speak No Evil" monkey. My monkey; however, has a different purpose. It reminds me to explore the "Monkey Chatter" that many of my clients are experiencing. It often turns out to be on the negative or self-distracting, and self-destructive side and needs to be challenged or calmed down.

The mind creates 50,000 thoughts a day. The term "Monkey Chatter" is a way of describing our minds constant chatter. It can sometimes block our creative or goals. It is that little voice in our head that has comments on nearly everything we do or experience. It is that constant stream of consciousness that keeps flittering from one thing to another like a monkey jumping branch to branch. When our mind is chattering away it makes it nearly impossible to fully hear what another person is saying; especially if we are already planning our rebuttal. We can often miss that quiet subtle part of inspiration or insight that can change our mood or outlook instantly.

So what do we do if we find ourselves missing out on the present moment because we have once again allowed our "Monkey Chatter" to take over? Well, for starters, just recognizing that we all have a monkey mind and labeling it as such can help by bringing it into our awareness. We can begin to calm it down and stop it altogether. While walking in the woods I have often caught myself totally focused on my "Monkey Chatter" instead of taking in the calming and healing wonders of Nature. When this happens I try to smile, acknowledge it and bid it goodbye then turn my attention to the reason I came to the woods in the first place, the sounds and sights of what is around me.

Taking time once or twice a day to quiet your mind can also prove very helpful in the long run. Meditation, reflection on gratitude or prayers can quiet the restless nature of your mind. If you find you are having trouble relaxing your "Monkey Chatter" come in to see us at EAP.

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