

## Highlights

- Making Major Life Changes Easier
- Casual Dress Code
- Job Stress and Depression
- Is Mayonnaise a Health Hazard?
- Simplify Your Rental Home Search
- Reduce Junk Mail and Calls

# Work/Life NAVIGATOR

Issue No. 11



## Is Your Life in a Rut?

### Work/Life

#### Things Needed To Make Changes In Your Life

Most people come to a point in life as adults when they want or need to make changes. It can range from stopping a habit that is harmful, such as smoking, to losing weight, to changing their profession, to leaving or starting a personal relationship, etc. ***Life IS change.*** The more difficult changes are the ones we discover are going to "be good" for us in the end, but which we find for many reasons are so very difficult to do. These are some things that a person needs to make major life changes easier and also to assure that they will be permanent (especially in the case of bad "habits").

1. **The deep desire to change.** If you are not unhappy or revved up enough to change; any

attempt you make will probably fall short.

2. **Wanting to change for yourself and not for others.** Unless and until you want to make a change for yourself and not because it might please your spouse, friends, parents, society, etc., the chances of being able to do it are not favorable.
3. **A vision of what things (you) will be like after you have successfully made the change.** You might not be right, but having a positive vision of how things will be different is often very helpful. It plants positive "seeds" in the subconscious.
4. **Tenacity.** Change is often difficult and takes time. Making changes can be like a roller coaster ride, with ups and downs. "Hanging in there" when the going gets rough is important.
5. **A support system.** Any difficult or major change is helped if a person has a "support system"

of some kind. The support system can be family, friends, work colleagues, a support group, etc. The important thing is that they know what it is you want to change, and that they are positive and supportive of you all the way, even if you "stumble" along the way. A coach, a pastor, or a doctor can also be good support people, especially if the changes involve personal development, health issues, or major life shifts or transitions.

Our minds and bodies change from second to second, hour to hour, day to day. Much of that change is not felt or noticed. But the changes people will notice, and the changes you make which will impact not only you but all who interact with you, are the changes that are the most difficult, and also the most rewarding. There is no need to fear change. Prepared with the right "tools" and support, humans can

change in major ways and do so with much less pain or difficulty than they might imagine when they think about doing it originally.

Change. It doesn't have to be difficult, frightening or take forever. Aside from the changes we all make without any conscious effort during our lifetime, the conscious desire to change something in our life can be empowering and exciting. When it is completed, the "changed" person will have gained self-esteem, self-respect, courage, integrity, and much more!

Change...it's not just for vending machines anymore!

*(Source: Dennis R. Tesdell-Personal Development & Life Coach  
<http://www.coachdt.com>)*

## Nutrition

### Best Low-Fat Nut

Chestnuts have less fat than other kinds of nuts. One ounce of dry-roasted chestnuts contains less than 1 g of total fat, less than 1 g of saturated fat and 70 calories (8% of which are from fat). An ounce of dry-roasted cashews (the second least-fatty nut) - has 13 g of total fat, 3 g of saturated fat and 163 calories (72% of those from fat). Other nuts, in order of increasing fat content: peanuts, almonds, pistachios, walnuts, pecans, hazelnuts (filberts), brazil nuts and macadamias.

## Humor



Airman Jones

Airman Jones was assigned to the induction center where he advised

new recruits about their government benefits, especially their GI insurance.

It wasn't long before Captain Smith noticed that Airman Jones was having a staggeringly high success-rate, selling insurance to nearly 100% of the recruits he advised.

Rather than ask about this, the Captain stood in the back of the room and listened to Jones' sales pitch.

Jones explained the basics of the GI Insurance to the new recruits and then said:

"If you have GI Insurance and go into battle and are killed, the government has to pay \$200,000 to your beneficiaries."

"If you don't have GI insurance, and you go into battle and get killed, the government only has to pay a maximum of \$6,000."

"Now," he concluded, "which group do you think they're going to send into battle first?"

## The Workplace

### Casual Dress Code

A majority of businesses today participate in a casual dress day, but what exactly is casual dress?

Levi Strauss & Co has stopped offering advice on transitioning to casual dress because they believe that casual business wear has become such a fundamental part of the corporate dress code that there is no longer a great need for such a service.

They estimate some 75% of US companies have gone casual every day.

With e-commerce, new media and IT companies at the forefront, many organizations have abandoned dress codes altogether and offer prospective employees environments that allow for personal expression.

Banking and finance firms have been slower to adopt casual dress but large institutions like Charles Schwab now have "business casual" dress codes. Likewise, even law firms are making the change. Those who don't change are being increasingly seen as out of touch with the market. A casual dress code is a part of the package of perks that law firms are using to recruit young lawyers. Some say that the casual look has created more of a democracy in law firms, breaking down the class divisions between partners, associates, secretaries and mail sorters.

Many firms that have a casual dress code may also require that employees wear more "formal" attire when going out to meet with clients, particularly if the client subscribes to a more conservative dress code.

According to a survey by the Society for Human Resource Management in Virginia, about 87 percent of employers allow casual dress at least once a week and 44 percent have a full-time dress-down policy.

Other surveys indicate that wearing casual clothing at work improves morale, makes employees feel more comfortable at work and can be used as an incentive to attract new employees. In a fiercely competitive market, companies are doing whatever they can to make employees feel good about coming to work.

An overriding concern outlined in the surveys was that of a clear definition of casual business attire. Following is a listing of what is

considered to be appropriate in today's workplace.

### **WHAT'S IN AND OUT**

#### **OUT FOR MEN**

- Suits - three piece or two piece
- White starched shirts
- Ties - unless the Regis Philbin look - dark shirt with dark tie
- Lace-up leather dress shoes

#### **IN FOR MEN**

- Mix and match
- Brightly-colored button-down or polo shirts
- Khaki pants
- Quality pleated pants - olive green or tan
- High-quality blazer - blue or white enhances nautical look
- European leather shoes or good-quality leather walking shoes
- Sweaters

#### **OUT FOR WOMEN**

- Structured, tailored suits
- Miniskirts
- Blouses
- High-heeled pumps
- Navy or gray

#### **IN FOR WOMEN**

- Knit outfits - pantsuit with long cardigan, preferably same color
- Sweaters
- Long skirts and dresses
- Low-heeled, quality leather shoes - also loafers and oxfords
- Low-heeled dress sandals
- Scarves

#### **WAY OUT - MEN OR WOMEN**

- Shorts, sweatshirts, t-shirts, sweats, jogging suits, leggings and jeans with holes in them

Use fabric softener sheets to dust furniture and television screens. The sheets make your furniture smell lovely, but more importantly, eliminate static so dust won't be attracted to these surfaces.

#### Inspiration

- "The only difference between ALONE and ALL ONE is the L and that stands for love."  
-- Wayne Dyer, Ph.D.
- "It's a funny thing about life; if you refuse to accept anything but the best, you very often get it."  
-- Somerset Maugham
- "Winners are those people who make a habit of doing the things losers are uncomfortable doing."  
-- Ed Foreman
- "A chip on the shoulder is the heaviest load a man can carry."  
-- Anon

#### Work and Life

Job Stress Can Cause Depression

NEW YORK (Reuters Health) - If your boss doesn't listen to you and the work keeps piling up, you may be on a collision course with depression, according to a new report from the Johns Hopkins University School of Public Health, in Baltimore, Maryland. "Not having much say at work and having a high workload increases the occurrence of a condition known as job strain," co-author Dr. William W. Eaton said in an interview with Reuters Health. "Somebody with high job strain is five times more likely to have a depressive disorder compared to someone with low job strain."

Eaton and lead author Dr. Hilde Mausner-Dorsch interviewed 905 people living in Baltimore who worked full time jobs, including secretaries, teachers, construction workers, and executives. The study appears in the November issue of the American Journal of Public Health.

The subjects, who were originally interviewed in 1981 and again during the mid-1990s, self-reported information about their jobs and answered questions that assessed depression.

Eaton discussed the three types of depression: dysphoria, the mildest form, in which a person "has feelings of sadness that last no longer than 2 weeks"; depressive syndrome, the moderate form; and major depressive episodes. All three were associated with job stress.

Depression is marked by changes in eating and sleeping; losing interest in things previously found enjoyable; fatigue and thoughts of guilt and suicide, among other characteristics.

"While high job stress increased one's risk for being depressed, our study found that there was a slightly stronger association for women to become depressed than men,"

Eaton told Reuters Health. "The bottom line is that job strain, which has been previously associated to heart disease, is also linked to depression."



#### Home Tip

A New And Improved Dust Rag

#### Resources You Can Use



The following are available from the Work/Life Library:

***8 Weeks to Optimum Health*** by Andrew Weil, M.D. (Videotape)  
Drawing on a wealth of healing and medicinal techniques from around the world, Dr. Weil reveals an easy to follow program of exercise, diet, vitamins and meditation that will maximize the potential of your mind and body.

***Joining the Entrepreneurial Elite*** by Olaf Isachsen  
Written for aspiring entrepreneurs and all those involved in the creation of new products and services, this book offers both inspiration and practical wisdom. It contains a self-assessment for identifying your entrepreneurial style and advice from distinguished entrepreneurs who exemplify each style at its best.

#### Tech Tip

##### Folders

Create folders for your topics and projects. Match these folders to your paper-based filing cabinet and it will be easy to find everything.

To create a folder on the desktop, right-click. Choose "New/Folder". Type the name and press "Enter".

(Source: TechTamers.com)

#### Website Pick

SpringStreet.com

<http://www.springstreet.com>

The next time you're hunting for a new apartment or rental home, try this rental search site. Scan available rentals by city or by nearby college, look for a roommate, or find out about housing for seniors. The site also includes practical tips about moving, pets, insurance, and more.

#### Food for Thought

Mayonnaise Beats Bacteria To Death

When it comes to food-borne illness, what do you need to watch out for at picnics? If you guessed mayonnaise like I did, we would both be wrong.

It turns out that commercial American mayonnaise -- which is prepared with lactic and citric acid and pasteurized eggs -- whips salmonella, E. coli and listeria to death.

In this interesting tidbit of research, nutritionists injected these deadly bacteria into mayonnaise and found they could not survive. The acid was a natural preservative and a significant weapon against the germs.

Scientists "concluded that acid-based mayonnaise, salad dressings, and sauces in the United States are very safe and generally free from food borne pathogens." In other countries, where mayonnaise is made with less acid and unpasteurized eggs, it can be a culprit.

(Source: *Journal of Food Protection*, August 2000)

#### Tip of the Day

##### Reducing Junk Mail and Calls

Do you want to reduce the amount of junk mail and phone calls you receive? Then just ask the Direct Marketing Association (DMA)! The DMA offers a Mail Preference Service and a Telephone Preference Service for consumers who want their name removed from national advertising lists. Send your request in writing via U.S. mail --the DMA must have your signature to perform this service. Address your request to:

##### Mail Preference Service

Direct Marketing Association  
P.O. Box 9008  
Farmingdale, NY 11735-9008

##### Telephone Preference Service

Direct Marketing Association  
P.O. Box 9014  
Farmingdale, NY 11735-9014

For more details on these services (choose the info for consumer's link): <http://www.the-dma.org>

Questions, comments to:  
Evelin Saxinger, Work/Life Program Manager, [esaxinge@hq.nasa.gov](mailto:esaxinge@hq.nasa.gov) or 358-1311. An on-line version of this newsletter may be found at <http://www.hq.nasa.gov/office/codec/cc/navig-10.pdf>