



Work & Family Matters

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1.877.682.2472 UAW-DaimlerChrysler Family Resource & Referral Program - March 2007



TEST TAKING TIPS

Do you sweat, chew your pencil, and feel butterflies in your stomach as your teacher hands out a test? A lot of people (adults included) get freaked out when it's time to take a test.

It's natural to feel some stress about taking tests. In fact, sometimes a little adrenaline (a hormone made by your body during times of excitement or stress) is a good thing to jump-start you. Here are some tips for taking tests:

- **First, be sure you've studied properly.** It sounds like a no-brainer, but if you're sure of the information, you'll have less reason to be worried.



Make Family Time Active Time

You might think that the goal for children to be moderately physically active for 60 minutes seems like a lot of time. Life does get in the way, but it doesn't have to.

Make getting more physical activity a family project. Encourage everyone to think of fun things to do to get up and moving, get off the sofas and away from the screens—especially doing things as a family.

There are literally hundreds of ways to enjoy physical activity together as a family.

- Bike to the library together.
- Walk or bike to your children's sports events to cheer for them.
- Have your children come to your sports events and cheer for you.
- Celebrate special occasions—birthdays, anniversaries—with something active, such as a hike, a volleyball game, a Frisbee™ match.
- Train together for a charity walk or run.

Keep a family activity log

Encourage everyone in the family to take part and keep up the good work by posting a physical activity log on the refrigerator.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm>

How to Deal With Grief



What is grief? Grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. It is a natural part of life. Grief is a typical reaction to death, divorce, job loss, a move away from family and friends, or loss of good health due to illness.

How does grief feel?

Just after a death or loss, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, trouble breathing, muscle weakness, dry mouth, or trouble sleeping and eating.

You may become angry - at a situation, a particular person, or just angry in general. Almost everyone in grief also experiences guilt. Guilt is often expressed as "I could have, I should have, and I wish I would have" statements.

People in grief may have strange dreams or nightmares, be absent-minded, withdraw socially, or lack the desire to return to work. While these feelings and behaviors are normal during grief, they will pass.

How long does grief last?

Grief lasts as long as it takes you to accept and learn to live with your loss. For some people, grief lasts a few months. For others, grieving may take years.

The length of time spent grieving is different for each person. There are many reasons for the differences, including personality, health, coping style, culture, family background, and life experiences. The time spent grieving also depends on your relationship with the person lost and how prepared you were for the loss.

Contact the Family Resource & Referral Program to request a Grief Recovery Packet to help you and your family cope with personal grief at **1-877-682-2472**.

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- **Get enough sleep the night before the test.** Your memory recall will be much better if you've had enough rest. In a scientific study, people who got enough sleep before taking a math test did better than those who stayed up all night studying.
- **Listen closely to any instructions.** As the teacher hands out the test, be sure you know what's expected of you.
- **Read the test through first.** Once you have the test paper in front of you, read over the entire test, checking out how long it is and all the parts that you are expected to complete. If something seems unclear before you start, don't panic: ask.
- **Focus on**

addressing each question

individually. As you take the test, if you don't know an answer, don't obsess over it. Instead, answer the best way you can or skip over the question and come back to it after you've answered other questions.

- **Relax.** If you're so nervous that you blank out, you might need a mini-break. Of course you can't get up and move around in the middle of a test, but you can wiggle your fingers and toes, take four or five deep breaths, or picture yourself on a beach or some other calm place. During a test, if you blank out on something and start to get tense, it suddenly becomes much more difficult to remember.

These tips should help most people, but some can get serious **test-taking terror**. If you're one of them, you may need to talk to a parent, teacher, or counselor for help.

Good Luck!

ELDER CARE AND CHOOSING A FACILITY



While few people want to move to nursing homes, they may find them the best option if they need more care than they can get in the community.

Choosing a nursing home is a big decision that can be complicated by emotions. Don't just make the decision on the basis of how a facility *looks*. Ask the following questions when selecting a facility:

- What is the facility's quality of care? Every year nursing homes are surveyed by the State. Ask how many deficiencies were found by surveyors, why the deficiencies were issued, and whether they've been corrected. You can get survey information over the internet (see web address below), call your area agency on aging at 1-800-252-9240, or look for survey results at the facility. Also, ask residents' family members how satisfied they've been with the quality of care.
- Is the facility convenient for those who might want to visit?
- What type of payment does the facility accept? Does it have Medicaid beds? Even if your loved one doesn't qualify for Medicaid now, she may qualify later. Ask the facility if it can continue to provide care if she has to spend down her resources.

It's a good idea to visit the facility at least a couple of times. You might want to observe a meal and a scheduled activity. Also, a weekend visit, when staffing is likely to be lighter.

<http://www.familycaregiversonline.com>

HOW DO YOU COMPARE TO THE MODERN DAY PARENT?

WEDNESDAY, MARCH 21, 2007 from 3PM-4PM EST

Sit in on a free '**WEBINAR**' to discuss the benefits and challenges of parenting in the new millenium.

All you need is a computer with internet access a phone and 1 hour.

15 minutes before webinar begins, Go to [NTC Website www.ntcwebsite.com](http://www.ntcwebsite.com)
Go to 'log on' on right side of page; user name UAWDC, password UNION
Click on WEBINARS and follow instructions.