

New Calorie Restriction Diet Rage

Beyond losing weight, calorie-restricting diets done safely may improve longevity and memory, lessen inflammation, and even fight GI infections. Like most weight loss programs and diets, there are cautions worth knowing about. One study reported that some participants mismanaged their eating routine and had health problems like anemia and bone loss. Some dieters have gone too far, too fast with calorie restriction (crash dieting) and experienced kidney damage, abnormal heart rate, dehydration, and electrolyte imbalances. Be guided properly, and consult your medical doctor so he or she understands your goals and can monitor your health needs. You are more likely to gain the benefits, reduce risk, have better accountability, and maybe keep the lost weight off for good.

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Free Cool Apps: OurGroceries.com

[OurGroceries](#) is a smartphone app that allows everyone in the household to have the same grocery list on their phone. If modified, everyone with the app gets an instant update. It solves the problem of omitting grocery store items and overbuying items not needed. If you purchase an item and cross it off the list, everyone's list is updated. The app learns what you buy, so when typing an item, you never need to enter more than a letter or two before the item choice appears.

You're a Sales Representative (No Matter What You Do)

“Every employee is a salesperson.” It's a motto in many companies. Phrases like “Answer the phone with a smile” may sound tiresome, but delve more deeply. These are attitude adjusters. They help manage stress. Any position could, someday, somehow, come directly in contact with a customer. Most employees know this and respond accordingly, but living with a positive attitude is an acquired life skill. One distasteful or less-than-stellar customer experience is sometimes all it takes to set in motion stressful communication and a bad day, so it makes sense to put your best attitude forward. Try it for a day. You may discover that a purposeful and positive engaging style is a key to enjoying your job more.

Psychological Effects of War

Many people have been affected by the stress of the Ukraine war. There are at least five current wars and over 50 armed conflicts active in the world. The Syrian war includes 600,000 deaths. It's difficult to imagine the trauma that victims experience. Helplessness, anxiety, and fear can affect anyone with a personal history of war trauma or any life-threatening event. Be mindful of overexposure to war news. Videos, feeds, news, and social media are as close as your smartphone. Be cautious about accepting any story as immediately true. Disinformation, or "psyops," is used in war routinely to manipulate emotions, and you can be affected unnecessarily. Take care of yourself with positive health practices and stress management exercises. If you have a family member such as a child emotionally affected by war news, don't discourage them from "thinking about it." Encourage they share their feelings and help them (process) their reaction. Then discuss ways to cope with the stress. (Empathy is a healing force that helps put strong emotions in their place.) If you are from a war-torn country, came from one nearby, or have friends and family who are there right now, your reaction can be especially distressful. But every person has a different coping style for severe stress or trauma. Don't judge yourself or others for having different emotional reactions to traumatic events. If your employer has an Employee Assistance Program (EAP), reach out for support. It's the best first step to winning over stress.