

Tools for Life Newsletter from LMH Coaching

February 2004

Offering resources and information for "living a life well lived!"

Hi,

I would like to thank everyone who attended the Workshop "10 Steps to Getting What YOU Want: Creating YOUR Reality" on January 24, 2004. The consensus of opinion is that we all learned how to have great goals

If you are interested in exploring some coaching, please feel free to give me a call. Find out what coaching can do for you and give me a call at 604-738-3889. If you prefer not to be on my mailing list for this newsletter, please send a return email asking to be removed.

Please feel free to forward this newsletter to people who may be interested in this information. My business builds as a result of your referrals and I thank you for the support.

Regards,

Lorna

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^{a a} [Relationships](#)

One-Minute Psychology Tip - Some time ago, I spoke to a woman who complained that she was forever "helping and rescuing her friends at her own expense." When she herself needed help, she felt resentful that no one came running to save her. I recall thinking that there was an error in her thinking but failed to explain the erroneous link more specifically. A few weeks later, I took a trip by airplane. When the stewardess gave her usual safety lesson, I was suddenly struck by the seemingly un-intuitive emergency advice given. In the event that the air mask should drop from the overhead bin, we were to first mask ourself

Money

20 Ways You Waste Money On Your Car - Cars make us irrational. We call them our babies and lovingly wax them every Saturday -- or we turn up the radio to drown out the sound of a dragging muffler. Either mindset will cost you money, sometimes a lot of it.

Walking the line between obsession and neglect means you never spend a nickel without a good reason -- and good reasons can include spending money on something that's not broken.

Here, then, are some ways you waste money on your car.

Premium gas instead of regular. Buy the cheapest gasoline that doesn't make your car engine knock. All octane does is prevent knock; a grade higher than the maker of your car recommends is not a "treat."

3,000-mile oil changes. Manufacturers typically suggest 5,000 miles, 7,500 miles or even longer intervals between oil changes. There may be two recommendations for oil-change intervals: one for normal driving and one for hard use. If you live in a cold climate, take mostly very short trips, tow a trailer or have a high-revving, high-performance engine, use the more aggressive schedule. If you seldom drive your car, go by the calendar rather than your odometer. Twice a year changes are the minimum.

Using the dealer's maintenance schedule instead of the factory's. Of course he thinks you should have a major tune-up every 30,000 miles. Most of the tasks that we generally think of under the heading of "tune-up" are now handled electronically. Stick to the manufacturer's schedule unless your car is not running well. If your engine doesn't "miss" -- skip a beat or make other odd noises -- don't change the spark plugs or wires until the manufacturer says so.

Using a dealer for major services. Independent shops almost always will do the same work much cheaper. Call around, owner's manual in hand, to find out, mindful that the quality of the work is more of a question mark. Some dealers may tell you using outside garages violates the car's warranty. This is a lie.

Not replacing your air filter and wiper blades yourself. Buy them on sale at a discount auto-parts store rather than having a garage or dealer replace them. Replacement is simple for either part, a 5-minute job. A good schedule for new air filters is every other oil change in a dusty climate; elsewhere at least once every 20,000 miles. Treat yourself to new wipers (it's easiest to buy the whole blade, not the refill) once a year.

Changing your antifreeze every winter. Change it only when a hydrometer suggests it will no longer withstand temperatures 30 degrees below the coldest your area sees in winter. Your dealer or oil-change shop should be happy to check it for free. Every two years is about right. But you also should keep your cooling system happy by running the air conditioner every few weeks in winter to keep it lubricated, checking for puddles underneath the car and replacing belts and hoses before they dry and crack.

Replacing tires when you should be replacing shocks. If your tires are wearing unevenly or peculiarly, your car may be out of alignment or your shocks or struts worn out.

Not keeping records. A logbook of every repair done to your car can help you decide if something's

seriously out of whack. Didn't I just buy new brake pads? With a log and an envelope stuffed with receipts, you'll know who did the work and when, and whether or not there's a warranty on the repair. And a service logbook helps at resale time, too.

Buying an extended warranty. Most manufacturers allow you to wait until just before the regular warranty expires to decide. By then you should know whether your car is troublesome enough to require the extended warranty. Most of them aren't worth the price.

Not changing the fuel filter. Have it replaced as a part of your maintenance -- every two years or according to the manufacturer's schedule -- rather than when it becomes clogged with grit, leaving you at the mercy of the nearest garage.

Not knowing how to change a tire. Have you even looked at your spare? Make sure it's up to snuff and all the parts of your jack are there. Changing a flat yourself is not only cheaper, it's faster, too.

Not keeping your tires properly inflated. Check them once a month; otherwise, you're wasting gasoline, risking a blowout and wearing them out more quickly.

Health

Cupid's Arrow - The word "love" has stumped people for ages. It has made people feel like they're floating, or become crybabies upon hearing a certain song. It has also made otherwise sensible people do crazy things.

Yet, as mysterious a force love is, there seems to be no surprise that it is capable of many, many things. How about improving heart health? As ludicrous as it may sound -- yes -- there is proof that it can do that, too, and more.

"The evidence is very strong that good relationships have health benefits," says Blair Justice, PhD, professor emeritus of psychology at the University of Texas School of Public Health.

According to Justice, various investigators have looked into different types of relationships (i.e. marriage, family, and friendship), and have shown that love can:

- Help prevent plaque buildup in the arteries.
- Protect against heart disease.
- Boost levels of antibodies in the body.
- Reduce levels of stress chemicals, which can damage the immune system.
- Lower risk of disease in general.
- Decrease risk of early death.
- Lengthen life.

Love's protective effect against heart disease has been tested in several settings.

Researchers who kept track of Italian American immigrants in Roseto, Penn., found that people who maintained close family ties as in their homeland tended to have less incidence of heart disease compared with other American communities, even though they ate a high-fat diet.

"Gradually, over time, a certain percentage of these (Italian American) families started to adopt more American ways -- getting more interested in the fast life, fancy cars, and country club memberships -- and they started getting the same incidence of heart disease as people who had been in this country," says Justice.

A long-term study was also done on Japanese Americans who moved to Hawaii and California, and the results were similar. Immigrants who adopted more American ways tended to have more incidence of heart disease compared with those who kept their traditional close family ties.

One theory explaining love's effect on physical health involves human nature. "It's instinctual to have this need for touching and talking," says Justice. He says the personal contact turns on a part of the nervous system, which has a calming effect, and allows for a smaller amount stress chemicals in the body. In addition, the human touch can lower blood pressure, and illicit a sense of safety, connection, and comfort, says Carol Rinkleib Ellison, PhD, author of *Women's Sexualities*, and a psychologist in private practice.

"People who do affirm their love for each other before going to sleep tend to sleep more deeply, in a more relaxed way, and they'll wake in the morning more refreshed, in a better mood, and, therefore, they'll get along better," says Ellison.

Real life may not always be as simple, but experts do agree that having less stress is good for the health of the overall body, including the heart.

Fun & Humour

Have a Chuckle! - Gardening Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

The easiest way to find something lost around the house is to buy a replacement.

An unbreakable toy is useful for breaking other toys.

If quitters never win, and winners never quit, then who is the fool who said "Quit while you're ahead?"

Health is merely the slowest possible rate at which one can die.

Get the last word in: Apologize.

Give a person a fish and you feed them for a day; teach that person to use the Internet and they won't bother you for weeks.

Have you noticed since everyone has a camcorder these days no one talks about seeing UFOs like they use to?

Why does a slight tax increase cost you two hundred dollars and a substantial tax cut saves you thirty cents?

In the 60's, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

Politics is supposed to be the second oldest profession. I have come to realize that it bears a very close resemblance to the first.

How is it one careless match can start a forest fire, but it takes a whole box to start a barbecue.

Inspiration

The Monday Good News Lunch Club - I worked in the computer department of a major hospital in Seattle for a few years. I was the first one hired in what would become a staff of forty-five. There were a lot of changes going on in healthcare and tensions were always a little high. The changes going on daily in the technology area were enough to push a sane person over the edge, but you.

We had a large cafeteria where most of our department gathered at lunchtime. It was supposed to be a "break" from work, but it turned out to be just a time where everyone unloaded and complained about all the stuff going on in the hospital. I, however, wanted to talk about anything but work, but it seemed no one else had a life. Except for my friend Nannette.

She was the only bright spot in the whole bunch, as she was hired as the recruiter to fill all the new positions. Even though she had her reasons to complain, she also had a life, so we got to talking. One day, she agreed with me that everyone else was just too depressing to be around, so we broke off from the group and sat at our own table. We just talked about good things and what was going "right." After lunch we both felt so much better, we decided we should do that again. Then the idea emerged, as we walked back to our office, that we should have a "Good-News Lunch Club," and if anyone from the department wanted to sit at our table, we would insist that they only talk about good news. We decided Mondays would be the best day, since everyone was always depressed too.

The following Monday we sat at our table, and when a few people stopped by to ask if they could sit with us, we told them the rules. One walked away, and the other sat down. I acted as moderator and got them to say whatever it was that was good in their life. Nannette and I shared our good news and felt much better there than sitting with the others. The next day more people joined us, but we didn't say anything because it was Tuesday. By the following Monday we had several people come again to the table, then we laid down the law and told them about our "club." Most laughed and joined us anyway, but I enforced the rules and wouldn't allow any conversations that were negative. I went around the table and asked each one what good news they had to report. Some were silent

Our table grew to be five or six tables all pushed together every Monday. We all ate silently while we went around the table and listened to each person report their "good news" for the week, and we all shared in their joy. We grew as a department and as a team. We welcomed all new employees and let them join our "Monday Good-News Lunch Club."

It's been a few years now since I left the hospital, but I can still hear the voice of one coworker as she got up from the table on a Tuesday after everyone was complaining about work. "Boy, I wish this was

Monday," she said, "so I could hear some good news."

Goals -

Tips to Stop Procrastinating - Plain old, garden-variety procrastination is very common - and very treatable if you're willing. You can address procrastination in many different ways - through workshops, group therapy, individual therapy, or with some of the following behavioral strategies:

- Break large jobs into small ones.
- Organize your environment.
- Schedule your time.
- Set reasonable goals.
- Set deadlines to accomplish your tasks.

Work on a chore you've been postponing for ten minutes and then decide whether or not to continue.

Personal Coaching

Want your life to be different? Coaching is an action oriented process for focusing on your current life and plans for the future. It is the "how to" in designing your life. I am the guide who anticipates the obstacles on the path of your life and gives you guidance and support to navigate around them. I'm the partner that reminds you of your greatness when you forget and I give you the tools to take up the challenge

Are you ready to explore Coaching? Please call or email me to schedule a complimentary half-hour phone session - (604) 738-3889 or lmh_coaching@hotmail.com

We can arrange one of several different types of one on one coaching sessions. These sessions are performed by either telephone, email or in person.

Four - 60 minute weekly tele-coaching sessions with a 3 month minimum commitment. \$200.00

Two - 60 minute biweekly tele-coaching sessions with a 3 month minimum commitment. \$150.00

Five - e-mail coaching sessions per month with a 3 month minimum commitment. \$150.00

Two - 60 minute biweekly in person coaching sessions with a 3 month minimum commitment. \$400.00

A 30 minute initial consultation session is free of charge.

Tools for Life Newsletter is published every month by Lorna Harvey. Subscribe/Unsubscribe via email at lmh_coaching@hotmail.com If you prefer not to be on my mailing list for this newsletter, please let me know by return email and I will remove y

Telephone: (604) 738-3889

Email: lmh_coaching@hotmail.com

You are invited to visit my website at: <http://lmhcoaching.bizhosting.com/index.html>