

# 10 Principles of Psychology You Can Use to Improve Your Health

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# Free or Low-Cost Health Coverage Helps Kids Get in the Game

Each fall, school and community athletic fields are filled with four-year-olds taking their first kick at a soccer ball and high-school seniors practicing in hopes of reaching the state championship football game. At every age, children who play sports learn lessons about teamwork and the value of both winning and losing. According to the Centers for Disease Control and Prevention, children who are part of sports teams have more energy, perform better in school and are successful long after they leave the field.

Approximately 5 million uninsured kids in the U.S. may not experience the benefits of playing on a team. These kids often miss out because they can't afford the necessary physical or treatment if they get hurt. Jackie, a 13-year-old eager to go out for her school's track team, was one of those kids until her family learned that health coverage is available through Medicaid and the Children's Health Insurance Program (CHIP).

Across the country CHIP and Medicaid offer free or low-cost health coverage for kids. Generally, a family of four that earns up to \$45,000 a year can get their kids covered. Once enrolled, kids can get doctor and dentist visits, vision and hearing care, hospital care, mental health services, regular check-ups and shots, and needed treatment, including prescription drugs.

Upon learning that Jackie did not have health insurance and that her mother had suffered a heart attack before age 50, the school nurse knew Jackie would need more than a general sports physical to be cleared to participate in track.

[https://www.instagram.com/p/CPIfk8rFpjh/?utm\\_source=ig\\_web\\_button\\_share\\_sheet](https://www.instagram.com/p/CPIfk8rFpjh/?utm_source=ig_web_button_share_sheet)

The nurse connected Jackie and her Mom with an outreach worker who helped enroll Jackie in the state's health coverage program. Within two days, Jackie went to a primary care provider, and tests indicated a potential heart syndrome. She was referred to a cardiologist, who, after further exams, gave Jackie the green light for track.

Learning about available health coverage programs did more than get Jackie on the team, it potentially saved her life – Jackie is covered both on and off the field. Kids with insurance generally have better health throughout their childhood and into their teens. They are sick less often, get the treatment they need when they are not feeling well and are less likely to miss school – or a big game – due to illness. Families with uninsured children can get connected to the CHIP or Medicaid programs in their states by visiting [InsureKidsNow.gov](http://InsureKidsNow.gov) or calling 1-877-KIDS-NOW.

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## **4 Things to Bring With You to Enjoy Any Sporting Event**

How 'bout them Cowboys?! As pre-season gets into full swing and America gears up for the upcoming football season, sports fans are prepping their barbecues and coolers for tailgating and partying to celebrate the country's most popular sport.

Indeed, the end of summer is signaled by cooler weather, the start of football and the close of baseball, as it heads into the home stretch for the playoffs. Wherever your sports heart lies—be it with football, baseball, basketball or hockey—there's a code of conduct when you're supporting your favorite team at the next home game. In fact, there's an unspoken rule for fans everywhere: Be passionate about your team, but not obnoxious.

To ensure your next trip to the arena, stadium or ballpark is as relaxing and successful as ever, here are some key items to bring:

- Alcohol and sports go hand in hand, and no one is disputing that. So, enjoy a nice, tall beer and some good-natured ribbing with your fellow fans, but remember to be a good sport and be respectful of your stadium neighbor(s).
- Pack binoculars and seat cushions. Not only will you be comfortable, but you'll be able to see the action, plays and players so close, it will be as if you were on the field.
- Bring some snacks and drinks. Many venues allow this, and you'll save a ton of green by packing your own.
- Don't forget your spittoon. Being at an arena or stadium crammed shoulder to shoulder with someone can be uncomfortable and leave you exposed, to say the least. If you're a smokeless tobacco user, there's even less chance for you take a "dip" and spit.

That is, unless you own a portable spittoon created by Atlanta-based FLASR. These new 4-ounce pocket-sized spittoons are designed for users to easily open and close with just one hand, making them ideal items to bring to the next sports event or any other public setting so you can privately enjoy your tasty tobacco. Another advantage to the FASR flask is its advanced closing mechanism that ensures it stays securely closed when not in use, eliminating the risk of any messy

spills or leaks.

*Thn 2019 Garuda membukukan keuntungan operasional 19 jt \$, tp tetap terbebani banyak hutang, salah satunya Sukuk yang jatuh tempo sebesar 500jt \$ ( 8,5T). Sukuk diterbitkan jauh sebelum saya masuk. Sukuk akhirnya berhasil direstrukturisasi.*  
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– Yenny Zannuba Wahid (@yennywahid) [May 29, 2021](#)

For more information, please visit [www.flasr.com](http://www.flasr.com).

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# Championing the Right to Age Well

In 1967, one of today's most iconic runners made her mark in history.

Despite an angry official who tried to push her off the course of the Boston Marathon, Kathrine Switzer defiantly ran on, broke barriers and became the first woman to officially complete the legendary race.

Today, at the age of 70, Switzer continues to defy the odds.

This year, she ran the 26.2-mile Boston Marathon again to celebrate the 50th anniversary of her historic milestone and continued to inspire others to break new ground. She also announced a partnership with the health and well-being company, Humana, to help celebrate seniors, encourage them to take an optimistic view of aging, and live healthy, active lifestyles.

“When the Boston Marathon race director tried to shove me off the course in 1967, my life’s purpose was crystalized. I knew I wanted to be a champion for others committed to blazing their own path,” Switzer says.

“I’m working with Humana to inspire seniors to achieve their best health, so they can experience all that life has to offer.”

Switzer shared tips on how she maintains an optimistic outlook on aging, and why she believes that great things are ahead when your health is ready – no matter what age you are!

Don’t let your age define you.

The biggest tip is to realize that you’re never too old, too slow or too out-of-shape to begin living an active lifestyle. Whether it’s walking the dog a bit further than usual, or taking a swim at the local health club -; finding ways to get active can help you live healthier and be more optimistic.

Take it one step at a time. Allow time to adjust to a new routine. Start small and build on your efforts in small intervals. Listen to your body and be proud of your progress.

Two is better than one. To help you stay motivated, get a buddy who has similar fitness goals. If a buddy is waiting for you, you won’t worry about being embarrassed or feeling slow; it’ll just be the two of you. There are few things greater than sharing victories and accomplishments with someone close.

Make time for rest. Equally as important as staying active is ensuring that your body recovers from the stress endured from physical activity. Not only will your body thank you, but you will grow to love your active lifestyle more without aches and pains holding you back.

Switzer recently took her message to the National Senior Games presented by Humana, one example of how the company is

committed to championing seniors and breaking barriers – namely, the stereotypes associated with seniors in today’s society – and proving that with a healthy body and mind, age is truly just a number. While at the Games, she participated in the 10K Road Race in a celebratory role and presented an inspiring and encouraging speech at the Celebration of Athletes.

In addition to being a fierce advocate for seniors and optimistic aging, Switzer has been a lifelong advocate for women runners in general.

In 1972, she co-founded the first women’s-only road race; in 1984, she led the drive to get the women’s marathon into the Olympic Games; and in 2015, she founded 261 Fearless, a global non-profit that empowers and connects women through the transformative action of running, and encouraging them to overcome life obstacles and embrace healthy living.

“I think optimism is everything and you don’t have to be a marathon runner to possess it,” Switzer says.

“The more you do, the more you can do!”

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## **Calcium Beyond the Milk Mustache**

Calcium is crucial to the health of our families, but getting enough can be difficult. Now, families can increase their calcium intake, not with chalky supplements, but with tasty BLTs and PB&Js.

Just consider – despite their milk mustaches, many American

families, from their youngest members to moms and dads, aren't getting enough calcium. According to the Surgeon General, 75 percent of Americans do not consume enough calcium through their diets.

But now, it's getting easier to find calcium-rich foods. Take the sandwich, a family staple. Sandwiches provide ample opportunity to boost calcium intake. Start out with two slices of either Wonder Classic or Wonder Classic Sandwich bread – two slices contain as much calcium as an eight-ounce glass of milk, plus vitamin D, which aids calcium absorption. Add a slice of cheese and serve some milk on the side, and your family will be well on its way to meeting its calcium requirements.

“Balancing the food your family enjoys while providing the nutrition you want them to have can be difficult,” said Rich Seban, chief marketing officer at Wonder bread. “With Wonder's added calcium and vitamin D offerings, giving your family the nutrition they need never tasted so good.”

To help families understand the amount of calcium and other nutrients they are getting, Wonder bread recently launched its Sandwich Wonder-izer (available as an iPhone and iTouch application at iTunes and at [www.wonderbread.com](http://www.wonderbread.com)), which gives families a fun way to choose from a list of over 120 ingredients to make thousands of sandwich combinations. With the Sandwich Wonder-izer, as they build their sandwich, they can watch the calcium and other nutritional values change with each added ingredient.

For those who would rather follow a recipe, the Sandwich Wonder-izer offers dozens of pre-made sandwiches to choose from, or you can try the recipe below. Pair this sandwich with a glass of milk, and you'll already have received over two-thirds of your daily recommend calcium intake.

Wonder Fat-Free Turkey and Swiss Sandwich

2 slices Wonder Classic bread

4 slices fat-free smoked turkey breast

2 slices Swiss cheese

Handful baby spinach

3 slices of tomato

1 tablespoon fat free mayonnaise

1 tablespoon Dijon mustard

1/2 of medium avocado (optional)

For more information and re-cipes, visit [www.wonderbread.com](http://www.wonderbread.com).

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## **Maximize Your Capital-Building Connections**

Once businesses get over the hurdle of start-up costs and finding a reliable team of hard workers, the task becomes generating capital to maintain momentum.

Growth and revenue projections for a business should toe the line between ambitious and realistic. One way to achieve pragmatic business goals is to use conferences and networking to stay competitive and generate capital.

Industry conferences – like those orchestrated by Financial Services Exchange (FSX) – give companies an opportunity to meet independent broker dealers, fund managers, investors and other industry resources.

In fact, entrepreneurs of all levels said they've forged some

of the best relationships of the past several years at FSX conferences.

“Presenting companies get to mingle with broker dealers and potential investors in structured and unstructured meetings. They have several days to make lasting impressions on key decision makers from firms nationwide,” says Judy Ensweiler, executive director at FSX.

According to fund managers, the most impact is usually made during the break-out and one-on-one sessions that follow the formal presentations. For FSX, the proof is in the pudding.

To date, presenting companies have raised more than \$2.8 billion through the FSX conference network.

“Investor conferences like ours play a key role in raising capital for financing, publicity and more. Part of being able to connect for success is having the time and space to come in as strangers but leave as friends,” adds Ensweiler.

Being able to predict company growth with precision largely depends on investor opportunities, and the resources at a company’s disposal. Accurate growth projections help long-term profits and affect the value of company shares.

An FSX presenting company reported that their share price increased by a full 100 percent – after only one conference.

There are ways to generate capital and attract investors in an uncertain market, and industry conferences have helped do so for nearly 30 years. To sign up or find more information, visit [fsx1.com](http://fsx1.com).

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# Mental Health Patients Reap Benefits of Psychoanalysis

Psychoanalysis, often stereotyped in arts and literature as patients reclining on couches and talking about their mothers, is enjoying renewed scientific support. Studies have found that psychoanalytic therapies are evidence-based and lead to significant improvements in mental health conditions, including depression, anxiety, and post-traumatic stress. According to recent research, psychoanalytic therapies achieve lasting results by exploring underlying causes of one's mental health issues.

This deeper exploration gets to the root of a person's symptoms and sets psychoanalysis apart from more superficial therapies that only treat symptoms. By looking closely at each person's life, psychoanalytic therapies help one feel more understood as a unique individual, improve personal relationships, relieve painful emotional symptoms, and change life-long ways of coping. This is not your father's psychoanalysis. In fact, in a 2019 survey conducted by PsychoanalysisNow, 400 psychoanalysts in the United States highlighted the realities of psychoanalysis and how it works. Almost all the professionals surveyed (96 percent) said they regularly conduct therapy either once or twice per week, which is feasible for most patients' schedules.

The stereotype of lying on a couch during therapy is an option – but only if the patient chooses it for relaxation and comfort. Otherwise, patients and their analysts are seated facing each other in chairs. Roughly, 73 percent of analysts surveyed report that they also conduct therapy sessions remotely, via telephone or through Internet video connections. "Psychoanalysis is often indicated when other less intensive therapies have failed to achieve the desired results," according to the website of the American

Psychoanalytic Association.”It truly offers something different and more comprehensive, and is a good place to turn when symptoms remain or behavioral or relationship patterns continue after one or two attempts at less intensive, shorter term psychotherapy.

“However, one’s problem need not be too severe to benefit from psychoanalysis. Individuals struggling in the workplace, who have long-term relationship issues with family members, or who simply want a new perspective on their lives can benefit. Through psychoanalysis, one can unlock the past, inform the present, and expand the future to reach their full potential. Children and teens can also benefit as some psychoanalysts specialize in working with children in partnership with parents. For more information and to find a psychoanalyst near you, visit [apsa.org](https://www.apsa.org).

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## **6 Tips for Baby’s Immune Development**

Scuba diving can be an exotic and enriching activity, but for many, it can also be a therapeutic one. The weightlessness of a water environment allows individuals with a range of injuries or disabilities to exercise, relax, have fun, and gain confidence. Children and adults with challenges including traumatic brain injuries, amputation, spinal cord injuries, cerebral palsy, and blindness can enjoy the physical and psychological benefits of scuba diving. Diveheart, a nonprofit organization founded in 2001, trains thousands of volunteers and works with injured and disabled individuals across the world, in areas including the United States, Mexico, UK, Malaysia, Israel, Philippines and the Caribbean. As Darrell

Young, a Vietnam veteran who is paraplegic as the result of a spinal cord injury, explains in a testimonial on the Diveheart website, "Diving gives me a high expectancy of myself. It gives me a goal to accomplish knowing that when it comes to the finish line it doesn't matter how I finish my dive, but the feeling of strength I gain from diving," he says.

Diveheart relies on volunteers and donations to help provide adaptive diving and scuba therapy experiences at no cost to the participants. Most of the initial training and first diving experiences occur in school or community pools. Participants don't even need to know how to swim to benefit from therapeutic scuba diving, and the learning curve is almost immediate, according to Diveheart's website details. Diveheart works to spread the word that diving is a real option with many benefits for the individuals affected with injuries and for the volunteers who get involved as "dive buddies."

The basic experience of being in the water with the support of a trained "dive buddy" can relieve pain, improve focus, and bring joy, according to Diveheart participants. Diveheart also provides adaptive dive training for those who want to take the next step and become adaptive divers or dive buddies to help others. Most Diveheart participants are eager for destination scuba-diving adventures once individuals are trained and comfortable with the scuba experience. Diveheart offers opportunities for fundraising and also works to find grants for those who struggle with the cost of a dive getaway. In addition, Diveheart works with the science and medical communities to provide data and research opportunities on the benefits of therapeutic scuba diving for a range of medical conditions. For more information on participating, volunteering, or donating, visit [diveheart.org](https://diveheart.org).