



Just in case it matters to you:

CLIENT / CONTACT BULLETIN 9-51

- “MEN WHO SUPPRESS THEIR ANGER IN THE WORKPLACE ARE UP TO FIVE TIMES MORE LIKELY TO SUFFER a heart attack or die from heart disease.” According to Swedish researchers, the cause is “covert coping – in which men who feel they have suffered unjust treatment simply walk away or ignore the situation rather than dealing with it,” leading to undue tension and stress. Moreover, when such men are Managers, their “dark and brooding” attitudes can also create contagious negativity which results in substandard team performance – higher turnover, more sickdays and lower productivity. So, some large companies (like AMEX, UBS, Credit Suisse) now sponsor “Happiness Seminars” for employees and Managers, to emphasize this impact and “stress the value of psychological versus financial wealth.” [BUSINESSWEEK – Dec 7, 09]



- “WANT YOUR CHILDREN TO SUCCEED? LEARN TO LEAVE THEM ALONE... ‘Helicopter’ parents who hover over every playground, practice field... ghostwrite students’ homework, airbrush their lab reports, then lobby like a K Street hired gun for their child to be assigned to certain classes... has gotten way out of control.” Educators warn that too many children aren’t allowed to “live their own lives,” hindering their ability to develop independent survival skills; for some, “hurried lifestyle is a source of stress and anxiety which may even contribute to depression.” One positive affect of the economic downturn has been that one-third of parents appear to be cutting down on extra-curricular demands and backing-off from constant involvement in kids’ day-to-day activities. A recent CBS News poll found a “less is more; hovering is dangerous; failure is fruitful” philosophy is taking hold in the pursuit of “trying to restore some balance and sanity to family life.” BUT HOPEFULLY PARENTS AREN’T NEGLECTING KIDS’ ‘IMPULSE CONTROL’ ISSUES – which can encourage “problem gambling” tendencies. A six-year study of kindergartners found a meaningful correlation with the degree of “attentiveness and hyperactivity” their teachers had ranked – where “every point higher the subjects had scored on the 1-to-9 scale increased by 25% the likelihood that they’d be playing bingo, cards and video poker for money by the sixth grade.” [TIME – Nov 30 and Dec 7, 09]

- “THERE IS A CONNECTION BETWEEN LOOKS AND SMARTS... Low attractiveness ratings predict lower test scores and a greater likelihood of criminal activity...while men everywhere want to marry beautiful women, and women everywhere want socially dominant (i.e. intelligent) husbands.” Researchers describe this the ‘Rothschild Effect’ and find that discrimination against the ‘appearance challenged’ results in lower incomes, harsher treatment by judges and juries, and even less attention from parents who are apparently less mindful of their safety. At the employment level, “anti-discrimination laws being what they are, it is sometimes difficult for an employer to give intelligence tests or even to ascertain criminal histories. So maybe the managers who subconsciously award a few extra points to the handsome applicants are rational” in that behavior, but remember that discrimination of *any kind* is still risky business practice. [FORBES – Aug 15, 09]

- LIGHT BULBS OF THE FUTURE: For 65 cents, a standard incandescent bulb provides up to 2000 hours of light at monthly cost of around 40 cents, based on 3 hours daily usage. For \$4, a compact fluorescent bulb (CFL) provides up to 12,000 hours of light at monthly cost of only around 10 cents for the same usage, but the problem is that “mercury content calls for disposal as hazardous waste.” The “eco-bulb of the future,” is likely to be an LED (Light Emitting Diode), providing up to 50,000 hours of light at comparative monthly cost of around 5 cents. “With no filament, just a microchip, it uses significantly less energy than an incandescent... but the bulb casts light in only one direction, a drawback in lamps or globes,” and costs around \$120. Nonetheless, ‘saving energy’ is name of the game, so expect LEDs to be required eventually. [NAT’L GEOGRAPHIC – Mar 09]

- THOUGHT FOR THE WEEK: **‘Saving your neck’ in a crash may depend on a properly positioned headrest – at the same height as your ears, angled no more than four inches from your head, according to Institute for Highway Safety.**