

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference



“Fantastic book, perfect for preschool to fifth grade!”



Rebecca Shelters “Becky” of Duran, MI took the time to post the following review of “Have You Filled a Bucket Today?” last month on **amazon.com®**

I am a social worker and I not only use this book in one-on-one counseling but use it in classroom presentations.

The county I live in has also incorporated this book into it’s curriculum for every elementary school. It is a great way to teach kids about feelings, bullying and self esteem.

We also use an actual bucket in the classrooms to make it an interactive learning tool.

(Thank you got your kind words, Becky!)

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Bucket Nuggets from Carol McCloud, The Bucket Lady

Attitude is everything

Katherine Martin, MA is a nationally certified behavioral counselor and a member of our bucketfilling team. This week she shares a “nugget” about loneliness. With excerpts from a September 13, 2007 Newsweek article, “Genes get lonely, too”, Katherine draws a parallel between physical well-being and bucket filling.

On page nine of “Have You Filled a Bucket Today?” there is an illustration of a sad little boy with a very sad-faced bucket. The caption above artist Dave Messing’s illustration reads, “You feel very sad and lonely when your bucket is empty.”

New research suggests that loneliness alters the immune system at the genetic level raising the risk of serious disease. Feeling alone can be physically painful for some of us. Chronic social isolation has been linked to heart disease; stressing the entire cardiovascular system and possibly compromising our ability to fight off colds and other viruses.

Studies show that loneliness can change how the body functions on a molecular level. Researchers believe that chronic social isolation sets off a biological chain reaction that causes normal immune responses to malfunction. It begins with a lonely individual’s outlook on the world, which produces a stress hormone called cortisol.

Loneliness is not the number of friends an individual has or even the number of social interactions—it is the **perception** a person has of their social life.

“Loneliness is inherently subjective,” says Steven Asher, a psychology professor at Duke University.

Choosing to live life as a bucket filler is a great antidote to the loneliness of an empty bucket. A single new, *meaningful* contact can make all the difference in one’s quality of life. Identifying ways of helping others and then acting on them can be a great way to make social connections.

Fill another’s bucket and you fill your own.
How wonderful is that?

This week’s winners

Congratulations!



Michelle Flanagin, of Pleasanton, California is our Bucket Filler of the Week. Michelle attended a Bucket Fillers workshop at Las Positas College in Livermore, California given by Karen Wells, a member of our team. Congratulations, Michelle! You have a book coming your way.

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

Quote of the Week

“To help your children turn out well, spend twice as much time with them and half as much money.”

H. Jackson Brown, Jr. in Life’s Little Instruction Book™

