

FrontLineEmployee

WELLNESS, PRODUCTIVITY AND YOU!

1135 M ST., Suite 400, Lincoln, NE 68508 • 402.476.0186 / 800.755.7636 • 4continuum.com • easpecialist@4continuum.com



June 2018

HELPING YOUR TEEN FIND A JOB

Their first summer job is when many teens discover how the real world works. If finding one is getting off to a slow start, try these tips to locate one sooner.

- 1 Use LinkedIn or another employment-related search engine. Narrow your results by including search terms like, “part time” + “summer jobs” and your location.
- 2 Don’t underestimate the desperation small businesses have for help. Small businesses are burdened by to-do lists that include real skill-building tasks. So ask. Your teen may be exactly what they need.
- 3 To better compete for that one job at the horse stable all the kids want, search the Internet on “how to take care of horses.” Have your teen read up and “learn the ropes.” Then, let them head out to ace the interview.
- 4 Consider an unpaid position volunteering in the community. Volunteer experience can help your teen’s resume stand out from the rest when competing for future jobs or on school

applications. Not to mention the valuable lessons they will learn and contacts they will make serving the community.

Overhaul your MORNING ROUTINE

Don’t slug through a morning routine that barely gets you out the door. Maximize your routine for improved work/life productivity. The payoff will be a happier you. More excitement about goals, a better mood, improved health, and finding more meaning in your job can all flow from an optimized morning routine.

Experiment with a few tweaks, and keep notes about any positive impacts on yourself. Everyone is different, so don’t simply copy an online “do this” formula. Whether it is drinking a glass of water first thing after awakening, avoiding the snooze button, doing 20 pushups, making your bed without fail, or meditation — hundreds of ideas exist. Some will be perfect for you.

Start at: www.inc.com (search, “morning routine ideas”).

IS LONELINESS A HEALTH PROBLEM?

Chronic loneliness can have negative health effects, so CIGNA surveyed 20,000 Americans to gauge the prevalence of this emotion. One in five respondents reported no close relationships at all, and one in four reported having no one with whom they can have a meaningful conversation. Those aged 18-22 — despite their proficiency with social media — report being most lonely. Loneliness is a symptom of a larger problem, because those less lonely reported getting more sleep, spending more time with family, not overworking, and getting proper exercise. If loneliness affects you, take action, engage or reach out to Continuum EAP for help overcoming it.

DIY TEAM BUILDING

Team building improves communication, increases morale and boosts productivity. But what if your employer doesn't offer off-site team-building retreats? How can small teams benefit? Try do-it-yourself team building! Even simple exercises can rejuvenate you.

Find exercises (hundreds are at online bookstores) that:

Focus on building trust.

Offer the experience of being open with feelings.

Allow team members to practice nonjudgmental thinking about each other.

Give each team member the opportunity to feel vulnerable but have the vulnerability rewarded with safety and acceptance.

Team desire to maintain emotional closeness following team building is its own motivation to reduce conflict and practice healthier communication. Refreshing the commitment team members have for one another, even with one team-building exercise, helps walls from forming between members. This dynamic arises from workplace stress — it's all normal. Understanding the gains from team building will have you doing it more often.

Try this exercise: One team member shares a negative experience of their workday with another team member — the more personal the better. One co-worker repeats what was shared, but focuses only on the positive aspects of the negative experience.

The goal is to identify the positive benefits of negative experiences. Then, switch roles. With this experience, team members learn to reframe negative experiences into positive ones that build resilience, while feeling accepted and supported.

In a relationship with a PROBLEM GAMBLER?

If you love someone who has a gambling disorder, then you are no stranger to secrecy, lying, reckless borrowing, unpaid bills and broken promises.

It's time to get help.

Start with a professional counselor and step one — get support for yourself and the isolation you feel.



Next steps: work on change, intervention, and taking actions that can motivate the gambler to enter proper treatment.

Loved ones of pathological gamblers experience anxiety in the same way that other people do who are in relationships with addicts. Coping fails to help and can make problems worse.

Compulsive gambling is a mental disorder, not a willpower failing that resolves itself with a crisis that inspires sudden motivation to quit “this time forever.” Talk to an EAP professional for help locating an expert who understands gambling disorders and helping the family.

Pet travel tips

As travel plans heat up this summer, the Center for Pet Safety wants to remind you that distracted driving can be caused not only by your cell phone but also the family pet.

It's important to keep everyone on the road safe, so the center recommends a pet safety harness in the backseat of your vehicle. Pet travel harnesses come in two forms: those that prevent distraction and those that provide actual crash protection.

And while it may seem intuitive to “buckle up” your pet's carrier - DON'T - unless the manufacturer has crash test video to demonstrate structural integrity. Using a seatbelt to secure a carrier can actually crush it if you get into an accident. Sit carriers on the floor behind the driver or passenger seat instead.

For more four-legged traveler safety tips, visit www.centerforpetsafety.org.