

FrontLineEmployee

WELLNESS, PRODUCTIVITY AND YOU!

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MENTAL HEALTH at college

Responsibilities faced by college students can be exciting but also stressful. Even well-adjusted students can feel overwhelmed. When fear, depression or anxiety hits, smart students seek help from college mental health counseling services.

Discuss college resources with your student, including where to seek help. To help destigmatize the idea of seeking help, be positive, upbeat and optimistic. Depression and suicide-related issues are serious for young people, and are part of why counseling resources on campuses exist. Federal privacy laws may prevent colleges from notifying you that your student has sought help, so if it is important to you, you can inquire about arranging for a release of information in advance. This does not make you an

overbearing “helicopter parent.”

Learn more at www.nytimes.com; search “Suicide college students.”

Wellness & prevention for isolated jobs

Whether you are a seafaring mariner on a cargo ship or an IT specialist who enjoys a job with less structure and lots of alone time, take inventory of your health habits. Isolated workers are at risk for sitting longer, skipping meals, suffering from substance abuse, eating more junk food and irregular sleeping patterns.

Greater incidences of heart disease, periodontal problems, alcoholism, kidney stones and cancer are all potential consequences. You may love the minimal structure of your position, but structure is good for people. Establish a routine so you are not only productive, but also remain healthy.

Source: www.http://www.teleworkrecruiting.com

TAKE YOUR FIRST STEP TOWARD FINANCIAL WELLNESS

Are you “financially fit”? Financial wellness means having control over day-to-day and monthly finances; having the ability to absorb a financial shock or major expense; enjoying life without living beyond your means; and being on track to meet your financial goals (e.g., retirement). Unfortunately, a majority of people can’t say they are financially fit in one or more of those areas, and many struggle with all of them.

Do you need to take the first step toward improving your financial fitness? You may be procrastinating, using denial, and practicing a bit of fantasy in thinking that things will just improve on their own. Start with scheduling an appointment with one of Continuum EAP’s financial coaches or connect with your organization to see about participating in our October online Financial Fitness challenge.



Even the smallest step on your journey to financial wellness may help you experience relief because you will know you are steering this process rather than allowing the problem to steer you toward a crisis.

What assertiveness CAN DO FOR YOU

Here are eight benefits to motivate you to be more assertive:

- 1 Deciding to be assertive can raise self-esteem because you pat yourself on the back for speaking or taking action.
- 2 Assertiveness increases self-awareness by helping you identify your feelings and clarify your needs more quickly.
- 3 Assertiveness is a proactive behavior. Rather than wait for something to affect you, you act to effect change. As a result, you get more of what you want out of life instead of waiting for it to come to you.
- 4 Assertiveness allows others to learn more about you and understand your needs.
- 5 Assertiveness allows you to take more risks, be more creative, and have less fear of failure.
- 6 Assertiveness is self-reinforcing. When you are assertive, you empower yourself. You can reduce the natural desire to hold back, postpone a project, not take credit, or fail to test your ideas. Rather than err on the side of caution, you act, knowing that it is better to fail as a step toward success.
- 7 All decisions are rooted in assertiveness. Making faster and more effective decisions is a by-product of an assertive person.

- 8 At work, knowing what your needs are and acting to get them met improves job satisfaction. This affects your desire and willingness to engage, and this behavior is something employers value because it raises productivity.

HELPING KIDS AVOID PEER PRESSURE

Help your child explore what it takes to be successful at thwarting peer pressure. With school back in full swing, there's no time like the present to have this conversation. Make it interesting. Try some fun role play to build skills and the confidence your kids need to make decisions that support your family's values.

Share these tips for staying strong and not giving in to peer pressure:

Saying "No" or "No thanks, I'm good" — Learn to say no with confidence.

Situation Avoidance — Take action to steer clear of events likely to include peer pressure.

Understanding consequences — Acceptance that giving in to peer pressure has consequences and effects.

Valuing self-worth — Have confidence and value self over peer approval.

Resilience — Learn to recover from disapproval of peers (this includes bullying, which often accompanies peer pressure) when making the right choice.

EMPATHIZE WITHOUT BEING A COUNSELOR

Empathizing is how we form meaningful relationships. With empathy, we don't just recognize a person's feelings and experiences — we move closer to them by causing them to feel as though they are deeply heard. This creates bonding. Do you have a knack for being a good listener and empathizer? If so, remember to refer a friend or co-worker to the next step, such as a Continuum EAP counselor or another helpful community resource.

Spending time engaging with the problems of others is generous and may offer relief, but too much involvement can often cause delay or decrease the motivation to take the next step necessary to finding a lasting solution. All of us should try to help others, but professional counseling is an applied sciences occupation. You may not mind lending personal time to offer support as a good listener, but taking on this role for too long could facilitate a crisis if the problem requires specialized help and help is not acquired soon enough.