

The Continuum Edge

RESOURCES FOR EVERYONE

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November 2025



BEGINNING THE JOURNEY TO END DOMESTIC VIOLENCE

Domestic abuse is a devastating violation of trust and safety that can make a person feel trapped in their own home. Victims may feel isolated from the world and silenced by fear. If you're a victim of domestic violence — even if you are not ready to act — reach out for confidential support. A single call, experience shows, can be life-changing because very specific guidance that speaks to your unique situation may be the missing piece of help, the idea, or the step that allows you to move forward now.

Continuum EAP or the National Domestic Violence Hotline at **1-800-799-SAFE (7233)** is always available. Making yourself heard and having support are your first steps. You may hesitate or fear the abuser could somehow find out and retaliate. You might feel embarrassed or believe you should handle the situation on your own. You might even question whether what you are experiencing is really abuse, or you might hope that things will improve soon. These are all common roadblocks to making your first call for support. Victims often remain silent, but to delay getting help can increase the risk of further harm or make it harder to break free from the cycle of abuse.

Learn more at THEHOTLINE.ORG by searching “plan.”



EMBRACE DIGITAL WELLNESS

Digital wellness involves setting limits on when, where and how technology is used to protect your mental, emotional and physical well-being.

“Digital mental health” is a rapidly growing field of study. It examines how virtual reality, smartphones, apps, social media, artificial intelligence and 3D interaction affect wellness.

Can placing personal boundaries on digital engagement help protect your well-being? Could it improve relationships and productivity, reduce stress, lessen anxiety and improve sleep? Research has shown that technology boundaries reduce screen fatigue, improve focus, increase productivity and boost real-world relationships. They provide for rest and more time for hobbies and mindful engagement.

Start with a simple digital boundary to observe its positive effects. For example, take a walk in nature without a smartphone. Create a “technology-free zone” in your home. See if you feel calmer, more focused, and more connected to the world around you in healthier ways.

A BETTER MORNING ROUTINE MAY CHANGE YOUR DAY

Take charge of your mornings in order to reduce stress, avoid rushing, and starting the day feeling behind. For starters, lay out your clothes and write a short to-do list the night before. Include one small chore for the morning that you might otherwise ignore that takes 10 minutes or less to complete.

Why? Completing a simple chore — decluttering or tidying up a kitchen — helps you build a habit loop. The visual completion of a chore prompts a small, gratifying dopamine boost. This is how your brain responds to small wins.

The feeling of accomplishing something early in the morning helps you anticipate other successes in your day. This feeling that you're in control of the direction of your day is likely to stay with you. Your mental clarity will carry into the office. Instead of being on edge, reactive and easily triggered, you will be more solution-focused and harmonious with co-workers and customers because you will be calmer and more patient.

Beginning your day as described is about “intention,” and this primes your brain for focus and productivity.



Try it for a week. See if you notice the positive domino effect a morning routine and small chore can bring.



THE SILENT STRUGGLE OF MAJOR DEPRESSION



Some individuals with major depressive disorder may not seek help because they don't recognize their symptoms and seem to function well socially and at work. They may appear happy and cheerful outwardly yet struggle internally with persistent sadness, low self-worth, anxiety, inadequacy and despair.

Does this sound like you? People with atypical or “high-functioning” depression might avoid seeking support or fail to recognize their condition, often attributing symptoms to other personal challenges rather than a diagnosable disorder.

Discuss your experiences with a Continuum EAP professional. Don't let this condition cloud your thinking or keep you from getting help. Don't struggle alone in silence. Continuum EAP offers free, confidential assistance. Complete an assessment of your needs, and take the next step toward support and treatment.

Learn more at psychologytoday.com by searching “smiling depression.”