

The Continuum Edge

RESOURCES FOR EVERYONE

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SHOW YOU ARE A SELF-DIRECTED EMPLOYEE

You probably have a reputation as a “self-directed” employee if your work habits include anticipating needs, taking initiative and solving problems independently. Managers love self-directed employees because they require less oversight and lighten the load. Here are three tips that will build your professional credibility:

- ✔ Instead of asking your supervisor, “What do you want me to do?,” show that you have ideas and options for them to consider.
- ✔ Don’t wait to be told about a problem or what’s needed, be aware, proactive, and attempt to solve problems when first spotted. *(Your goal is to be seen as a problem-solver, not a passive employee.)*
- ✔ After being given an assignment, don’t wait for your manager to ask, “Well, how’s it going?,” share the results, outcome or work product when completed.

Put these strategies into action and you will build a reputation as a self-starter in no time.



STRENGTH TRAINING MATTERS AS YOU AGE

Don’t overlook strength training as you age. It’s as important as aerobic exercise, especially for preventing injuries. In fact, research shows that maintaining muscle mass can improve balance, boost metabolism, and enhance overall mobility as you get older. As you age, muscles lose mass and strength. This makes muscles weaker and more prone to injury, even from everyday activities like carrying heavy objects, bending over, standing for a long period of time, moving heavy furniture, and even pulling a cord to raise a blind. With muscle atrophy, injuries may happen even with good technique.



Regular strength training, however, helps counteract this decline. Strength training can also support bone density, reduce the risk of falls, and help manage chronic conditions such as arthritis or diabetes. If you’re new to strength training or have health concerns, talk to your doctor before starting. With strength training, you are more likely to enjoy a healthier and more active future.



MAKE SUMMER SMOOTHER WITH A FAMILY MEETING

It's summer, and for families that means new routines, activities and schedules. It's the perfect time for a family meeting. This powerful tool that can also become a tradition helps keep everyone connected and organized, while it models and strengthens family bonds. Other bonuses include teaching life skills like assertiveness, compromise, cooperation and problem-solving.

HOW TO DO IT: Gather in a comfortable space, set the meeting's goals, review current issues and share successes. Encourage open, respectful discussion. Brainstorm solutions, agree on action steps, and talk about plans, ideas, trips, chores and responsibilities. Be sure to end on a positive note.

HOW TO WORK WELL UNDER PRESSURE



Feeling overwhelmed? Continuum can help you regain control, before stress takes a toll. Reach out today!

Many jobs require the ability to work well under pressure, but few offer training on how to do it. Most employees figure it out as they go, but that can lead to poor habits, chronic stress, burnout or even resignation. If your job is high pressure, try these tips to finish the day with more energy and less stress.

1. **"I got this!" Attitude is everything, even if it means faking it until you make it.** By viewing work under pressure as something to command and not fear, you will feel more in control with a positive mindset and experience more resilience.
2. **Set regular intervals to preempt fatigue by detaching from duties, even if it's only for a few minutes.** Hydrate and move. For example, walking only a single flight of stairs will stimulate your body and refresh your ability to focus.
3. **Focus on one task at a time.** Avoid seeing what's facing you as a single, overwhelming challenge. But if this feeling wells up, stop, take a breath, step back and regain perspective.
4. **Look for support.** This includes Continuum EAP, which can help you manage stress. For example, venting your frustrations can offer relief and help you regain focus.
5. **Use a pull strategy to lift mood.** Anticipate an exciting personal reward you can look toward when the work is over.