

FrontLine Employee

WELLNESS, PRODUCTIVITY AND YOU!

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National News, Crisis and Effects on Children

Children are easily affected by catastrophes and national crises like the COVID-19 pandemic, but they do not exhibit symptoms of anxiety and trauma that are commonly seen in adults.

If you are confused or unsure about whether your child needs additional support or to speak with a professional, consider the following list below from the Association for Children's Mental Health.

Some signs your child may be experiencing a mental health disturbance include:

- Extreme energy or lack of (sleeping all of the time or being unable to sleep)
- Isolating themselves from friends or family (not coming out of their room)
- Not eating or eating all of the time (rapid weight loss or gain)

It's important to keep the lines of communication open between yourself and your child. Check up on them every day, ask them specific questions, such as "what was the best and the worst part about your day today?". Creating a climate in which your child feels free to communicate is very important for their overall well-being.

STOPPING RUMORS IN THE WORKPLACE

Rumors are stories that are doubtful or uncertain truth. In the workplace, the first victims of rumors are trust and morale.

Misinformation and gossip fuel rumors, and each time a tale is shared, it acquires additional layers of untruth. What a mess!

Since rumors can be disruptive, it makes sense to learn how to stop them.

Rule #1 : Do not participate.

Many rumors are associated with astonishing, amusing, interesting or spicy information. This is a signal you're caught in the rumor mill.

Rejecting participation will dampen the motivation of your coworkers to further repeat the rumor. Asking, "Is it true?" will often end the progression of a rumor by exposing it's lack of confirmable information.



BACK TO FACE-TO-FACE COMMUNICATION

The COVID-19 pandemic forced us to resort to remote offices, masks, Zoom calls and digital communication. As the clouds of the pandemic clear and businesses restrictions fade, you may need to give yourself a nudge or a reminder to consider the value of face-to-face communication again.

The advantages of in-person communication are still with us:

- 1 You can expect fewer misinterpretations and more effective gestures
- 2 More visible body language and a faster reciprocation of a smile
- 3 More persuasion ability and less misconstruing of capital letters and exclamation points as anger instead of excitement

Face-to-face communication is essential to establishing trust among colleagues and to provide clarity to work conversations. It also enhances conflict resolution and boosts active participation in the workplace. In this digital era, make sure to be mindful and take opportunities to have face-to-face conversations with other members of your team.



STRESS MANAGEMENT SKILL: Planning

A study of over 3,000 people from 29 countries conducted a decade ago, showed that about 25% of perceived happiness is accounted for by how well we manage stress.

The skill delivering the most impact was planning! Planning is acting ahead and paying attention upstream to see what needs to be done next. The New England Centenarian Study of the Boston University School of Medicine finds stress management to be a leading skill among participants.

So whether paying a parking ticket before it doubles or having that conversation with your boss sooner rather than later to iron out a growing communication issue, heading stress off at the pass by planning can literally be a health practice to add years to your life.

Early Birds Might Be More Productive

“I’m a morning person.” “Not me. I work better at night.” Which is better? The jury is back: Research seems to point to early birds being more productive.

With over 100 peer-reviewed neuroscience articles, Robert Carter, Ph.D., author of “Morning Mind”, argues that flipping your routine to become a “morning person” will have a profound impact on your life.

Research has shown that only an extremely small percentage of people are actually night owls, which means they are more productive at night than during the day — about 1 percent.

Among other reasons research shows that your brain, which has received more fluid being level all night, is prepared for more productivity upon waking!