

FrontLineEmployee

WELLNESS, PRODUCTIVITY AND YOU!

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



July 2019

YOU CAN OVERCOME indecisiveness

Everyone occasionally struggles with making a decision, but does indecisiveness feel like a frequent problem that's interfering with your happiness? Continuum EAP professionals may be able to help you overcome this “**paralysis by analysis.**”

Making decisions is a life skill that's teachable and involves comparing the outcomes and impact of choices while paying close attention to your emotions and the sway of feelings in your decision.

With counseling, you can learn to make decisions more quickly by reducing overanalysis, visualizing possible outcomes, trusting yourself more, and knowing that you are making the right choices.

A counselor can help you understand how a pattern of indecisiveness developed, examine whether depression contributes to it, and decide what further assistance could be helpful. Don't let indecisiveness remain a problem that causes you to lose faith in your own judgment and prevents you from attaining what life has to offer.



WATER SAFETY REMINDER

Keep children safe around water this summer. Teach them to swim, and don't leave young children alone. In large swim areas, even under the watchful eye of trained lifeguards, keep a close eye, especially if children are playing near “the deep end.” No one can watch your child as well as you can. The more people in a swim area, the more vigilant you must be. Risk increases with larger numbers of bathers; although rare, drownings and close calls do occur.

THE SECRET to a productive day

Start the morning by completing an important task that you would normally procrastinate about doing (while it weighs on your mind all day).

This approach to work management takes practice because it does not conform to the way your mind likes to work, which is to postpone the pain. It is a success secret used by many productivity pros to reduce burnout and accomplish more.

The technique allows you to escape the gnawing sensation of what you know you eventually must do. You will enjoy your job more, and it could make the rest of the day feel like a breeze.



YOU CAN'T **OUT-TRAIN** a bad diet

You've decided to get healthier by exercising more and training for improved fitness. That's great! But wait, are you changing your diet?

A common misconception is that exercise can out-train a bad diet. If you are still eating high-calorie foods, fats, prepared foods, and hitting restaurant buffets, you are fighting a losing battle. You might feel a bit less guilt about your diet, but even a daily two-mile jog can't put a dent in a bad diet.

The opposite is also true. A diet without enough carbs or calories can cause you to lose muscle rather than burn fat for the energy needed in your exercise program.

So what's the solution? Talk to your doctor about exercise. And educate yourself about the type and amount of food your body needs. Arrange a time to

talk with an experienced nutritionist or a Continuum EAP professional. Overlooking diet as you seek improved health will place you at risk for giving up on the new life habit of building a better you.

Journaling for **MAXIMUM IMPACT**

If you keep a daily personal journal, you already know that it helps you focus on goals and directs your thoughts and intentions toward dreams and desires.

The positive outcomes that appear in your life are the result of focus. If you don't keep a journal now, try a journaling experiment to see if this exercise has payoffs for you. Journal in the morning or after taking a 30-minute break from work. Don't journal while watching television or alongside other distractions.

You can also journal after taking a walk, a drive, or perhaps after working out. This time gap puts you in a more creative mindset.

Not sure what to journal about? Try these ideas, and try to do it daily:

- 1 Your ideas and sudden insights.
- 2 Positive statements that you will achieve your goals.
- 3 Plans and strategies.
- 4 Thanks and acknowledgments for positive outcomes you are experiencing.

JENNY HILL, CONTINUUM EAP

“

The most rewarding part of my job is learning new skills from other professionals and receiving positive feedback from the clients or companies I work with.

Interested in learning more? Read this entire Continuum EAP blog feature at 4continuum.com — Search: “Jenny Hill blog.”

