

# FrontLine Employee

WELLNESS, PRODUCTIVITY AND YOU!

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## ALONE *in a* RELATIONSHIP

Loneliness is a national health crisis experienced by one-third of the population across all generations. You are “hard wired” for close emotional connections. Without them, you can suffer high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, and cognitive decline.

Research shows the same negative effects can extend to couples who have grown apart emotionally due to unresolved marital or couple conflicts but who still live under the same roof.

***You don't have to live alone to be lonely.***

Exploring professional counseling to resolve couple conflicts that have lingered for years can be difficult, but reversing the effects on your health is new motivation for doing so.

Source: [www.news.uga.edu/marital-conflict-causes-loneliness-health-problems](http://www.news.uga.edu/marital-conflict-causes-loneliness-health-problems) and Cigna.com (search “loneliness epidemic”)

## CONTINUUM EAP can help with that

Mental health might come to mind when you think about your employee assistance program, but this is only scratching the surface. There are numerous ways Continuum EAP can help, so never dismiss the program as an avenue to resolve a problem you face.

Additional ways to use your EAP:

- 1 As a sounding board when you face a tough decision.

- 2 For help deciding whether you need a professional counselor or a completely different type of resource.
- 3 To problem solve how to help a friend or family member who won't get help or admit they have a problem.
- 4 For guidance on handling a personality clash with a co-worker or boss.
- 5 Referral to a network attorney for a free, 30-minute consultation and discounted representation for all non-employment related matters.
- 6 Financial coaching with a seasoned financial professional for help with debt management, budgeting, taxes, credit counseling and retirement and college planning.
- 7 One-on-one wellness coaching to help explore personal wellness and get assistance with goal setting, behavioral change and overall health.





## Pandemic strain and young people

Teens need peer interaction and emotional validation to grow mentally healthy. So, isolation for teens during the pandemic is difficult. It's not just a drag, it's a risk issue because over one-third of teens periodically have suicidal thoughts. Not knowing when "normal" will return can add to their anxiety.

As a parent, trust your gut. If your teenager demonstrates agitated behavior, moodiness, problems with self-motivation, disinterest in school, or is apathetic with unusual sleeping and eating patterns, talk to a Continuum professional counselor. A simple assessment may help identify a mental disorder and prevent self-harming behavior or even suicide.

## SOFT SKILL TO KNOW STAYING ENERGETIC

Being energetic at work is more than avoiding the sluggish feeling after lunch. When you're energetic, you possess and exhibit energy in abundance that's an obvious part of a vigorous work style and temperament. Employers value energetic employees for a key reason — their energy is contagious as they engage, create and participate effectively with teams. You don't have to undergo a personality transformation to be more energetic.

**Start with** regular exercise and stress management techniques.

**Have a proper diet** that maximizes your energy

and contains fewer food substances that weigh on metabolism.

**Get enough sleep.**

**Practice positivity** to help you feel energetic. Good physical health and nutrition influence a positive mood, but this works both ways. Combine this with reducing negative self-talk that can bring you down.

**Practice work/life balance** so you nurture yourself with activities you enjoy and that renew your spirit.

## Helping a loved one COPE WITH CHRONIC PAIN

Over 40% of households have a family member who experiences chronic pain. However, when pain experts focus on helping victims, family members are often overlooked. Family members have a powerful role in helping, but they need support. Do you feel helpless not being able to comfort a family member in chronic pain? You are not alone. Frustration, stress, anxiety, depression, anger — and guilt for being angry — are common family experiences.

Your household may feel toxic, cycling between conflict, isolation, and the inability to be an effective and willing support for your loved one. Read the insightful handout "**Ten Tips for Communicating with a Person Suffering from Chronic Pain**" at [www.practicalpainmanagement.com/Handout.pdf](http://www.practicalpainmanagement.com/Handout.pdf). It hits every key point from how their pain affects you to communication, taking care of yourself, what you can do, reading nonverbal cues, and more. The team at Continuum EAP is also available to provide support.

Learn more: [www.practicalpainmanagement.com](http://www.practicalpainmanagement.com) (search "family role impact")