

# The Continuum Edge

## RESOURCES FOR EVERYONE

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### TALK TO YOUR DOCTOR ABOUT VITAMINS AND SUPPLEMENTS

Have you found yourself buying different vitamins, minerals and supplements until you've accumulated a basketful of bottles? While supplements can sometimes be helpful, taking too many can be risky. Too much of the wrong thing can even be toxic, cause organ strain, or interfere with the absorption of other nutrients, disrupting your metabolism. Vitamins and

supplements are a billion-dollar industry, and marketing can lead you to over-purchase these products based on emotion and numerous calls to action instead of real medical need. Stay safe and consult a healthcare professional before starting new supplements, and share what you are taking at each visit so you can be better advised on what you actually do or don't need.

## HOW TO STOP DEADLINE-DRIVEN STRESS AND DREAD



Call it deadline-driven stress, the procrastination-stress cycle or last-minute syndrome. Looming deadlines can derail your plans, steal your time, distract you from what you enjoy most, and build a sense of dread and anxiety as pressure mounts. But there is something you can do to prevent this stress. When you are assigned a project, immediately divide it into sections and give each section a deadline between now and the due date. This reduces stress of the project because it moves your frame of mind from feeling overwhelmed to having a structured view of the work, which gives you clarity and a feeling of more control. By breaking the project into smaller, anticipated, yet manageable parts, you avoid deadline anxiety and crisis-driven productivity.

## HELPING OLDER MEN FACE MENTAL HEALTH CHALLENGES

Years of conditioning have taught many men to deny distress, avoid vulnerability, and see the act of asking for help as a weakness. This mindset can make intervention by loved ones especially difficult when symptoms of mental illness are downplayed, family concern is dismissed, or the idea of treatment is off the table. It's common for older men especially to dismiss symptoms of depression or anxiety as "just stress" or "part of getting older." What a family labels as "stubbornness" is often hesitation rooted in denial and fear of appearing weak.

Talk to Continuum EAP if you have a male family member with mental health symptoms accompanied by lack of motivation to get help. The best intervention path is usually an empathetic approach, not badgering confrontation. Statements like "Dad, you seem more withdrawn lately" are more likely to be accepted despite initial dismissals. Emphasize that seeking support takes courage; it's not weakness. A trusted friend or doctor (someone influential or valued) can reinforce this message, often with great impact. None of this is a one-time conversation with sudden insight and success. It takes patience and consistency, but when older men feel respected and safe, accepting help is more likely. *To learn more, visit [nami.org](https://nami.org) and search "ageism, mental health and suicide risk in older men."*



## COFFEE WITHOUT BREAKFAST IS A RISKY A.M. HABIT



Learn more at [rightasrain.uwmedicine.org](https://rightasrain.uwmedicine.org) and search "body/food/too-much-caffeine"

Grabbing a coffee and skipping breakfast may seem like a fast and easy way to start your day, but this habit can set the stage for future health issues like hormonal imbalances, metabolic stress and increased risk of conditions like type 2 diabetes. Your body naturally produces cortisol, a stress hormone to help you wake up. Drinking coffee without eating causes your cortisol levels to spike higher. Without food to stabilize blood sugar, a midmorning energy crash soon arrives

and can include fatigue, poor concentration and irritability. This habit grows riskier as you get older because dizziness, dehydration or fainting may ensue. It's worse for those with high blood pressure or heart rhythm concerns. Protect your health by eating something to buffer caffeine's effects. If you experience an irregular heartbeat, lightheadedness or fainting, consult a healthcare professional and share your use of caffeine and nutrition habits so they can offer advice on your specific needs.