

The Continuum Edge

RESOURCES FOR EVERYONE

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EMPATHY'S POWER **IN THE WORKPLACE**

The importance of empathy in the workplace can't be overemphasized. How would you rate your ability to sense others' unspoken concerns, recognize when a co-worker is struggling, or adjust your communication style so it matches the needs of a co-worker at the moment? If that ability is high, your co-workers are probably more likely to share their ideas with you, admit mistakes, and trust your advice.

HERE'S WHY: Your empathetic style creates a psychologically safe workplace. To grow empathy skills, be genuinely interested in maintaining positive relationships with co-workers. Slow down, give full attention, and resist the urge to interrupt or plan what you are going to say while they're speaking. Ask clarifying questions, and if you are sure you understand what your co-worker just said, reflect back (i.e., I heard you say that...). This reflection is experienced as validating, and it will deepen your relationships, and you'll witness positive effects that ultimately make your job more meaningful.



LEARN TO NEUTRALIZE YOUR STRESS TRIGGERS



Learn to manage (neutralize) stress triggers and you will better control your emotional response to them. Start by tracking your patterns. A simple diary can reveal what consistently sparks irritation: traffic, a looming deadline, unexpected expenses, or communication challenges with loved ones.

HOW TO NEUTRALIZE TRIGGERS:

The first step is awareness. Notice how your body and mind react: sudden irritation or resentment, feeling dismissed or judged, the urge to argue, criticize or shut down. Recognizing these signals is half the battle — it creates space to choose how you respond instead of reacting automatically.

Next, experiment with strategies that help you stay calm. You might count to 10, take a walk, breathe slowly, reframe the situation, laugh it off, or simply let it go.

Neutralizing stress triggers is a life skill that builds resilience. Try it to improve relationships and make your work and home life more rewarding.



PREVENT THE AFTERNOON CRASH FROM CARBS

It's true, some snacks can actually help improve your mental focus in the afternoon.

YOUR BEST BETS:

- Nuts and seeds like almonds, walnuts or pumpkin seeds deliver protein, healthy fats and magnesium.
- Greek yogurt with berries. The protein and antioxidants in Greek yogurt fuel the brain.
- Hummus and carrot sticks, bell peppers or cucumber provide fiber and healthy fats.
- Apple slices with nut butter offer complex carbs, fiber and fat to prevent sugar spikes.
- Whole-grain crackers with cheese or turkey deliver protein and carbs.
- Small amounts of 70% dark chocolate can boost mood and alertness.
- Hard-boiled eggs supply protein and nutrients to support memory and cognition.

Dehydration often explains grogginess, so drink water to stay hydrated and maximize alertness.

Learn more at everhour.com/blog/brain-food-snacks.



SUBSTANCE ABUSE SIGNS THAT PARENTS OFTEN OVERLOOK

Early warning signs of teen substance abuse are often subtle, but patterns emerge — and that's the key.

OVERLOOKED SYMPTOMS INCLUDE:

- Insomnia, erratic sleep or daytime drowsiness dismissed as normal adolescence.
- Longtime friends abandoned for new groups they won't discuss.
- Secretive phone use and reluctance to share daily activities.
- Use of eye drops, heavy cologne or perfume.
- Declining grades.
- Loss of interest in favorite activities.
- Irritability, anxiety and mood swings.
- Changes in appearance and hygiene.
- Missing money or valuables.

Isolated, these signs may seem minor, but together they warrant serious concern. Stay engaged, keep conversations open, and you'll improve the chance for earlier, possibly lifesaving, intervention.