

FrontLine Employee

WELLNESS, PRODUCTIVITY AND YOU!

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PRINCIPLES OF emotional wellness

Like physical wellness, which has steps to improve and maintain it, emotional wellness has some of its own rules so you can stay emotionally fit.

Here are a few “emotional wellness maintenance principles”:

- 1 Be proactive in managing stress, not reactive when it gets “bad enough.”
- 2 Don’t be frustrated over work-life balance. It is a moving target. Instead, make adjustments to experience it more regularly.
- 3 Seek to eliminate self-punishing or negative self-talk that makes you feel bad. Humans are generally optimistic. If you don’t feel positive now, look forward to changing tomorrow.
- 4 Engage support. Humans are social creatures. If you need help, ask for it. Accept it more often when it is freely offered.

Interested in more emotional wellness tips or support? Continuum EAP’s professional counselors can help you develop strategies to strengthen your emotional health or you can visit www.nih.gov/health-information/emotional-wellness-toolkit for additional ideas.

Get a mental boost with DECLUTTERING

If you think decluttering is only about dealing with the dust (or the complaints from others around you), consider other benefits discovered recently by workplace wellness researchers. One real benefit is improved mental health.

Researchers found that a person can’t collect and possess a bunch of stuff and create a disorderly and chaotic environment without paying a mental health price for doing so. Researchers found that clutter undermines one’s ability to have a pleasurable and satisfying work experience and creates a risk of burnout, thereby lowering productivity.

Source: www.depaul.edu/ (search “declutter”)

THE COVID-19 STRESS SCALE

Pandemic stress is real, but how well are you coping? To help people evaluate stress, the COVID Stress Scales was developed as a research tool this past year. Its questions may help you self-assess the impact of the pandemic on your well-being, your coping behaviors, and the effect of anxiety in daily functioning. This can be a useful tool in determining whether additional support could be helpful.

To access the questions, visit www.ScienceDirect.com (search “validation covid stress scale” and view PDF, p.3).

Fighting stress of any kind ultimately boils down to self-care. Evaluate how well you understand and are investing in the eight areas of self-care by googling “self-care-rating-scale-Satir-pdf” for more information. Or, take advantage of the one-on-one support services available to you and schedule a time to speak with a Continuum EAP professional.

Win with the doctrine of COMPLETED STAFF WORK

Looking to make a great impression and achieve an outstanding reputation in your organization? Understand the doctrine of “Completed Staff Work.”

Popular in business books of yesteryear but still viable today, Completed Staff Work is the study of a problem followed by a presentation of its solution with alternatives so thorough that all that remains is for the decision maker to approve or disapprove it.

Resist bringing problems to your manager without well-thought-out solutions, and you will be remembered for saving management time, energy and money while being a better problem solver.

Intervening with “Nomophobia”

Nomophobia or “no mobile phone phobia” describes the fear of being without access to a working smartphone.

You may be familiar with some of the more well-known phobias such as arachnophobia (fear of spiders) or claustrophobia (fear of confined spaces). Phobias can cause a lot of stress, fear, panic and even fainting.

Most cell phone users have experienced that anxious feeling when you’ve lost your phone or accidentally left it at home, but does your anxiety increase to the point of being a phobia? Experts are still determining whether nomophobia is an actual disorder, but they have decided upon four symptoms of it:

- Experiencing panic over losing your phone.
- Obsessively checking for missed calls, emails, texts and social media notifications.
- Using your phone in inappropriate places like during a meeting or religious service.
- Missing out on opportunities for face-to-face interactions.

Are you concerned about your digital dependency? Is it a problem you want to change? If so, experiment with separating yourself from your phone when participating in other activities. Get an accountability partner (who also wants to cut back) and tackle a mutual goal. Use a timing device to interrupt mindless phone surfing.

More tips and tricks can be found by searching “tips on cutting back smartphone use.”

Source: archives.drugabuse.gov (search “nomophobia”)

