

The Continuum Edge

RESOURCES FOR EVERYONE

3401 Village Dr, Ste 210, Lincoln, NE 68516 • 402.476.0186 / 800.755.7636 • 4continuum.com • easpecialist@4continuum.com



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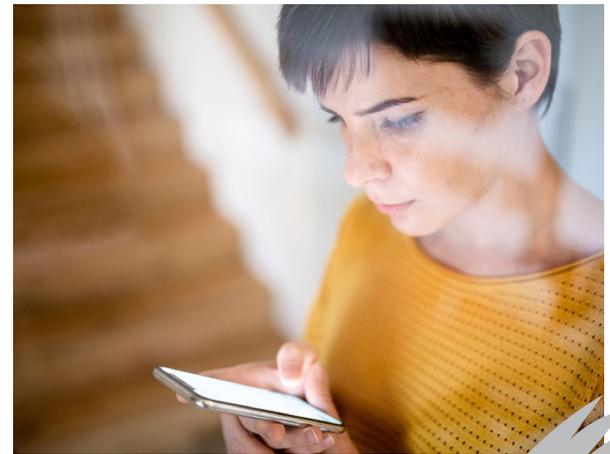
BUILDING TEAMS: WHEN UNRELIABILITY STRIKES

It's not uncommon to have an unreliable team member, but most co-workers hold back too long in being assertive, hoping for change, improved performance, or follow-through with commitments. Sound familiar? Assertiveness can create tension, and your fear of losing group harmony or fear of conflict, or simply not wanting the emotional burden of confronting a co-worker is understandable. But avoidance risks hurting your team.

SOLUTION: Create traditions and shared values your team agrees to uphold, so when assertiveness is needed, it's seen as a commitment to those values — not a personal attack. If you do this, you'll increase productivity and accountability, and cohesiveness will ironically increase. If you're struggling now, meet and get agreement on this assertiveness tradition. It will be okay to speak up sooner with respect. You'll dispense with lingering frustrations and feel happier about your team with less fear about facing challenges.



TIP: Continuum EAP can help you learn how to use assertive communication effectively — maximizing its impact while maintaining trust and teamwork.



DISCOVER THE JOY OF MISSING OUT

FOMO — the “fear of missing out” — is anxiety caused by the perception that others have more exciting lives. Social media often triggers it, but there's a flip side called “JOMO” — the joy of missing out. It's a conscious reaction to feeling controlled by social media, encouraging turning it off, reclaiming time, and focusing on mental health benefits. When hit by FOMO, stop. Take a break. Recognize it, then identify the positives in your life and be thankful. If possible, try a “technology-free” trip to the store or outing to feel fully present in the real world.

Source: babbel.com/en/magazine/the-meaning-of-fomo-yolo

MANAGE STRESS ONE DAY AT A TIME

“Take it one day at a time.” This common saying means “stay present-focused” as a way of managing stress, but many related tips can help maximize this mindset — freeing you from spiraling into fear, sleep loss and burnout. *Here’s how:*

- Avoid being overwhelmed by staying in the present.
- Still acknowledge today’s stressors, but address only what is in front of you.
- Limit catastrophic thinking and “what-ifs” by focusing on what can be done now.
- Ground yourself in the moment and take purposeful action, even if small. This reduces anxiety and the risk of imagined worst-case scenarios.
- Let go of what you can’t control.
- Practice self-compassion — it muzzles your inner critic.

Start the day with a simple goal to focus on the here and now, and realize that today’s challenges build resilience for tomorrow’s hurdles.



AVOID COMMON REGRETS WITH AN ELDERLY LOVED ONE

When an elderly family member passes away, it’s common to regret missed chances for a deeper connection. Research reveals common regrets that, if understood, can help family members be more proactive and later more thankful for the time spent together.

Consider taking steps inspired by the following regrets to engage more deeply with your elderly loved one:

- Not spending enough time to hear their unique stories, personal wisdom and perspectives.
- Not trying to resolve past conflicts and rifts.
- Unspoken words of affection, along with a lack of appreciation and gratitude.
- Assuming there will always be time to connect or repair issues, taking time for granted.
- Not providing caregiving, emotional support or help with difficult issues as an advocate.
- Not asking about their life experiences, childhood, family history or faces in photos.

Source: www.samaritannj.org/hospice-blog-and-events/hospice-palliative-care-blog/end-life-regrets/

Want to learn more about all the free & confidential services available to you and your family members? Scan the QR code, visit 4continuum.com or call 402.476.0186 / 800.755.7636.

