

# FrontLineEmployee

WELLNESS, PRODUCTIVITY AND YOU!

1135 M ST., Suite 400, Lincoln, NE 68508 • 402.476.0186 / 800.755.7636 • 4continuum.com • easpecialist@4continuum.com



July 2018

## MAKING DECISIONS

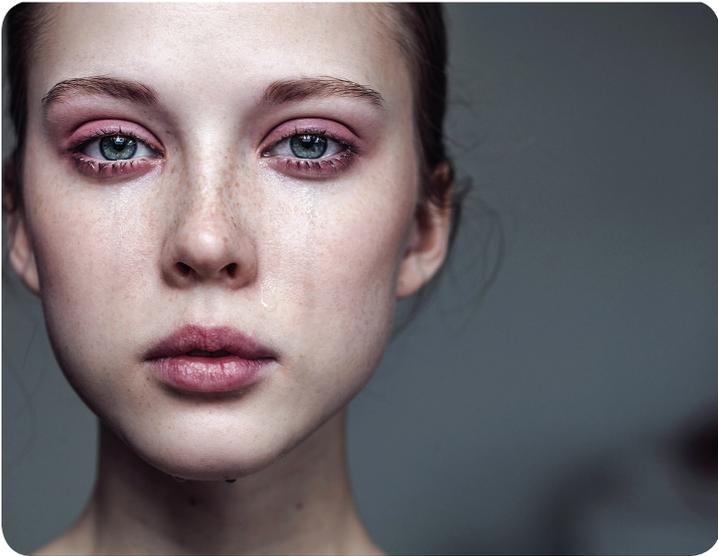
### IS A LIFE SKILL

We all make decisions, but making decisions well is a skill with identifiable steps. Try not to muddle through on decisions, especially big ones. Small decisions, like what color socks to wear, are easy. But big decisions with big consequences can provoke anxiety or dread.

There is a way to make big decisions easier and be happier with their result. With your next big decision, rather than ask others what to do, procrastinate, or make a decision in haste to overcome the angst, try the following:



Remember, all decisions are associated with some risk. Know these risks before choosing an option in the decision path. Then, make the decision. Be sure to evaluate the outcome, effects and consequences after implementing your decision. Respond or adjust if possible or needed.



## When is a loved one **READY FOR TREATMENT?**

It's typically family members who motivate loved ones to enter treatment for health conditions.

Unlike physical health conditions, motivating someone to accept help for a behavioral health condition like an eating disorder, addiction, and gambling, among others, can be a tough sell. Denial interferes with rational arguments to get help. Threatening and badgering are rarely successful and can make problems worse. Avoiding these behaviors is so important that it is worth getting counseling to help stop it.

Untreated behavioral health conditions produce crises that result in brief awareness of the need to get help.

Fright, embarrassment, arrest, an acute medical incident or even a close call may create these short windows of opportunity. At these moments, acceptance of help is most likely. Move quickly when crises appear and repeat that intervention step until you succeed.

## It's **social wellness** month

Social wellness is about building relationships so we have a reliable and healthy support network. As communication becomes increasingly digital and detached, and families remain small, social isolation becomes a greater risk as we age.

Social isolation can shorten life the way cigarette smoking, blood pressure and obesity do. Do you know someone who is isolated and lacking social support? Are you on a path of increasing isolation yourself? Get proactive or learn how to. Refresh your engagement skills and see a counselor if needed. Start with the book *Lasting Love: The 5 Secrets of Growing a Vital, Conscious Relationship*.

## **WATER SAFETY** for children

Ten people drown in the U.S. each day, and 20 percent are children under the age of 14. In fact, drowning kills more children ages 1-4 than anything else except birth defects. Therefore, don't leave children near water (including bathtubs) unsupervised. Because drowning happens quickly and quietly, those supervising should not engage in distracting activities like reading books, being on the phone or using alcohol or drugs. And all kids should wear life jackets in and around natural bodies of water, even if they know how to swim.

Source: Centers For Disease Control

## **CHRONIC PAIN** in the workplace

Do you have a co-worker who experiences chronic pain due to a health condition? If not, be prepared. The number of employees with chronic pain will increase dramatically as the workforce ages. Often invisible, some pain-producing conditions can be easy to dismiss or overlook in our daily interactions.

To support a co-worker with a pain condition, do not mistake slower movement for lack of motivation or mental ability. Do not associate chronic pain or conditions with unreliability on projects or team endeavors. Those with challenging health conditions are often highly adaptive and efficient, often have great ability to support other workers with special needs, and are experienced at creating solutions for themselves. Consider these special abilities as you learn from and team with them.