

FrontLine Employee

WELLNESS, PRODUCTIVITY AND YOU!

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May 2022



MENTAL HEALTH AWARENESS MONTH

MAY IS: MENTAL HEALTH AWARENESS MONTH.

You may worry about a loved one's mental health. Changes in mood, personality differences, worries and fears, strange thoughts, anger issues, unusual habits, sleeping or eating too much and more. Is it mental illness?

The answer is: **Not necessarily.**

Ask yourself these questions:

- Does their behavior interfere with their daily activities?
- Is their social life or occupational functioning adversely affected?

If you are concerned about another's mental health, the best first step is to speak with a Continuum professional counselor to discuss the issues. You can then determine next steps, including how to influence your loved one to get help.

Mental illness is common, and one in five people will experience a mental illness in any given year, but a supportive loved one is often the path to early and successful help.

Match Your Exercise Program With Healthy Changes

Are you ramping up your exercise program with the spring weather? If so, consider healthy lifestyle changes along with an increased exercise regimen.

Here are some things to keep in mind when making healthy meal choices:

- Try to consume less sugar, less white flour and starchy foods
- Replace some red meat with more veggies
- Make fewer stops at the drive-in window on the way home

You will improve the value and impact of your exercise program with a healthier body to respond to it.



Learn to De-escalate Conflict in Relationships

The ability to de-escalate a heated argument or conflict is a life skill that can help you avoid unnecessary stress and, in the workplace, allow you to experience greater job satisfaction.

Conflict is not an inherently bad thing if it leads to positive outcomes, but many of our verbal skirmishes create serious tension. Unnecessarily intense arguments can erode trust, build resentment, involve hurtful insults and ultimately undermine productivity.

To help de-escalate conflict, keep this in mind: **You will rarely succeed in winning control over someone or outwitting them in a heated exchange.**

To interrupt tension quickly, try these three tactics:

- 1** Interrupt the flow of anger with a relevant statement about something you both agree on. This often creates a “reset” effect and halts intensity.
- 2** Switch your role from “co-arguing” to that of an empathetic listener. This also flips the script.
- 3** Let go. Don’t tie your psychological survival to winning or losing. Virtually all heated arguments are fueled by the fear and psychological impact of loss.

It is often easier to end a conflict by reminding yourself that you don’t have to prove anything to the other person. To become a de-escalation pro, practice these intervention techniques. You will fear conflict less, discover the arguments that are worth pursuing and create more collaboration, while making your job more enjoyable.



WE’VE MOVED!

We are excited to announce that we have relocated our office! We hope this relocation will help us provide easier access to our variety of services.

Please make note of the change in address:

**Address: 3401 Village Dr. Suite 210
Lincoln, NE 68516**

**Phone: 402-476-0186
800-755-7636**

Website: www.4continuum.com

Email: easpecialist@4continuum.com

Reach out to schedule an appointment, speak to a professional or for more info.

Try This: To-Do List Tip

Do you make a to-do list to help you manage your workday? Many people do, but there is one thing that they are not doing correctly —

They are making it in the morning.

Instead, the to-do list should be written at the end of the previous day to be worked on the next. Creating a to-do list at the end of the day allows you to spend more time on it so it is more meaningful and thought out. You are less at risk for distractions that may present themselves first thing in the morning, and the to-do list can be created with less stress. Try it today!

