

# The Continuum Edge

## RESOURCES FOR EVERYONE

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## AVOID PASSIVE-AGGRESSIVE COMMUNICATION AT WORK

Passive-aggressive communication is distressing and contributes to poor morale, higher turnover and lower productivity. Recognizing its impact and avoiding it can create a more positive workplace, reduce stress and decrease burnout.

Do you ever participate in passive-aggressive communication?

### COMMON BEHAVIORS CAN INCLUDE:

- Sending emails to a co-worker but also copying their supervisor.
- Withholding information.
- Leaving notes that create distress (e.g., "See me" or "We need to talk").
- Giving a compliment containing a hidden insult (e.g., "Wow, good work for a newbie.").
- Using an insincere tone (e.g., "Yeah, sure, I'll get that done pronto.").
- Undermining a positive relationship between two co-workers with gossip or falsehoods.
- Engaging in "the silent treatment."

## WHAT TO KNOW ABOUT DOOMSCROLLING



Excessive consumption of negative news online is called "doomscrolling." With thousands of competing new sources, the battle for viewers' attention has intensified dramatically. Research studies show that humans are naturally inclined to pay more attention

to negative news than positive news because our brains are wired to look out for potential threats. Negative news grabs attention — not just in newspapers but also online. If you find yourself drawn to social media or news sites, repeatedly searching for more details about

the latest negative story, and if that starts consuming excessive time, interfering with your work or social life, or causing ongoing anxiety and stress, consider reaching out to Continuum EAP for support. To learn more, visit [freedom.to/blog/why-you-cant-stop-doom-scrolling/](https://freedom.to/blog/why-you-cant-stop-doom-scrolling/).



## 15 BENEFITS OF WALKING

Learning about the powerful benefits of walking 30 minutes a day, five days a week, may be just the motivation you need to turn it into a lasting habit.

### DO ANY OF THESE BENEFITS INSPIRE YOU?

- Decreased risk of cardiovascular disease.
- Reduced effects of stress.
- Improved sleep.
- Lower risk of cerebrovascular disease.
- Reduced risk of type 2 diabetes.
- Improved insulin sensitivity and glucose control.
- Decreased risk of cognitive impairment and dementia.
- Enhanced mental well-being.
- Improved self-esteem and positive self-talk from achieving walking goals.
- Better overall endurance.
- Reduced risk of cancer.
- Increased effectiveness of immune function.
- Greater calorie expenditure during and after the walk.
- Increased lifespan.
- Alone time to reflect on thoughts, feelings and goals for improved self-awareness and personal growth.



**TIP:** Adding short, intense bursts of fast walking or jogging for, say, 20 seconds periodically can help you achieve greater health benefits in less time compared to a moderate walking pace alone!

## ALCOHOL & BREAST CANCER

According to the World Health Organization, breast cancer is the most common type of cancer linked to alcohol consumption in women. Even just one drink per day raises the risk.

A new report from the National Academies of Sciences, Engineering, and Medicine reviews scientific evidence on the latest-understood relationship between moderate alcohol consumption and health impacts. The report concluded “with moderate certainty that consuming a moderate amount of alcohol (*one drink/5 oz. of wine*) per day is associated with a higher risk of female breast cancer compared to never consuming alcohol.” It also concluded with low certainty that higher amounts of moderate alcohol consumption are associated with a higher risk of breast cancer.

Is alcohol use a concern for you or someone you care about? Learn more about how to get help or how to help your loved one by contacting Continuum EAP.

