

FrontLine Employee

WELLNESS, PRODUCTIVITY AND YOU!

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



December 2021

Managing the Stress of Holiday Expectations

Expectations are often cited as a key source of stress during the holidays, but pressure to participate in activities and events is less of a problem for many people than the sheer pressure of how one is *supposed to feel* during this time of year.

If you suffer from depression, or if this time of year includes struggles over past memories, focus on the here and now, and practice avoiding the “future-focus” of what you imagine you will be facing.

Do you know from past holiday seasons where your support network lies? This network may include compassionate family members or friends who know you best. Plan for when you will connect and share time with these special people.

If you feel like you need extra support, include in your support plan a way to connect with Continuum EAP. You may only need a session or two to feel energized and more in control of your situation.

There’s an adage among members of 12-step groups: “Bring the body, and the mind will follow.” So, if the opportunity to participate in a seasonal event appears, and you don’t feel motivated to attend, consider whether participation might surprise you with an uplifting experience and a positive change in mood you might otherwise have missed.



TEACHING CHILDREN TO REACH OUT FOR HELP

Consider imparting an important life skill to children — understanding how and when to ask for help from professionals with expertise that can help them with life’s challenges, including mental health professionals.

Psychotherapy, mental health services and support groups still carry some stigma, so helping your kids overcome resistance early can help them save years of struggling and pain when the going gets tough.

Here are some specific things to talk about:

- Discuss myths and misconceptions about mental illness.
- Talk about what professional counselors can do to help.
- Teach them techniques on how to cope with their emotions.
- Encourage them to reach out to others and share these valuable tools.

STAY HEALTHY WORKING FROM HOME

Is working remotely from home not as joyful as it first seemed? Four out of five remote workers struggle with “shutting off” work at the end of the day. About half believe their mental health has suffered.

If this sounds familiar, try these fixes:

- 1** **Maintain a regular schedule and stick to it.** Resist temptations like sleeping in, doing chores and participating in distractions that drag out an eight-hour day to 12 hours.
- 2** **Take breaks,** but when you do, connect with family and friends, not TV or social media. This will help you avoid burnout. If you can meet outside your home for coffee or lunch, this is even better.
- 3** **Burnout prevention** is about awareness and setting boundaries. At the end of the day, leave the smartphone behind. Don't stay connected, if possible.
- 4** **Regular physical activity** is essential to boost mental and physical health, so get up, stretch, walk or do jumping jacks. Discover what works best for you.

Learn more at www.buffer.com/2021-state-of-remote-work



RELENTLESSLY BULLIED but No One Knew

Being bullied at school can create enormous anguish for young people, but many parents remain completely unaware of their children's victimization. This is especially true in adolescence when peers wield powerful influence concerning values and self-worth. This dynamic can cause denial or hiding of victimization — desire for peer validation can be stronger than the need to share the victimization.

Having meaningful engagement with your child (although more difficult as their time and attention becomes more devoted to friends) can help you become aware of signs of bullying, which can include somatic complaints like headaches and stomachaches or irritability and moodiness after school. Other signs of bullying include reduced interest in school, missing or damaged personal belongings and avoidance of talking about “how things are going at school.”

Best Tips For Success with New Year's Resolutions

Some people do succeed with New Year's resolutions. The following steps explain why:

Choose a goal that excited you. Make it concrete. Assign a deadline. (For example, “Learn conversational Italian by June 1, 2022, with a passing score of “A.”)

Write it down. Stay mindful of the resolution by placing reminders “everywhere” so you are continually prompted to act on it.

Make an action checklist of very doable steps to the goal and break all big steps into smaller steps. Spend time developing this list.

Give yourself frequent rewards for completion of steps but plan these rewards in advance.

