

FrontLine Employee

WELLNESS, PRODUCTIVITY AND YOU!

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Practice cheerfulness to find job passion

Feeling a lack of passion for a job is not uncommon, but there is a potential fix. Under stress, it's easy to focus on negative emotions and thoughts in a downward spiral. You are then less likely to see the upside, the things you do that contribute to the greater good — the part of your job you can be passionate about.

The good news is that cheerfulness — demonstrating happiness and optimism — is a conscious behavior. You can use it to manage stress and increase job satisfaction.

To get started, follow these three steps:

- 1** Find the part of your job you do like — any aspect you can be cheerful about. If you carry groceries to customers' cars, focus on how this service benefits the customer.
- 2** Link this benefit to your desire to find happiness in the role you play.
- 3** Talk up this aspect with others. If you do, you may recognize more meaning in your job.

Research shows practicing cheerfulness, along with having positive thoughts and emotions, has big returns. It can build resilience for when the going gets tough. It allows you to feel more in control and less focused on negativity. It also helps increase the number of positive relationships you have — people will want to hang around you more, and this can lead to improved employment opportunities and even improved financial outcomes. Happiness is a do-it-yourself project. Use purposeful cheerfulness as one life skill to help you achieve it.

Learn more: www.futurity.org/stress-positive-moods-938722/



GETTING HELP FOR ANXIETY

If worries feel excessive and out of your control, it's time to call Continuum EAP to help get some relief. Anxiety is a common complaint among employees of all ages, particularly younger workers. You know it's time to get help if you feel worries consume too much of your waking hours, interfere with sleep, affect your happiness and ability to relax, and perpetuate feelings of general dissatisfaction.

Don't be fooled; disruptive anxiety can still affect you despite your life accomplishments, IQ, smarts, or financial security — even if everything is going great in your life. Feeling you should not be worrying because your life is “just fine” can prevent you from getting help, while you also feel guilty for not being happier. Anxiety is not in your imagination, and resolving it is not about “snapping out of it.”

IT DOESN'T TAKE MUCH FOR FENTANYL TO BE FATAL



Fentanyl is a synthetic opioid pain medication 50-100 times stronger than morphine. Carfentanil, which is typically used by veterinarians to treat very large animals, is even more potent — 100 times stronger than fentanyl. These drugs are illicitly sold and lethal in extremely small amounts. Just two milligrams of fentanyl can be deadly depending on a person's body size, tolerance and past usage.

Because of their potency and low cost these substances are often mixed with other illicitly sold drugs including heroin, methamphetamine and cocaine. They can also be formed into pills to mimic prescription medications. Since you can't smell or taste them, it is impossible to know how much of — and even whether — these drugs are present before ingesting them thus increasing the risk of accidental overdose. This phenomenon is increasingly common and a cause of over 70,000 opioid deaths in the U.S. and Canada in the past year. This makes intervention to get drug-dependent persons in treatment more crucial than ever.

If you are concerned about a loved one, it is best to talk with professionals knowledgeable about intervention.

Continuum EAP is a good place to start. Also, consider joining a suitable support group to help you energize your desire to end enabling your loved one and to empower change in the relationship that makes treatment non-negotiable.

Source: www.ottawapublichealth.ca/en/public-health-topics/fentanyl-and-carfentanil.aspx

Power of internal CUSTOMER SERVICE

Imagine everyone treating fellow workers and departments like valued external customers. This practice is called a customer-centric positive workplace strategy. It produces a cascade of benefits, like reduced stress, fewer conflicts, improved productivity and higher morale. It requires keen awareness but starts with showing positivity in interactions.

Crucial to this strategy is avoiding seeing others as a nuisance (e.g., "Oh no. It's the folks in the print shop again. What could they possibly want now?"). Be empathetic so that you hear beyond a request from an internal customer to help you identify with the need. Be proactive in helping solve problems. Don't be avoidant or keep others wondering when or if they'll hear from you again. Always keep your promises.

TEENS AND VIDEO GAMING ADDICTION



Millions of teens aren't participating in youth programs and sports because they are compulsively playing video games. Video gaming disorder (and screen addiction, internet gaming addiction, etc.) has gained recognition by the World Health Organization, with the American Psychiatric Association calling for more studies. Some surveys report 1 in 10 teens is hooked on gaming, with some playing more than 10 hours a day online. This can result in sleep deprivation, withdrawal (anxiety) when not gaming, lying about use, and experiencing the inability to cut back. Are you a concerned parent? Start by reaching out to Continuum EAP for support or learn more about video game addiction at www.gamequitters.com.