The Continuum Edge

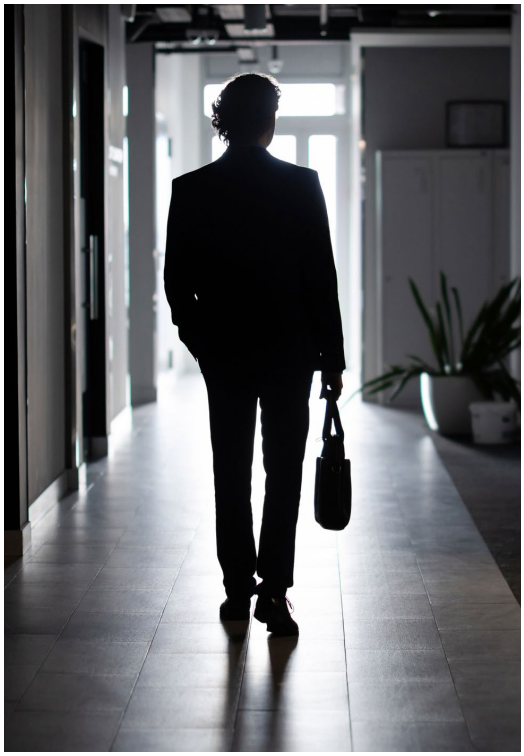
RESOURCES FOR EVERYONE

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CONTINUUM

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KEEP HARD DAYS FROM COMING HOME



Hard days at work don't have to follow you home. That argument with a co-worker, a tense meeting, or a new deadline that feels impossible ... it can be easy to make loved ones an audience for your frustration without realizing what you're doing.

WORK-LIFE BALANCE ISN'T JUST ABOUT DIVIDING TIME BETWEEN WORK AND HOME. It is also about managing emotions, letting go of the workday, and becoming emotionally available to loved ones. This isn't necessarily easy. You have to be intentional, and it takes practice.

During the day, take a few intentional minutes to pause, breathe slowly, release tension, and shift your attention toward home. Practice this exercise daily, even when you do not perceive work-related stress, because tension can linger outside of your awareness. And regular practice can condition your brain to let go faster, making the transition easier. If you continue to struggle with leaving work behind, Continuum EAP can help you identify other strategies for making a healthier transition to home easier.



THE DANGERS OF DOCTORLESS HEALTH CARE

If you turn to the internet, particularly AI, to diagnose or treat medical conditions, reconsider that if it means going without a doctor. AI can provide outdated, incomplete or incorrect information — and its disclaimer says so. Answers aren't medical advice, even when they seem to fit your situation perfectly. Relying on AI to manage health issues can delay treatment for serious, rare, or difficult-to-treat conditions, particularly as you grow older. AI can't examine you, take vital signs, observe symptoms or order tests. Your doctor doesn't give you a disclaimer that their advice could be wrong. Doctors are accountable for clinical decisions, monitor if treatment is working, and make adjustments as needed.

HERE'S AN IDEA: You can bring questions raised by AI to your doctor for a discussion, but never delay seeking treatment for symptoms that are severe or getting worse.



TRY A THREE-MINUTE **WAKE-UP WORKOUT**

Nodding off at work? Before reaching for caffeine, try three or four minutes of light muscle work to wake up your body and sharpen your attention. Use a book, small hand weights, or your own body weight for resistance. Hold books or weights securely, then do slow arm curls or overhead presses with a comfortable amount of resistance. Move slowly, breathe normally, and stop if you feel pain, dizziness or unusual shortness of breath. You may feel warmer, more alert, and ready to return to your task.

Because it takes so little time, you may find yourself repeating it and turning a quick energy boost into a new health habit. *(Always consult your doctor before starting a new exercise program to ensure it is safe for your condition.)*

SUPPORTING A GRIEVING CO-WORKER

When a co-worker returns after the death of a loved one, you may worry about saying the wrong thing. You needn't find the perfect words. A simple "I'm sorry for your loss" is enough. Some employees hold back, fearing they may cause greater distress. Don't hesitate to acknowledge the loss. Your co-worker may be counting on it because it shows their loss matters and they needn't carry their grief alone at work or pretend they're "feeling fine." Acknowledging grief helps people feel seen and supported when their lives are upside down. Feeling less alone can also open the door for a grieving co-worker to ask for support later, when they need it most. You can't make their grief disappear, of course, but your sincere condolences can ease their isolation and help them feel supported as they find their way forward. Learn more at hospicefoundation.org by seaching "*Grief in the workplace.*"



NEVER LEAVE **YOUR BOSS WONDERING...**

Supervisors juggle deadlines, priorities, employee needs, and questions from above. When your boss gives you an assignment, knowing its status helps them plan their work. Silence creates friction, especially when they must chase you for an update. Speaking up first is a way to stand out as an employee and earn trust. Here's how to master this soft skill: Start by asking what a successful result looks like, when it's due, and whether your boss wants updates along the way. As you work, speak up when a problem arises. Don't wait until just before the deadline. Be ready to explain what you've completed, what loose ends remain, and your next steps. You're not reporting every move or asking to be micromanaged. You're demonstrating dependability, predictability and value.

Information in The Continuum Edge is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. Add "https://" to source links to follow. Link titles are always case sensitive.