

The Continuum Edge

RESOURCES FOR EVERYONE

3401 Village Dr, Ste 210, Lincoln, NE 68516 • 402.476.0186 / 800.755.7636 • 4continuum.com • easpecialist@4continuum.com



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BEATING THE WINTER BLUES

During winter's shorter days, sadness, low energy and the "blahs" are common complaints for many people. Here are a few of the latest evidence-based ways to help overcome the effects of this condition, also called seasonal affective disorder (SAD):

1. Shoot for a consistent bedtime; your circadian rhythms want predictability.
2. Expose yourself to early morning sun to elevate your mood.
3. Move; take periodic 20-minute walks.
4. Avoid comfort foods that can worsen low energy, such as baked goods, pasta, pizza, fries, fried chicken, sugary cereals, pancakes, candy, chips, crackers and chocolate.
5. Prioritize protein, fiber and hydration to avoid energy crashes.
6. Work in blocks with breaks to prevent exhaustion.
7. Interact socially; it boosts emotional energy.



Visit scientificorigin.com/seasonal-affective-disorder to learn more.

IS YOUR COMPUTER GETTING HACKED?



Viruses and malware are becoming increasingly sophisticated. Protect yourself and your employer by strictly following all security rules regarding the use of computers and digital devices. New, dangerous malware, such as the Trojan "Win64/Lazy.PGLI!MTB" (typically, malware and viruses have strange names) can infect your system and stubbornly reappear even after being removed by standard antivirus software. This Trojan can search

for passwords stored anywhere on your computer, including files or notes you may have created to help you remember them (never do this!). It can then use these credentials to access your bank and credit card accounts and online shopping sites. Always use two-factor authentication (aka multifactor authentication) for your personal and business online accounts to trigger a message or code sent directly to you that must be entered to gain access.

PRACTICAL STEPS TO FINANCIAL WELLNESS



The worst part about financial stress is not necessarily the unpaid bills; it's the toll it can take on your mental health. When money worries dominate your thoughts, other areas of life often suffer, including your physical health, relationships, work performance and sleep.

Continuum EAP and its team of trusted professionals can help you regain control of your finances. These experts can assess your situation, help you set realistic goals such as reducing debt and avoiding future crises, create a personalized action plan, and offer ongoing guidance — helping improve both your financial confidence and overall well-being.

MANAGING HYBRID WORK STRESS

Your hybrid job may offer the marvels of flexibility, but experience shows it can also be stressful in ways you may not have anticipated. These stressors include isolation, difficulty maintaining work-life boundaries, and a constant “always on” feeling that makes it hard to disconnect, clear your mind and enjoy your personal life.

Many hybrid workers struggle with work-life separation, allowing work to run into personal time, which leads to resentment. Beyond having a dedicated workspace, take regular breaks from screens to recharge. And set firm work hours to avoid burnout. Need additional support? Reach out to Continuum EAP for confidential support, stress management resources, guidance and coaching to help you create healthier boundaries.



WHAT YOU DON'T KNOW ABOUT HIGH BLOOD PRESSURE

High blood pressure affects about 70% of adults age 60 and older, but it is not just an older person's health problem. Nearly one in four adults in their 20s to early 40s already has high blood pressure. Left untreated, it becomes a long-term predictor of dementia and causes cumulative damage to arteries, the heart, brain and kidneys. Many adults in their 40s have experienced strokes and, as a result of paralysis, require long-term care. Know your numbers.

See your doctor regularly, and if medication is prescribed, do not dismiss it because you feel fine. High blood pressure is typically symptom-free. Many believe strokes occur only after a single bad day with extremely high readings. This is a myth. Blood vessels weaken gradually, and a stroke can occur even at moderately elevated levels. These risks are why high blood pressure is called “the silent killer.” Learn more at ncoa.org by searching “subtle symptoms of high blood pressure.”