

The Continuum Edge

RESOURCES FOR EVERYONE

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SHOULD YOU PARTICIPATE IN 'DRY JANUARY'?

"Dry January" — originally a United Kingdom tradition — encourages people to abstain from alcohol for the month of January. The practice was inspired by concerns about frequent holiday drinking. Alcohol abstinence can bring noticeable benefits, including better sleep, increased energy, improved mood, less depression and healthier weight management.

These benefits overlap with those experienced by people recovering from alcohol use disorder (AUD). If alcohol is a concern, talk to your doctor before stopping drinking suddenly, as withdrawal can pose serious health risks and may even require medical supervision.

IF YOU ARE CONCERNED
your drinking has become problematic — meaning it negatively affects your life — contact Continuum EAP for a confidential assessment. Continuum's team of professionals can provide guidance, resources and support tailored to your needs, helping you determine whether alcohol use indicates a potential AUD and offering strategies to support your progress toward sobriety.



FIRST IMPRESSIONS COUNT WITH YOUR SUPERVISOR

Making a strong first impression matters if you are a new employee. Your first week's actions may shape how your supervisor sees you for months to come. What supervisors notice first are reliability, punctuality, follow-through on commitments, communication effectiveness, responding promptly, and

engaging in conversations early on with professionalism. Also noticed is the ability to take initiative, showing curiosity, adapting to the team culture, and remaining confident even if unsure of how to handle problems or issues. What hurts first impressions are being late, appearing disorganized, and

needing repeated reminders. The biggest misstep is acting like you know better before understanding how things are done. Most worrisome signs are negativity, low energy, boredom, and acting like you don't want to do the job. To learn more, visit addisongroup.com and search "first impressions"

THE ATTENTION ECONOMY WANTS YOU

Where is your attention going? Michael H. Goldhaber, a physicist and futurist, wrote about “The Attention Economy” in 1997. *His argument: human attention, like time, is a limited resource, easily captured and manipulated.*

Understanding the attention economy can help you sharpen focus, make more intentional decisions, and maintain control amid constant digital noise. When attention isn’t managed, interruptions multiply, thinking becomes fragmented and productivity declines. Awareness is your first advantage, but it’s a skill you need to continue to develop over time.

Your attention is a valuable commodity. Market forces actively compete for it, seeking to influence your decisions, values, and sense of what matters most. Recognizing this creates space to stop, refocus and choose deliberately rather than being pulled into competing agendas. Directing your attention with intention restores a sense of control and reinforces what truly deserves your time and energy.



QUALITY OF LIFE MONTH

There's always something you can do to improve your quality of life. But when you're caught up in the daily grind, it's easy to overlook areas that could benefit from change because we are so focused on coping rather than making improvements. International Quality of Life Month is a reminder to pause and reflect on your physical, mental, emotional and social well-being. What tweak or correction might be the one that could make your life more fulfilling? To learn more, visit nationaltoday.com and search “Quality of Life Month.”

LEARN TO READ AND WORK THE ROOM



A room full of people you don't know can be intimidating, but being able to “read and work the room” at a business gathering will seriously enhance your value as an employee.

HERE'S HOW TO DO IT:

- 1) Avoid the panicky “Yikes! I don’t know anyone here!” reaction.
- 2) Take a few minutes to observe conversation topics, body language, and the general mood. This allows you to be more confident, identify influencers, and consider those with whom you may want to build a relationship.
- 3) Notice the pace and enthusiasm of how people speak. Adjust your tone and body language to fit this flow.
- 4) Spot who’s leading conversations and who people gravitate to. Who’s keeping discussions moving? These may be well-networked individuals worth knowing.
- 5) Approach those you wish to engage with a relevant question, brief comment or question that adds value, or mention a shared interest.

Working a room takes a bit of practice. It's an acquired talent. With experience, you'll discover the power of reciprocal relationships and new opportunities for you and your employer. Want to learn even more? Check out *How to Work the Room* by Susan RoAne.