

FrontLineEmployee

WELLNESS, PRODUCTIVITY AND YOU!

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When your co-worker **SEEMS DEPRESSED**

You aren't trying to play doctor, but something's going on with your co-worker. He or she is coming in late, not "caring" as much about their work, putting things off, and their clothing choices or grooming habits have changed. They appear a little absent-minded, unsure of themselves, "scattered" or unorganized, and a little bit isolated or withdrawn from the rest of the group. Sometimes they are snappy, too.

Although you can't diagnose, you can share your concerns (in private), listen and encourage your co-worker to get help.

A whopping 23% of employees will suffer from depression and miss work because of it, according to one key study. Getting over depression is not an exercise in willpower. It's a neurological disease process often requiring medical intervention to overcome.

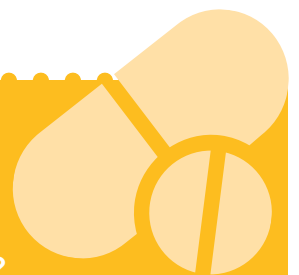
As a peer, you could have tremendous influence — likely more than a family member with whom the employee possibly engages in conflict. Simply sharing your observations and encouraging a co-worker to consider contacting Continuum EAP for assistance could be enough to motivate him or her to do so. Depression left untreated can lead down a chronic path of worsening symptoms. You may help your co-worker avoid years of pain as the illness grows worse, and coming to work may even become more enjoyable for you, too.

Source: www.employerhealthco.com [Search: "depression"]

FIRST SIGN of teen drug use

School has started. Will your youngster someday be influenced to experiment with drugs? How could you possibly know? Is there a common first telltale sign?

Unfortunately, the fact is that unsuspecting parents may never know. However, the first sign that is usually observed is a sudden change of friends with whom parents or guardians are not familiar or of whom they do not approve. The most powerful, too often unused tool for parents to prevent illicit drug use is communication. Research shows it is dreaded and seldom used by parents, or if used at all, it's a one-shot thing. Best advice: **Have the talk. Have it more than once.**



TIPS FOR OVERCOMING STAGE FRIGHT

Late-night talk show hosts experience anxiety before they perform, just as you might experience before giving a presentation. They tame this nervousness with practices that reduce intensity so it becomes a tool of success. Here's how you can, too:

- 1 Arrive early and greet members of your audience to feel closer to them. You will feel more familiar with your audience and therefore more in control.
- 2 Rehearse in private. Four or five times is ideal. Doing so “greases the wheel” and causes your words to flow more easily. Your confidence will grab hold and increase during your presentation.
- 3 Make eye contact with a few individual attendees while speaking. You will feel closer to your audience, thereby reducing your stress.
- 4 See your audience as people who really need what you have to offer. This empowers you to be genuine.
- 5 Breathe slowly and deeply as needed to release tension prior to speaking.

FOODS THAT PREVENT *the afternoon crash*

If that droopy feeling zaps your afternoon performance, examine your diet. The culprit might be lunchtime foods like white bread or white rice — or foods that contain white flour, like pasta.

Are you eating enough protein? A protein deficit will affect your energy. Your body wants protein in order to do its jobs, like metabolizing and repairing. A little bit of unsaturated fat is a good thing to keep your metabolism up. Foods like avocados, nuts, seeds and oily fish, like salmon, are good choices. These also supply energy without the crash.

Finally, experiment with smaller, more frequent meals during the day, say every three hours, to see if your energy remains up. Keep a diary, and discover what works for you.

Learn more at International Food Education Council www.foodinsight.org



THERAPIST *OR* LIFE COACH?

A psychotherapist and a life coach are different professionals. Which one could best help you with the changes you'd like to make in your life?

A psychotherapist helps you gain insight by examining your current and past patterns of behavior and look closely at times when you've struggled, been hurt, or been in some sort of pain. You will usually process emotions to help you overcome blocks that prevent moving forward and resolving problems you face in the present. The idea is to help you see today's problems more realistically and practice new behaviors so you are released from your former way of doing things in order to become a happier person.

A life coach helps you examine where you are now, the results you have produced in your life so far, and how you can get to a new place in your life that is fulfilling and exciting. The emphasis is on change, getting clarity about what you want, finding action steps, developing timelines and identifying goals. A life coach helps you find the life you truly want to live.

Still can't decide? Talk with a Continuum EAP professional to learn more about these two helping roles and which may be the best fit for you.