

FrontLine Employee

WELLNESS, PRODUCTIVITY AND YOU!

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CONTINUUM EAP wellness coaching

If you are ready to take charge of your health, but could use some support, consider Continuum's one-on-one wellness coaching.

Why consider wellness coaching?

- You have struggled with reaching a particular wellness goal and would like assistance creating a plan to help you be successful.
- You could use an accountability partner to help you stay on track to achieve your goal(s).
- You understand that individuals with a wellness coach are more successful in making and maintaining positive lifestyle changes.
- Sessions are free, confidential and can be conveniently held via video or over the phone.

Continuum's wellness coaches, which include registered dietitians, can help you or your immediate family members set realistic and measurable health-related goals, identify barriers and strategies to overcome them, and establish connections to additional support resources as needed.

For more information or to get started, contact Continuum EAP at **402-476-0186 / 800-755-7636** or esaspecialist@4continuum.com.

Be a self-starter to attract MORE OPPORTUNITY

When you are sufficiently motivated and show a strong desire and determination to succeed, you are demonstrating the traits of a self-starter.



Self-starters are obviously desired workers because of their ability to get things done. However, just as valued is how much easier they make life for their supervisors: Self-starters free up a supervisor to feel less anxious about the need to follow up and micromanage. Also, when anxiety levels are reduced, fewer conflicts are likely between the manager and employee. Consequently, self-starters may have faster paths to promotion or recognition.

To become a self-starter, meet with your boss once per year for an "overview meeting." Discuss goals that both of you agree are rewarding but that will also advance the organization. Then meet with your boss for a few minutes four times a year to discuss your progress. This will also allow you to showcase (**promote**) your accomplishments.

Avoid the mistake of engaging in exciting goals and spending most of your time on those while overlooking or falling behind on the essential functions of your position. Your initiative may be overshadowed by your lack of success doing what counts most.



MENTAL HEALTH AWARENESS

In recognition of Mental Health Awareness Month, help stop the stigma by learning the truth behind some of the most common mental health myths.

MYTH #1: Mental health problems are rare.

REALITY: Mental health concerns are very common. In fact, one in five U.S. adults will develop a mental health issue in their lifetime. And one in 10 young people have experienced a period of major depression.

MYTH #2: People with mental health problems can snap out of it if they try hard enough.

REALITY: Mental health problems have nothing to do with a lack of willpower and many people need help to get better. Many factors contribute to mental health problems including:

- Biological factors, such as genes, physical illness, injury or brain chemistry.
- Life experiences, such as trauma or a history of abuse.
- Family history of mental health issues.

MYTH #3: People living with mental health problems are violent and unpredictable.

REALITY: The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. Someone living with a severe mental illness is actually 10 times more likely to be a victim of a violent crime than the rest of the population.

MYTH #3: Keeping a job is too stressful for individuals with mental health problems.

REALITY: People living with mental health problems are just as productive as people who aren't. When receiving effective treatment, attendance and punctuality as well as motivation, quality of work, and job tenure are on par with or greater than other employees.

MYTH #4: Everyone who has mental health concerns requires medication.

REALITY: Treatment for mental health problems varies depending on the individual. For some, medicine can be very helpful in managing their symptoms. Some respond better to counseling. And some find a combination of both to be the most effective. It's best to work with a professional to assess the situation and develop a plan for care that is tailored to the individual.

MYTH #5: There is no hope for people with mental health problems. Once you, a friend or family member develops a mental health concern there is no recovery.

REALITY: Studies show that people with mental health problems get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

If you or someone you care about is struggling with a mental health concern, Continuum EAP is available to help.

Source: www.mentalhealth.gov/basics/mental-health-myths-facts