

The Continuum Edge

RESOURCES FOR EVERYONE

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SURPRISINGLY SMALL HABITS WITH BIG HEALTH PAYOFFS



Some health habits are small and easy to implement yet have huge payoffs. Create habits from any of the following and start improving your health tomorrow.

1) Take a 10-minute walk after meals to blunt blood sugar spikes and support heart health — research shows it beats a 30-minute walk taken later.

2) Sleep with regularity, not just duration. Consistent sleep and wake times are as important as getting enough hours and can improve mood, metabolism, and focus.

3) If you sit during the day, set a timer to stand and walk for 1–2 minutes every hour. It's not the standing but the movement that counts — enough to offset

the negative effects of prolonged sitting.

4) Drink a glass of water before your morning coffee. Mild dehydration upon waking is normal but can stimulate hunger or fatigue; water hydrates while curbing appetite, potentially helping weight management.

5) Take a couple of minutes daily to jot down what's going well in your life. This isn't journaling — it's training mental reflexes, building an automatic habit of looking for the positive when adverse events occur.

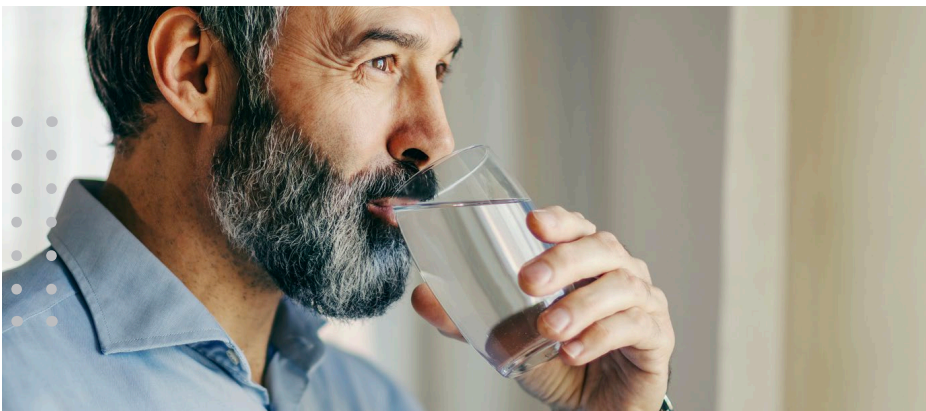
None of this requires much willpower or extra time. Contact Continuum EAP for even more tips on building healthier daily routines!



TIPS TO REDUCE “MENTAL NOISE”

Mental noise is the constant low-grade clutter of deadlines, unfinished conversations, worries and half-done to-dos. Also called “cognitive load,” it adds up, quietly draining energy and leaving your brain with fewer mental resources for problem-solving, creativity, memory, concentration and emotional self-control. As a result, everyday tasks can feel more difficult than they really are.

To quiet it, try a brain dump: Get every task and worry out of your head and onto paper, where it stops demanding attention. Limit how many things you try to mentally track and juggle, and build short mental reset pauses into your day — even just a minute or two. Notice the relief.





BULLYING PREVENTION: SPEAK UP

Don't wait for a bullying incident before teaching your child how to respond. Research shows some children say nothing about being bullied and simply tolerate it, sometimes with long-term consequences. Talk to your child ahead of time, in age-appropriate terms, about what bullying looks like, why it happens and what to do if it happens.

Some experts worry that discussing bullying too early creates anxiety, so pacing the conversation to match your child's age is wise. A discussion is far better than the alternative: a child with no plan who blames themselves and stays silent.

The goal isn't to alarm your child. It's to make sure they know, before they need it, that telling you is always OK. This same principle applies to teaching kids to speak up early about inappropriate behavior in dating relationships. Silence protects the problem, not the victim. Learn more at [StopBullying.gov](https://www.stopbullying.gov) by searching "children."

START HEALING YOURSELF AND START AGING WELL



If you're in your 40s or 50s, you're probably noticing signs of aging — such as a knee that aches climbing stairs, blood pressure creeping up, or more fatigue after mowing the lawn. This is when small issues left unchecked stop staying small. Chronicity accelerates. What you do now matters more than ever, since your habits may determine how many health conditions you're managing in your 70s and 80s — and some can limit your independence or shorten your life.

You've had your fun with fast food, overindulgence and convenience eating, and that's OK. But start eating foods that heal you now instead of foods that just satisfy. Add more vegetables, lean protein and fiber. Move your body most days. Don't skip medical screenings or avoid doctors. A slight shift now may limit aging's signals, reduce their severity, and lower the number of serious issues you face later.

WHAT PROFESSIONAL COUNSELING IS REALLY LIKE...

Many people have never been to counseling, not because they aren't interested or don't need it, but because they're anxious about what it involves — usually due to a mental image shaped by TV dramas. You don't have to dredge up your childhood, have a "big problem," or confront painful issues you aren't ready to discuss. And you won't be analyzed with a stream of psychological labels or diagnostic terms.

Traditional counseling usually feels more like a focused conversation. You do most of the talking, and the professional listens while helping you decide on goals and strategies for success. For many people, counseling feels like the most honest and productive conversation they've had in a long time, leaving them relieved, hopeful, motivated and genuinely heard. If something in your life feels stuck, stressful or harder to manage than it should, Continuum EAP can help.

