

# FrontLine Employee

WELLNESS, PRODUCTIVITY AND YOU!

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September 2020



## BENEFITS OF BRISK WALKING

“Walk faster and live longer” is a popular health tip. Now, research seems to support it. A three-year study of 92,000 people found that those who walked briskly for seven minutes daily within a 12-minute walk had a 30% lower likelihood of death. A two-minute brisk walk within a 35-minute stroll lowered risk of early death by 21%!

If you don't have an easy exercise program, it's likely not a problem of capability. Instead, it is a problem of motivation. Overpower your resistance by identifying something you truly enjoy, and combine it with the

exercise routine — music, books on tape or mind-blowing educational content you've always wanted to hear or study.

Let your doctor approve any exercise program, but find one that makes an impact like this one!

Research: [www.nature.com](http://www.nature.com) (search s41591-020-1012-3)

## When tragedy strikes at work

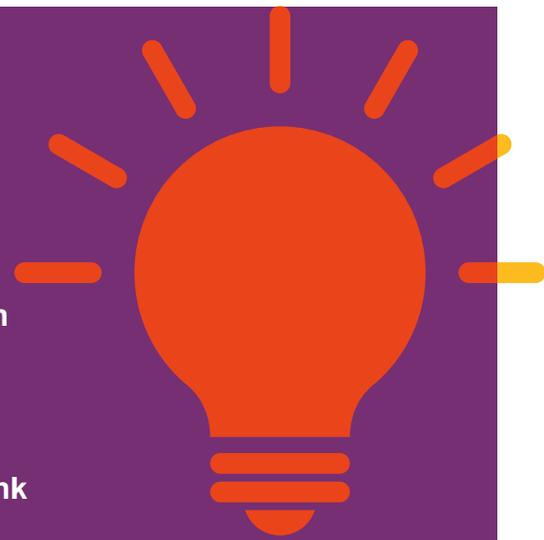
There are best practices for coping with tragedy in the workplace, and communication and understanding are crucial for all of them.

- 1** Healing and recovering from the emotional effects of the event can take time. Proactively talk with others about your experiences and how you are feeling. Don't let yourself become isolated, maintain connections with your friends, family and co-workers.
- 2** We all react differently to stress and grief. Do not judge others' reactions. There is no “correct” way of reacting to tragedy. Each person is unique, and the reasons why are complex.
- 3** Take care of yourself. Healthy practices such as eating well and getting enough sleep are especially important in times of high stress.
- 4** Maintain your normal routine as much as possible. These will help you to feel as though your life has some sense of order.
- 5** Be patient with yourself and others. Tragic events can adversely affect focus and performance.
- 6** Use Continuum EAP resources to help you bounce back and address the impacts of the tragedy.

# Find the answer with this **BRAINSTORMING TOOL**

Brainstorming is powerful stuff. A group of people gather to find a solution by generating ideas without filtering, qualifying, judging or feeling embarrassed about wild ideas. Now there is an online resource that can help do the same thing, and you don't need others to use it.

The "fast idea generator" tool can be found at [www.nesta.org.uk/toolkit/fast-idea-generator](http://www.nesta.org.uk/toolkit/fast-idea-generator). The worksheet prompts you to think differently in order to help you create ideas to solve problems.



## Use "distancing" TO THINK CALMLY UNDER PRESSURE

There is another kind of distancing worth knowing about: "distancing" as a job skill, and a means of functioning well under pressure. Distancing is the mental task of separating oneself emotionally from severe interactional stress (e.g., a verbally irate customer) so you maintain focus on a task. *Navy Seals learn this skill.*

To develop the distancing skill, take a deep breath when under pressure; acknowledge the situation ("OK, the pressure is on. I can do this."); challenge yourself to be calm and visualize calmness; and focus on positives and the temporary nature of the event. Employers value workers who can perform well under pressure. And now you know how to do it.

## TIPS FOR making better impressions at work

Embrace these overlooked work habits to impress company leadership:

- 1 Put away the smartphone before the meeting begins. You might be producing good work as you're tapping away, but phones are also fun, leisurely browsing devices. Many managers who

have to compete with your phone might assume you're indifferent, but they may not remark on it.

- 2 Bring more solutions to the table along with problems you identify. This solution-oriented mindset will elevate your reputation.
- 3 Focus on quality in your work, rather than quantity. Make it a part of who you are, but resist the temptation to direct others in noticing it. They do.
- 4 Show excitement for the job, focus on the positive, be willing to tackle tough assignments, and find opportunities in disappointment.

## PROBLEM SOLVING w/ CONTINUUM EAP

Stress, anxiety and frustration — just a few of the words that may describe your reaction to the events of 2020.

While we can't always control the situations we face, we can control how we react to them. And sometimes an objective perspective is exactly what we need to help get us moving in the right direction. Continuum's problem-solving conversations allow members to briefly discuss concerns with a trusted advisor, receive support and create a plan of action to help address the issue at hand.

Taking advantage of the service is easy. Contact Continuum EAP at 402-476-0186 / 800-755-7636 and ask to speak with an EAP professional.