

FrontLine Employee

WELLNESS, PRODUCTIVITY AND YOU!

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COVID-19 reducing anxiety and fear

Uncertainty about what's going to happen with COVID-19 and its impact on everyone can have you feeling anxious and fearful. Whether you are concerned about your job or an elderly family member, getting food and supplies, or even getting sick yourself — you have an important goal: combat this stress and stay calm.

HERE'S HOW:

Practice self-care: Focus on what you can control. Get more sleep, read a new book, have a warm bath, or take a walk somewhere quiet — whatever you do, now is the time to prioritize your well-being.

Limit social media use: Set limits on how often you use social media, especially if you're at home where it's tempting to check in more often. Don't let a constant stream of tweets, status updates, and conflicting opinions overwhelm you.

Read only reliable news sources: Stay informed by reading reliable sources of COVID-19 information, such as government websites, the WHO and the CDC. Other news sources may be less accurate, and they may cause feelings of panic.

Reach out to co-workers: Now is the time for co-workers to come together. Focus on maintaining positive morale at work, and if you're working remotely, set regular meetings.

Talk it out: Acknowledge any stress or anxiety you're feeling right now, and ask others how they're coping. Talk to family and friends, and make sure you check in with how your kids are feeling. You don't have to go it alone. Continuum EAP has a variety of support resources to help you and your family during

this challenging time. Schedule a video or phone counseling session or call Continuum to have a problem-solving conversation.

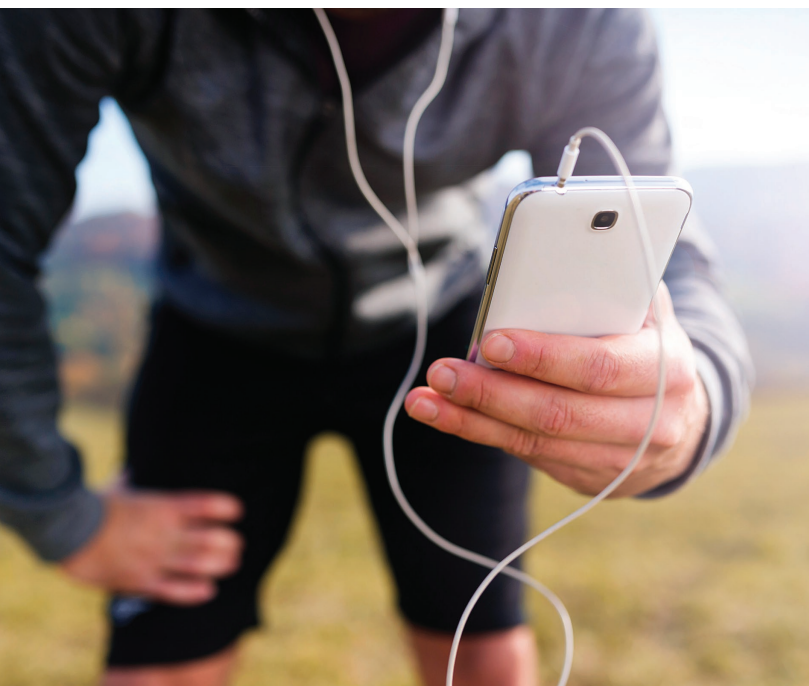
RELATIONSHIP ADDICTION affecting you?

Is your romantic relationship characterized by possessiveness, jealousy, manipulation and feeling terrified of abandonment? This is common among those who struggle with “relationship addiction.”

Relationship addiction (or love addiction) is not classified as a mental disorder, but many affected by it believe it should be. The dominant pattern is addictive clinging along with severe relationship conflict. Taking over a partner's responsibilities, focusing on the partner's “true potential” rather than abusive behaviors, or molding yourself into the person your partner wants are also common.

Escaping relationship addiction is possible with counseling. Change will be a rewarding journey of hard work, but it won't be about “fixing the relationship.” It will be more about learning how you respond to relationships, discovering the real you, and finding the healthy relationship you really want.





MUSIC *can make* MORE OF EXERCISE

New studies show that upbeat, engaging and fast-paced songs can reduce the perceived effort put into workouts with endurance and cardio exercises, like running, but not so much, however, with strength-based workouts like weightlifting.

The reason? Music has been shown to have an impact on our physio-psychological responses. This includes our emotional responses, our coordination, and our automatic and planned movements.

That means the rhythmic patterns of certain songs can empower you to perform better and engage more during low-intensity exercises. So, if you're having trouble making it through your workouts, listening to some of your favorite high-tempo, upbeat music may be just the extra push you need.

Intervening WITH A TROUBLED TEEN

Most parents do the best job they can raising children, but any expert will tell you that it also takes a bit of luck. If you are slowly adapting to increasing behavioral problems of a teenager, don't dismiss the idea of engaging with a professional to help you identify a path to correct defiant or oppositional behavior.

In the 1980s, a worldwide movement of parents helping parents emerged based on a book called Toughlove. Decades later, many of its ideas remain standard fare as tools for helping parents reassert and recapture control over their homes, parenting effectiveness, and a better relationship with their children.

Start by contacting Continuum EAP. Their professional counselors can assess the situation, help you create a plan of action, and connect you to the appropriate services and resources.

Source: Toughlove; Phyllis and David York; Bantam; 1982

MECHANICS of making deadlines

Don't allow the quality of your work to suffer by missing deadlines. Meeting deadlines is an acquired skill with two influences — motivational and mechanical.

- 1** **MOTIVATIONAL** — Agree on the deadline with your partner (recipient of the work). Next, commit to the deadline. Then, acknowledge and empathize with the direct and indirect consequences of not meeting the deadline. Make an accountability pact — allow your partner to contact you at any time about progress.
- 2** **MECHANICAL** — Know how much time each part of your project will take. Divide it into mini-deadlines. Adopt an early completion point (your buffer). Success will reinforce your on-time habit, and a positive reputation will follow.