

# The Continuum Edge

## RESOURCES FOR EVERYONE

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### PRODUCTIVITY TIP: USE THE “RULE OF THREE”

The “Rule of Three” is a simple productivity strategy where you focus on only three main tasks or goals each day to maximize success. This strategy helps to reduce overwhelm while increasing true progress.



At the start of your day, choose three priorities. This narrows your focus, prevents mental fatigue from scattered to-do lists, and keeps you from being pushed and pulled by interruptions. Whether you finish all three or struggle to complete any, daily practice trains your mind to prioritize naturally, tune out distractions, and focus on high-value tasks. Small wins become frequent, you feel more in control of your days, and productivity grows dramatically. In fact, you'll achieve more than you expect consistently with less stress. That's the power of the “Rule of Three.”

Source: J.D. Meier, “Getting Results the Agile Way.”

### SEEKING COUPLES COUNSELING DOESN'T MEAN FAILURE

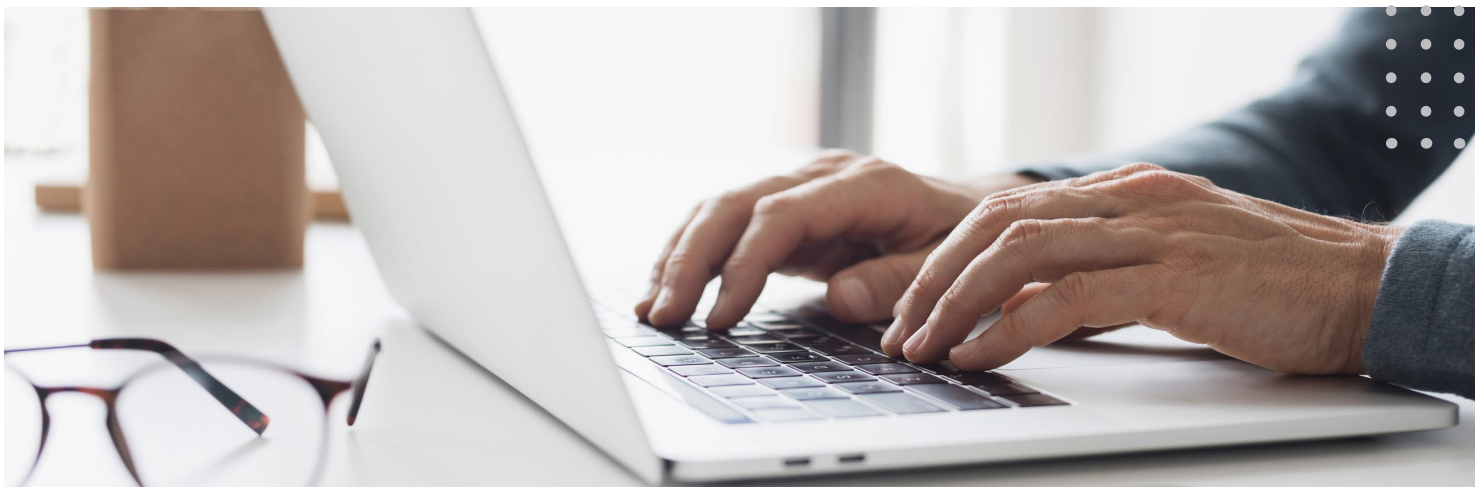


Many couples view counseling or marital therapy as a last resort, but it's one of the healthiest steps to strengthen a relationship. The truth is, even happy couples benefit from counseling. Counseling can be enjoyable, helping couples rediscover each other, improve communication and celebrate what works.

Research from the American Association for Marriage and Family Therapy shows that 60%–80% of couples experience measurable improvement after counseling, and 70%–90% could benefit from structured enrichment experiences. Options range from seminars to weeklong retreats, all providing a safe space to understand emotional needs, resolve small issues before they grow, and learn ways to build trust and deepen connection. Counseling is not about proving a partner wrong. Entering counseling with that goal as a key motivator usually leads to frustration, whereas focusing on understanding, communication and shared growth creates lasting positive change.

Like regular checkups for your health, relationship check-ins preserve emotional wellness. Seeking help early can prevent resentment, reduce stress and increase satisfaction. Strong, healthy relationships benefit not just you and your partner, but also your overall well-being at home and work.

Continuum EAP makes it easy to access support and resources. Schedule an appointment today!



## HANDLE WORKPLACE CONFLICT WITH THE 24-HOUR RULE

If conflict is normal, it makes sense to use personal strategies to help you stay above the fray. Here's one to try: The 24-Hour Rule. When a co-worker's comment or email triggers you, resist the urge to immediately react and give yourself 24 hours before responding. Step away, take a walk, and focus on something else — put time between you and the spat.

**HERE'S WHY YOU SHOULD TRY IT:** During this pause, emotions cool and rational thinking returns. What felt urgent yesterday often seems manageable today. This delay prevents impulsive reactions that damage relationships or escalate tension. The 24-Hour Rule isn't about avoiding conflict. It's about managing conflict with clarity rather than emotion. The payoff is peace of mind and a reputation for calm and thoughtful professionalism.



## BEST-BET, TIME-TESTED HOLIDAY STRESS TIPS

The holidays are here. And yes, they can bring joy, but they can also bring stress from finances, family conflicts, overcommitment, and, of course, emotional triggers with family visitors. Do you know the top stress strategies that stand the test of time, and if so, do you actually use them?

### HOLIDAY TO-DO LIST:

**SET BOUNDARIES EARLY:** Decide what you can realistically commit to and communicate limits on gifts, expenditures, meals and visits.

**PLAN PAUSES:** Come to a complete stop periodically to reflect, journal, or reach out for support when feelings of loneliness, grief or tension arise.

**SIMPLIFY AND DELEGATE:** Share meal prep, shopping, decorating, cleaning and entertainment planning duties.

These three strategies are the go-to tactics for reducing fatigue, preventing overwhelm, and finding more enjoyment in nearly all holiday celebrations.