

FrontLineEmployee

WELLNESS, PRODUCTIVITY AND YOU!

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DETACHMENT: THE DECISION TO LET GO

Are you facing the loss of a close relationship, deciding it's now time to let go and end the pain and conflict associated with it? You may want to consider reaching out to Continuum EAP for counseling support for this journey.

The challenge of ending an unhealthy or toxic relationship often includes a cycle of holding on, letting go, retrieval, and the hope of one last try, followed by an even bigger letdown. You may face grief-like reactions such as denial, anger and depression before acceptance. Counseling can help you weather this storm, help keep you grounded, and challenge you to find the healthier path you really want.



What willingness to learn says about you

You may have hard-fought education and training in one area of work, but if you are not communicating a strong sense of willingness to learn new skills, you may be overlooking opportunities and a critical way to engage with your employer in the modern era. Willingness and a desire to learn demonstrate your motivation for personal improvement and achievement.

Your willingness and desire to learn a new soft skill that employers value says a lot about you. Employers look for potential, capability, and the ability to withstand change. Desire for a new challenge communicates it all.

CREATING a life plan

Your life will happen one way or another, so it's a good idea to take charge of its direction, and a life plan is the way to do it. Thousands of books discuss how to create a life plan. No matter your age, the purpose of a life plan is to capitalize on opportunities and avoid regrets. A life plan can be written for a month at a time or drafted to incorporate many years.

Life plans help you maximize and prioritize possibilities, and they separate the possible from the improbable. (You probably don't have the resources to visit the moon someday, so a plan will keep you pursuing dreams that are still realistic.) The future is coming, and with it the realities you will face. A plan can help you navigate these challenges with your happiness remaining intact. So, where are you heading?

WEIGHT GAIN & HEART HEALTH

Modest weight gains can cause dangerous changes to the heart, but small amounts of weight loss can improve the heart's condition, say researchers at UT Southwestern Medical Center. The study found that increasing your weight by as little as 5 percent can result in a remodeling of the heart. That's the equivalent of a 6.5-pound gain for a 130-pound woman or about a 7.5-pound gain for a 150-pound man.

Caution: Although it is important to understand the impact of weight gain on the heart, attempting to lose weight in unhealthy ways can have an even worse effect. For example, eating disorders are a known cause of heart valve damage.

Source: www.utsouthwestern.edu [search "small weight gain bad"]

Parenting against fake IDs

Research shows between 12 to 32 percent of college freshmen and sophomores own fake IDs. Those with Greek membership have the highest use of fake IDs.

A direct correlation exists between young adults with fake IDs and the likelihood of binge drinking and getting arrested. If you are a parent offering guidance to a student heading to college, these tips on a firm discussion centered on disapproval may be helpful:

- 1 Read the sourced information below. Links to similar studies are also there. Equip yourself with facts about the hazardous practice of purchasing a fake ID.
- 2 Understand the laws in the state, and the rules/penalties on the college campus where your child is attending.

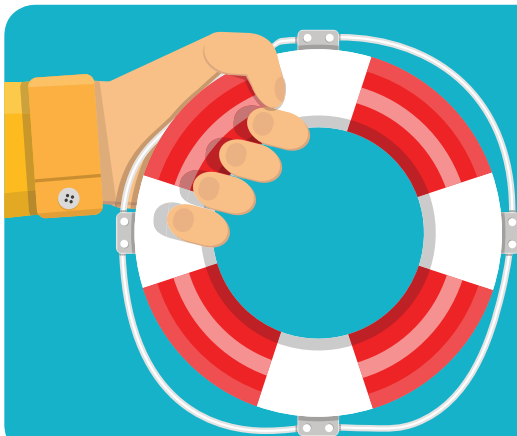
- 3 Don't think your parental insistence against getting a fake ID will fall on deaf ears. Research shows that teens listen to parents more than parents realize, and they follow parental demands far more than expected, despite how it may appear.
- 4 Follow the money. If you're helping with expenses, you have the right to know where the money goes.
- 5 Don't be afraid to keep tabs on your child. Over time, troubled kids will find other friends who don't have so much parental involvement.
- 6 Don't turn a blind eye to underage drinking. Under age 21, it is an illegal activity.

Source: www.ncbi.nlm.nih.gov [search "PMC2711502"]

Tips for better MENTAL HYGIENE

Mental hygiene is the practice of using techniques, strategies, and good thinking habits to help prevent harm to mental health and maximize a positive outlook for your life. Mental hygiene is more than practicing positive thinking, just like oral hygiene is more than just brushing your teeth.

Personal problems that linger despite attempts to resolve them are an opportunity to use professional counselors or helpful resources to examine goals, relationship stress, self-talk patterns, diet, sleep, and conflict resolution or stress management strategies. And the benefit of professional help is always learning more about mental hygiene going forward to prevent similar or related problems. Don't struggle with lingering problems. Instead, take a path of discovery where solutions are accompanied by new ways of applying good mental hygiene needed to overcome roadblocks, fears and frustrations in your pursuit of happiness.



Continuum EAP is here when you need us.

Everyone experiences problems from time to time, but you have the benefit of an employee assistance program to reach out to for help. Continuum's [free](#) and [confidential](#) services help people resolve issues in a variety of areas including: stress management, substance abuse, communication and conflicts, marital and family difficulties, depression and anxiety, loss and grief, legal/financial and work-related concerns.

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