

# LIFE ASSISTANCE NEWS

## WELLNESS & PROACTIVE LIFE TIPS

August 2009

*"Half our life is spent trying to find something to do with the time we have rushed through life trying to save."*

~Will Rogers

*"Give your stress wings and let it fly away."*

~ Carin Hartness



### Work Life Tips

#### ⇒ **Your Employee Assistance Program...**

Each year, one out of five employees will face a significant problem that disrupts home and work life. Those problems directly effect your productivity and wellbeing. That's why your employer provides an Employee/Life Assistance Program (EAP) to help deal with distressing issues.



- **Help for Stress & Anxiety**
- **Depression Issues**
- **Individual Counseling**
- **Relationship Counseling**
- **Drug & Alcohol**
- **100% Confidential**
- **Free to Employee & Family**
- **24/7 Availability**

Did you know over 85% of distressing problems can be addressed in the EAP? Qualified counselors are available to get the help you need. Simply go online to [www.blomquisthale.com](http://www.blomquisthale.com) or call (800) 926-9619 to set an appointment today.

### Supporting Someone With Depression...

If you know someone with depression, you know the pain of frequently feeling helpless. Although depressed people need support, they may not want it or ask for it; and if they do accept it, your care and support may not help. In fact, the illness of depression may continue to grow worse. Your first step in a supportive role is to learn about depression. Encourage your friend or family member to get treatment. Major depression is as real as a broken leg. Depressed people can have trouble staying on top of their affairs, to-dos, and routine household tasks. It's not a sign that they don't really care. It's just that their "get up and go" is gone. Medication for depression usually works. There are many different medications available. It can take weeks, however, for the right medication to take effect and for the depressed person to feel relief. So be patient, encouraging, and supportive—and if you need counseling for yourself, don't dismiss your need or desire for someone to talk to. Your employee assistance program, healthcare provider, or other professional person with a good listening ear can help dissipate that isolated feeling. A support group in your community may be very effective too. Like the movement to support caregivers of the elderly and disabled persons that is now gaining momentum in society, your role as a friend or a family member of a depressed person deserves the same support.



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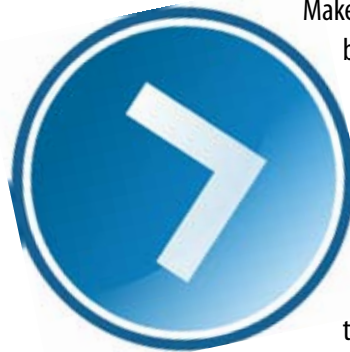
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## Common Signs of Being Overly Stressed...

Do you have the feelings of being overly stressed? Here are a few common signs.

- Lack of joy from previously pleasurable activities
- Easily frustrated or annoyed by simple tasks or behaviors
- Too much or too little sleep and a lack of energy
- Trouble with concentrating and decision making
- Mood changes
- Using drugs or alcohol to relieve stress
- Eating more, or eating less
- Distracted from completing smaller daily tasks



## What Can You do to Help Deal With Stress?

Make certain you're getting enough sleep on a regular basis. Studies show that at least 42% of people don't get the recommended amount of sleep, every night.

- Realize that alcohol is a depressant and can contribute to stress rather than lighten it.
- Exercise and nutrition helps to relieve stress, try eating better and increasing your daily amount of exercise.
- Manage your time effectively. Too many demands equals too much stress. Simplify your life and it will reduce stress.
- Talk to somebody. A person separated from the issue is much more likely to see things clearly than a person that's stuck in the middle. Your Employee and Life Assistance Program has experienced counselors who deal with people being overstressed on a daily basis. Call if you're interested in taking the first steps for yourself. (800) 926-9619.

## Eliminating Negativity and Avoid Low Self Confidence...

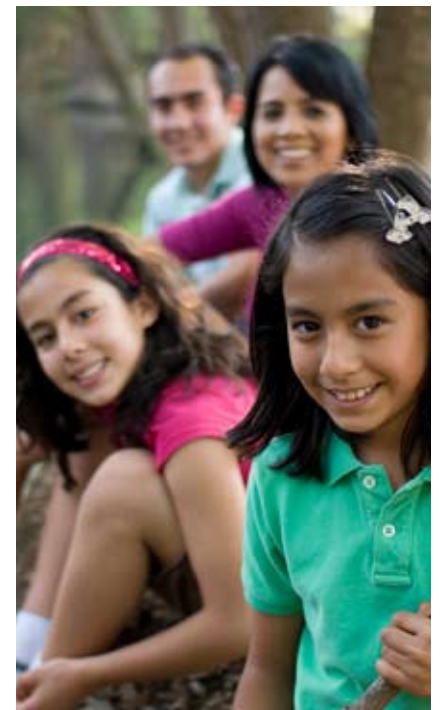
Have you noticed people with low self-confidence that continually apologize even when they haven't done anything wrong? Some can't forgive themselves for their mistakes. These scenarios have two things in common; negative thinking and self-doubt. Negativity is highly contagious. It starts by poisoning a person's thoughts, then affecting their actions, beliefs, and self esteem. If a person continues to adopt self-imposed limitations, they eventually believe the thoughts are true. To avoid effects of negativity remember that everyone makes mistakes. Mistakes are part of maturity and development. Realize that the only failure in life is when a person stops trying. Learning from a mistake adds wisdom to a person's life. Take a look at the following negative statements. If you've ever found yourself making similar claims, make it a priority to remove that negativity from your mind. It's only there to hold you back from success. Review the positive statements as motivation on how to view things to your advantage.

### NEGATIVE SELF-TALK

*I've never done it before.  
It's too complicated.  
I don't have the resources.  
There's not enough time.  
There's no way it will work.  
It's too radical a change.*

### POSITIVE SPIN

*It's an opportunity to learn something new.  
I'll tackle it from a different angle.  
Necessity is the mother of invention.  
Let's re-evaluate some priorities.  
I can try to make it work.  
Let's take a chance.*



Information in the Employee Assistance News is not intended to replace counsel or advice of qualified health professionals. For help with personal concerns or for a referral to community resources, consult with a physician, a qualified health care provider or with Blomquist Hale as your Employee Assistance Professional 800-926-9619. For a complete list of Blomquist Hale office locations or phone numbers to these locations visit [www.blomquisthale.com](http://www.blomquisthale.com).