

# Real-Life Help

Assistance and resources for personal, family and work issues



**hms**

A HealthAdvocate Company

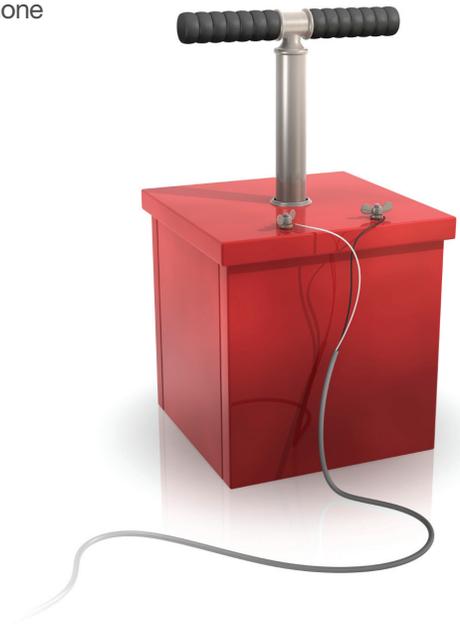
**Monthly Webinar • Tuesday, July 19th**  
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# Defuse Coworker Tension

When you work in close quarters, issues like a colleague's loud speakerphone conversations or pungent lunches can be distracting.

## Here's how to approach the situation tactfully:

- **Weigh the pros and cons of speaking up.** It's only wise to speak up if you are confident that your colleague will take your comments at face value.
- **Have a private—not public—conversation.** You'll avoid embarrassment and possible backlash.
- **Be willing to compromise.** For example, your coworker may agree to listen to the radio using headphones during the busiest times of the day, if you don't mind if the radio plays quietly at less busy times.
- **Resolve your issues early on.** Don't let them fester and turn into resentments.



## Do Positive Affirmations Really Work?

The self-talk technique of repeating an affirming, positive message daily to improve your life can work wonders, say the goal achievement gurus.

But there is a right way to do it if you want to increase your chances of success—be specific. Rather than repeating a general statement of self-improvement such as “I am becoming a better salesperson every day,” rework your affirmation to be precise, targeting the goal you want to achieve.

For example, “I am focused on acquiring new customers every day, and I will become a district sales manager within eighteen months.”



## Food Portion Distortion

Increase your awareness of “food portion distortion.” Over the past several decades, the size of food portions has exploded.

What was a tiny bag of french fries is now a box, a small drink is now a large, and a large drink is now a bucket! Even triple-patty hamburgers are now available.



Today, portion size has increased, contributing to poor health. Consider interventions such as using smaller plates, sharing food, ordering only the appetizer if the entrée is huge, or simply asking for less.

Source: NIH National Heart, Lung and Blood Institute. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## Monthly Webinar

Tuesday, July 19th  
12 pm, 2 pm and 4 pm ET

### “Trash Talk”

Learn how those seemingly small things really do make a difference in the future of our planet.

You can register at [hmsincorp.com](http://hmsincorp.com)

- Click “Employee/Family Login”
- Enter your User Name and Password
- Click “Online Work/Life Services”
- Scroll to online seminars, choose “Trash Talk”
- Select your registration session
- Click “Register” on the “Welcome to e-learning center” page
- Enter your name, other information and submit
- You will receive a confirmation email of your registration

\*Please note: Webinars are available only in English.

## Manly Foods— Eat More Veggies!

Research shows that men are more at risk for cardiovascular disease, stroke, and certain kinds of cancers because of poor dietary practices that skimp on vegetable intake.

If you’re a man, start learning more about improving your diet.

“Manly foods” are not steak and potatoes. They are asparagus, broccoli, peas, tomatoes, and other foods with cancer-fighting elements in addition to their contributions to helping build muscle strength.

Source: <http://www.fruitsandveggiesmatter.gov>



# EAP+ Work/Life Program

## EAP+Work/Life Get short-term assistance

- Referral for in-depth counseling, if needed
- Work/life specialists locate support resources, from caregiving to legal help
- Visit website for online articles and other resources
- In a crisis, emergency help is available 24/7

Talk to a counselor to learn coping skills. You may be referred to the appropriate professional for in-depth, long-term help.

Use self-search provider databases, get 4,000 updated and authoritative articles, view video clips, attend monthly online seminars and more.

Confidential assistance is available 24/7.

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