

Real-Life Help

Assistance and resources for personal, family and work issues



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A HealthAdvocate[®] Company

Monthly Webinar • Tuesday, August 16th
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Caregiving: Ask for Help

Caregiving can be overwhelming and it's wise to take care of your own physical, mental and emotional health and get the help you need.

Here are tips when asking for help:

- **Be creative with your requests.** A friend could research available adult day care services or an online support group for you.
- **Clarify the help you need.** People want to help but often don't know how. Don't wait to be asked. Give them ideas on how to help.
- **Seek counseling.** Caregiver "burnout" and depression are real. Get help when it's hard to cope. Both you and your family will benefit.
- **Seek out support services.** Look in to local organizations that provide meal delivery, for instance, or home health aides.



Just Do It: Explained

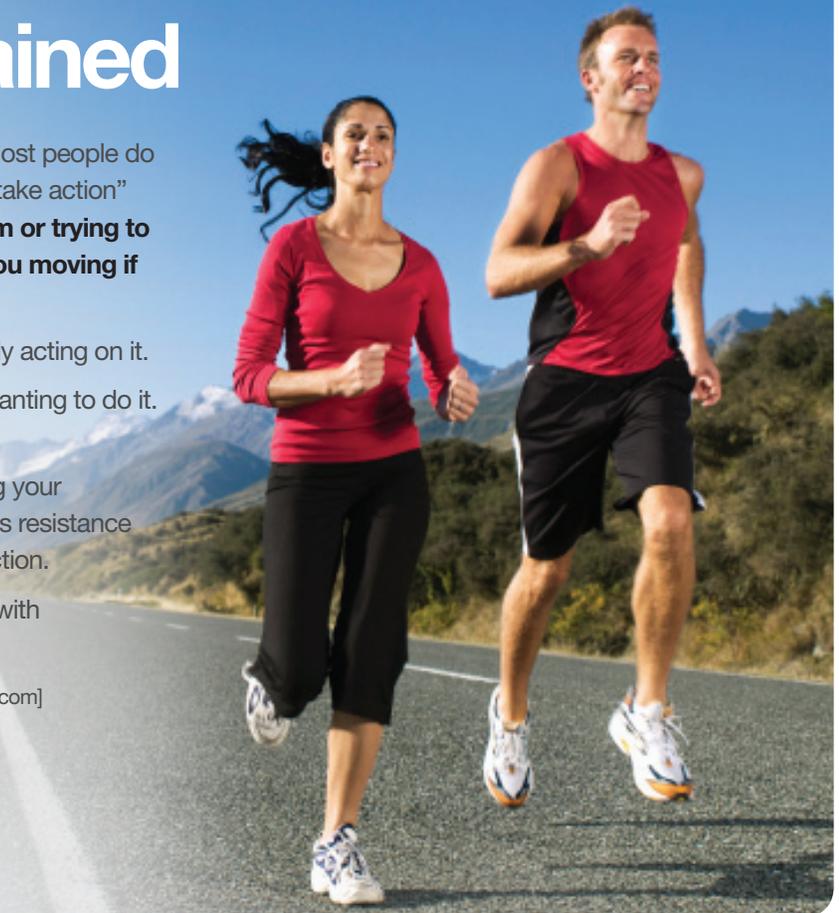
You've heard of the "just do it" motivation technique. Most people do not understand that there are two parts to this simple "take action" strategy. **Whether it's sticking to an exercise program or trying to clean out a messy garage, this technique can get you moving if you remember these two steps:**

1. Visualize yourself doing the task while simultaneously acting on it.
2. Avoid trying to "motivate" or "psych" yourself into wanting to do it. Trying to motivate yourself undermines your goal.

Why? It is difficult to overcome resistance to something your brain knows is inherently "painful." Instead, win over this resistance with success and feel motivated as a result of taking action.

Use this strategy with your action goals and you'll find with practice that "just doing it" works.

[Source: *Why Can't I Change?*, available at www.thinkingthingsdone.com]



Weight Management and Children

Findings from a recent national study suggest that preschool-aged children have a 40 percent lower risk of obesity if they regularly engage in one or more of three specific household routines:

1. Eat dinner as a family five or more days per week.
2. Get adequate sleep (10.5 hours average).
3. Limit weekday television viewing to two hours or less.

[Source: Ohio State, Research Communications, February 8, 2010]

The study is significant because it involved more than 8,000 children and the results held true for every socioeconomic and ethnic group studied—even for families in which there was a higher risk of obesity.



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12 pm, 2 pm and 4 pm ET

“Parents Taking Action”

Parents play a crucial role in helping children succeed in school. Explore the factors that contribute to school achievement and develop strategies to help children become responsible and engaged learners.

You can register at hmsincorp.com

- Click “Employee/Family Login”
- Enter your User Name and Password
- Click “Online Work/Life Services”
- Scroll to online seminars, choose “Parents Taking Action”
- 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.

Best Way to Improve Writing Skills

For some people, good writing comes naturally, but for others it’s a lifelong struggle. Don’t stress about this issue any longer. The best way to learn to write well is to have a top copy editor correct your writing. Then study the corrections for revelations.

You will slowly but surely learn better writing skills.

Look on the internet for copy editing and proofreading services. Some charge as low as \$25 for 1,000 words.



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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