September 2011

Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, September 20th

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School's Begun! How's It Going?

School is in full swing. Consider these tips to keep things moving in a positive direction. Try having a small back-to-school party soon to help your child bond with new friends. You'll meet new parents, too. Get the e-mailed updates, new rules, or schedules that may have been lost in your SPAM folder last month. Routinely ask your child about homework and relationships at school. Don't wait for problems to come to your attention because almost always, needed intervention is more difficult if it is delayed.

Binge Drinking and the Young Brain

Could binge drinking, and its effect on cognition, be the cause of the surprising decline in the academic performance of your college student?

The American Medical Association has compiled evidence that the brains of teenagers and young adults are more sensitive to the negative effects of alcohol from binge drinking than those of mature adults. The brain is still growing at this age, and researchers noted that young binge drinkers do worse on memory, learning and thinking tests. Girls do worse on spatial relations and boys do worse on attention.

[Source: American Medical Association's Report on Alcohol's Adverse Effects on the Brains of Children, Adolescents, and College Students, 2009.]

Art of the Apology

You can't make someone accept your apology, but you can control how you say it. If your apology is not perceived as sincere, words alone will not mend the relationship.

Here are tips on making an apology:

- **Take responsibility for your actions.** Don't blame other people or the circumstances.
- **Acknowledge the impact of your actions.** Listen to the other person's side until they feel they are understood.
- **Commit to changing.** An apology is no good if you don't back it up with the appropriate behavior.
- **Use the word "I."** Say: "I am sorry for the way I behaved yesterday." Using "I" instead of "you" shows that you are taking responsibility.

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Tuesday, September 20th
12 pm, 2 pm and 4 pm ET

"Information Overload: Navigating Through the Chaos"

Information is everywhere. How do you sift through it all and pay attention to the important stuff? Learn how to achieve greater control of the information you receive to reduce the noise and increase your understanding.

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 "Information Overload"
- 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.

You Can Stop the Bickering

It's normal to disagree or argue with those we care about or love, but chronic bickering can lead to feelings of resentment, which in turn can fuel meanness in communication and a cycle of unhappiness. Bickering can slowly undermine love and respect, the driving forces that brought you together. You're on the same team, so interrupt this pattern. Observe your behavior as bickering begins. Pull back from the immediate squabble.

Decide to let go of your desire to dominate your partner. Find the middle ground with negotiating skills. You may discover that you can only agree to disagree; however, detaching from the emotionality is key. Don't rule out a few sessions of professional counseling to learn effective negotiating skills.

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.

Just call
800.343.2186
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