December 2011

Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, December 20th

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Stress Takes a Holiday

If you begin feeling pressured and frazzled this holiday season because of too many obligations and high expectations for what must occur, take a moment and decide (if it is not too late) what the holidays really mean to you.

What made past years special? See if you can include those things on your "must haves" list while limiting some less significant events. Choose specific times during the holiday season when you find personal time to relax and do what you want to do. Check your reflexes and watch the urge to ask, "Quick! What's next on the list?" every time things quiet down.

Holiday Alcohol Use and You

If you drink alcohol, stay safe this holiday season by following a few guidelines:

- **Eat food to slow the absorption of alcohol.** Foods high in protein, like cheese, work best, but any food in your system will help.
- **Steer clear of carbonated alcoholic beverages** and "shots" to avoid rapid absorption of alcohol. Carbonization increases pressure in your stomach. This speeds the absorption rate of alcohol.
- **Understand your body's reaction to alcohol.** Don't be fooled into believing that not "feeling it" after you've been drinking means that you are "okay to drive."

Not "feeling it" leads many people with a high tolerance to drink more alcohol than their peers. This leads to higher blood alcohol content (BAC) than for those in the group who react to "feeling" alcohol sooner by drinking less. The one with the highest tolerance therefore could have the highest BAC in the group, despite appearing unaffected! Never drive after drinking.

Keeping Your 2011 Memories

It's 2011, but don't throw away your 2010 business day planner!

You may have transferred the phone numbers and dates of future meetings, but you have not transferred your memories! Hundreds of them are associated with the meetings and events you attended last year. You now have a "diary" to serve you in the future when you need to recall crucial information for resumes, references, meetings, documentation of experience, and more.

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12 pm, 2 pm and 4 pm ET

"Tune Up Your Search Engine"

The Internet can help you find anything, but how does one search through the vast wealth of information out there? In this session, learn the fastest and most reliable ways to find the information you need.

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 "Tune Up Your Search Engine"
- 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.

Curb Seasonal Weight Gain

'Tis the season of temptation. Goodies at work. Rich dips at parties. Baking delicious desserts. It's easy to pile on the pounds. Here are a few painless ways to satisfy your taste buds without stretching your waistline:

- **Allow yourself one treat a day.** Plan to kick up your movement later to burn off the calories. Put on some foot-stompin' music and dance while you dust, for instance.
- **Head off cravings.** Eating a bit of filling food—a fiber-rich granola bar or a juicy apple—can halt gorging on appetizers.
- **Bring a healthy dish.** Choices range from festive salads to yummy low-fat puddings as your "go-to" dish (you can add just a sliver of the fattening fare on the side).
- **Get coworkers to restrict goodies to the lunch room.** "Out of sight, out of mind" really works!

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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