Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, February 21st

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A HealthAdvocate Company

Men and Women and Communication

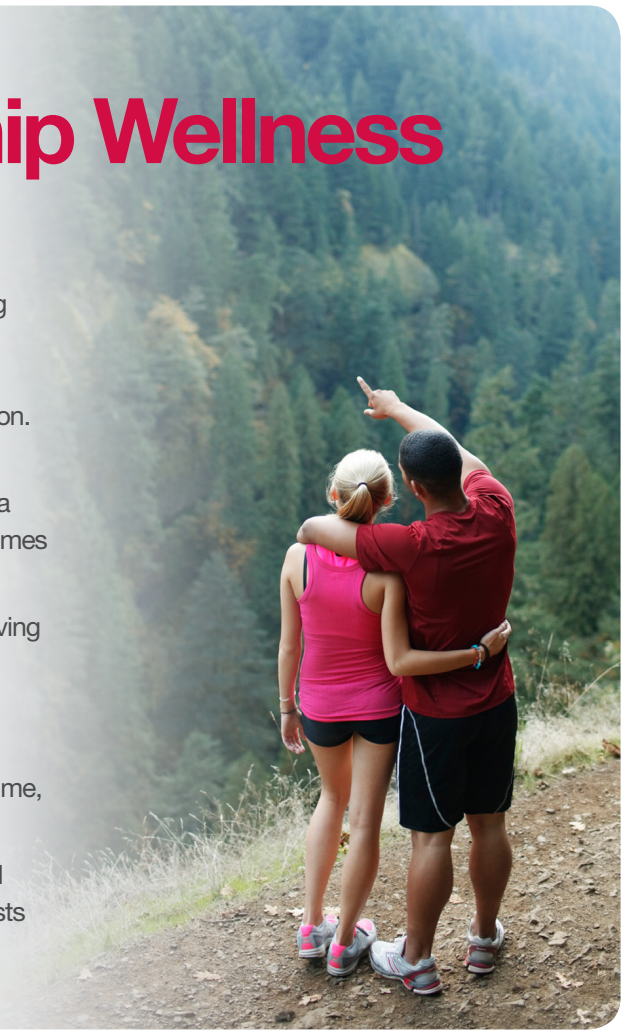
Research from a recent university study suggests that men and women truly think differently. Men are more likely to see things in black and white whereas women tend to think in shades of grey. Keeping this information in mind has advantages and can help you reshape everyday exchanges to make them more effective.

Are you ready for an experiment to cut down on misunderstandings? Men: To communicate more effectively, try expounding on your thoughts, process more, and remain open-minded. Women: Try presenting the main issue or argument and reduce details requiring discussion and processing. Notice the effect on your coworkers. Could tweaking communication to reflect current findings on how men and women communicate increase harmony and productivity in the workplace? You be the judge. Read about the study: tiny.cc/men-women2.

Practicing Relationship Wellness

No one gets an instruction book the day they enter into a long-term relationship with someone they love, but a chapter in such a book might be titled: "Practicing Relationship Wellness." Like physical wellness—the putting forth of effort to stay physically fit—relationship wellness is also achieved by a deliberate effort to stay "relationship fit." Are you practicing relationship wellness? Over time, you may reduce the distress of relationship disintegration. Tone-up tips:

- **Recognize that a deliberate effort is normal and necessary** to nurture a relationship. As time passes, this conscious preventive maintenance becomes more important.
- **Taking the time to be together—**going away on a weekend together, having breakfast at a restaurant before work, or finding other ways of stopping the rush to enjoy each other's company can provide powerful inputs for relationship health.
- **Start saying "thank you" and "I love you,"** as you did in the past. Over time, it's easy to turn off these little gems, but they are mini-reinforcements.
- **Talk, listen and share your wishes and dreams more frequently.** Could you quickly write a list of your partner's hopes and dreams? Try it. Swap lists to discover how much you really know.



February: Heart-Healthy Month

Did you know that people over age 75 or diabetics may not feel chest pain during a heart attack?

Learn more at the new National Library of Medicine's heart-healthy education training module - http://tiny.cc/love-your-heart. The sound/animation tutorial discusses heart attacks, helping to prevent them, subtle signs and symptoms, and not confusing heart attacks with other types of pains in your body. This tutorial could not only help you or save a life, but reduce worry and confusion over heart health issues.

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Tuesday, February 21st
12 pm, 2 pm and 4 pm ET

"The Art of Listening and Giving Feedback"

Enhance communication through the art of active listening and learn guidelines for healthy and successful interaction.

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 "The Art of Listening and Giving Feedback"
- 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.

Agree to Disagree

Listen and learn

Body language can speak volumes, especially when you disagree with what's being said. Listening is more than being silent; it's about understanding the other person's point of view. To show you're listening, try these tips:

- **Take in information without comment.** Listening doesn't mean you agree. Allow the other person to explain their viewpoint. This information can help you understand, negotiate or reach a compromise.
- **Keep your body language open.** Relax your face and uncross your arms. Face the speaker and lean in to show that you're interested.
- **Repeat the person's main viewpoints.** And, say "uh huh" to show you're paying attention to what's being said. This can be hard if you disagree, but unless the speaker feels heard, they may not be open to what you have to say when it's your turn to talk.

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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