Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, March 20th

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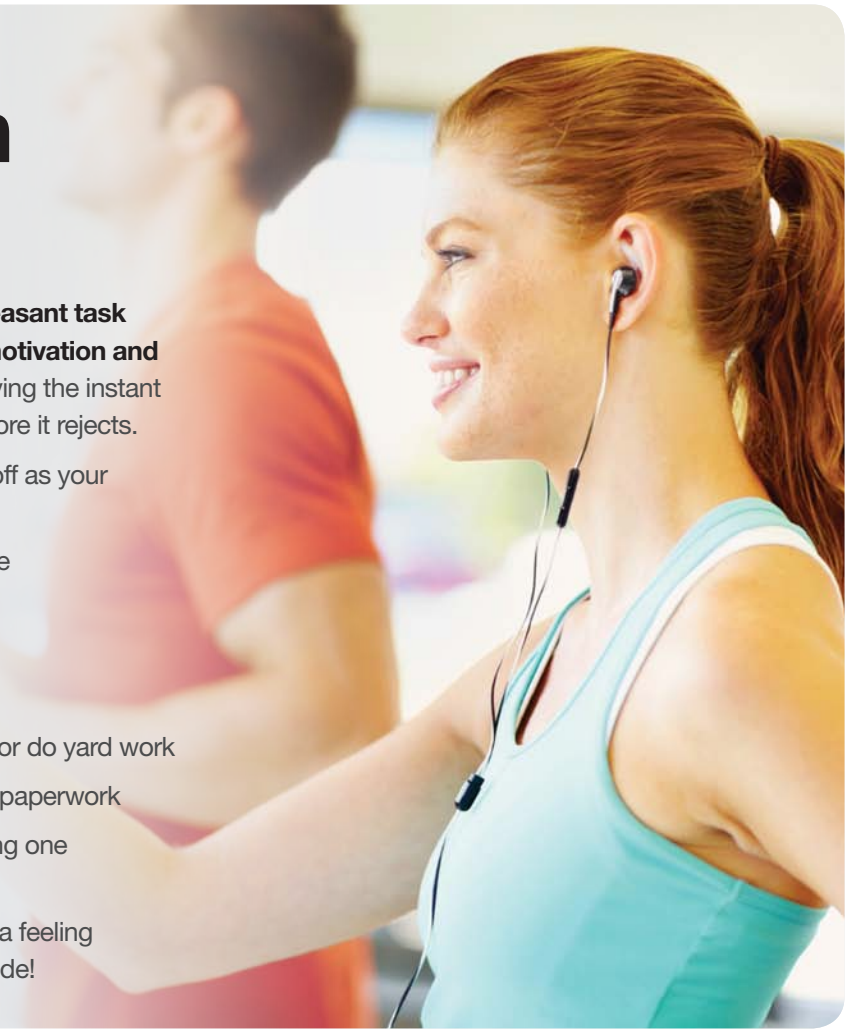
A HealthAdvocate Company

MyPlate Replaces Food Pyramid

A new symbol to help remind consumers about healthy eating has been released by the federal government. The MyPlate symbol is a visual cue to remind consumers to fill their plates with the proper balance of fruits, vegetables, grains, protein and dairy products. The symbol replaces the food pyramid symbol released a few years ago. At the website, check out the new tool called Food-A-Pedia. Go to http://tiny.cc/myplate to view it. The tool permits the user to enter any imaginable food and get the calories in—and nutritional value of—that food instantly.

To learn more about updated dietary guidelines, go to: ChooseMyPlate.gov

Trick Your Brain into Motivation



Combine something you love doing with the unpleasant task you've been avoiding and you may perk up your motivation and get more done faster. This tricks the brain into receiving the instant gratification it prefers along with motivation for the chore it rejects.

Try it! Find an enjoyable activity you've been putting off as your motivator. Here are some suggestions:

- Read the latest novel from your favorite author while riding your exercise bike or elliptical
- Listen to a new CD while cleaning and organizing
- Watch a movie while folding laundry
- Listen to language-learning programs as you paint or do yard work
- Eat lunch at a new restaurant while catching up on paperwork
- Combine family quality time with thoroughly cleaning one room (and then the next) in your house

This technique will jump-start your motivation, create a feeling of accomplishment, and reinforce your "can do" attitude!

Pause to Think About Safety

Most on-the-job accidents are caused by unsafe actions, at-risk behaviors and poor decisions.

Mechanical safety systems are important, too, but a surefire way to reduce your risk of an accident is to pause for a moment and think before you act. Create a habit of stopping your rush before you engage in a work activity where the risk of injury exists. You are already an expert at this technique elsewhere—stopping at an intersection, pausing at the top of an unfamiliar staircase, or stopping briefly just prior to throwing a bowling ball. Would a safety sign in the right spot help you remember to think about safety?

See and print free safety signs at freesignage.com.

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

"Eating Your Way to Wellness"

Learn tips and resources to eat your way to better and long-lasting health based on the USDA new "My Plate" guidelines.

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 "Eating Your Way to Wellness"
- 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.

Create More Time at Work

Work smarter, not harder

Working more hours or struggling to stay focused? These time-saving tips can help you be more productive:

- **Organize.** Spend 5-10 minutes each day organizing your work area. You'll gain time lost to searching for files or phone numbers.
- **Create a to-do list.** Prioritize by order of importance. Ask yourself, "if I could complete just one task today, what would it be?" and "is this task the best use of my time?"
- **Block off time segments for specific tasks.** Do this at the beginning of each day/week and focus on one task at a time, moving from highest to lowest priority.
- **Avoid interruptions.** Resist chatty coworkers and frequent email checking. If interrupted, you may need to move your time block to when interruptions are less likely, so you can focus.

Try these tips to increse your work productivity.

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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HMS-EM-1201001-MAR