Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, May 15th

hms
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Seven Ways to Help Your Teen Find a Summer Job

If you're a parent, you probably already know it's hard for teens to find summer employment. The following tips for your teen can improve their chances of getting a summer job: **1**) Tell every adult you come in contact with that you're looking for a job. **2)** Be neat when completing applications. Use proper spelling, punctuation and capitalization. Don't list odd email addresses. **3)** Keep voicemail and your home answering machine recording professional. **4)** Practice interviewing with your parents. **5)** Demonstrate your enthusiastic willingness to do even menial tasks. **6)** Memorize three fantastic traits you'll bring to the job, and share them during interviews. **7)** Use a firm handshake and look the interviewer straight in the eye.

Try these tips to help your teenager find a summer job!

Relationship Tips for New Graduates

After graduation, build a network of professional friends, acquaintances and allies. These relationships will be the building blocks you'll point to later as major contributors to your achievements. As you engage with experts who you meet in associations, conferences, and continuing education opportunities, log those identified as valuable contacts. Keep the information separate from a personal phone book.

Spot successful professionals who are willing to share their successes and their mistakes. These experts are the ones likely to be the most generous with their hard-fought, short-cutting and valuable advice. Many seasoned professionals are motivated to give back and help others in their field after they have succeeded. Notice how they welcome questions and are inclined to help others sidestep the common pitfalls. This rare combination of success, willingness to share and humility make these individuals ideal guides or mentors for you.

"Harvest" Quality Time with Family

In today's fast-paced world, family bonding opportunities can seem scarce, but not to worry!

Starting a family garden is a quick way to bring everyone together. Great for all ages, gardening allows for positive, relationship-building interactions while providing healthy food. Your family will enjoy a sense of accomplishment as the first plant shoots emerge. Gardening can be done indoors or out. With a few pots and packets of seeds, you'll be on your way to a happier, healthier family.

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Tuesday, May 15th
12 pm, 2 pm and 4 pm ET

"The Best Summer Ever!"

Learn strategies to create a rich and rewarding summer experience for your child.

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 Best Summer Ever!"
- 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.

Self-Care for Caregivers

Protect your health

Caring for an aging loved one can be both rewarding and demanding. For some, these extra demands means less time to attend to your own health. Here are some tips to take care of yourself—so you can take care of others.

- **Recognize** your limitations.
- **Ask** for help when you need it.
- **Accept** help when it's offered. Having some time for yourself will make you a better caregiver.
- **Contact** support groups in your community, such as adult day care centers.
- **Recharge** your batteries and do things you enjoy—take a walk, see a movie or read a new book.
- **Use** time away from your caregiving duties to do special things for yourself, not to run errands.

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
hmsincorp.com

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