Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, January 15th

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A HealthAdvocate Company

Resolve to Find Balance in a Pressure-Cooker World

When times are shaky, many people say that being with their loved ones is what keeps them steady. One way to create time together during busy days is to combine activities, like exercise, that you can all do together. It can be as informal as taking a stroll after dinner. This type of "dual purpose" strategizing boosts health and creates an opportunity to share thoughts and plans, reinforce family messages and even problem-solve. In this issue, you'll learn that anything you want to achieve requires some sort of strategy, including managing your time better for a happier, healthier year.

Remember, your EAP+Work/Life program offers short-term assistance to help you balance your life in turbulent times—and at any time. You can also talk to a Personal Health Advocate for help with healthcare and insurance-related issues.

Make Time, Reduce Stress

Manage the Demands!

The stress of meeting the demands of kids, family and work might be multiplied by the demands you may be placing on yourself. Are you thinking that you have to "do it all" or that only you can possibly write that routine report well? This double dose of stress can be managed by planning and an attitude change. For example, make your mornings run more smoothly by packing the kids' lunches the night before. Enlist family members to help with the household chores—even your toddler can put away toys! And give up on perfectionism. Instead, step back, take a breath, tell yourself "it's good enough" and above all, "don't sweat the small stuff."

Build a Budget with Healthy Splurges

Sticking to a strict budget may be easier if you build in a few inexpensive pleasures. For example, check out a local play or orchestral concert—the tickets are cheap, you can dress up, and you won't need a tank of gas to get there. Indulge in a bouquet of flowers or some gourmet cheeses to pair with the juiciest grapes you can find. The key is to choose your small luxury carefully—something that will give you a lift and help take the sting out of living frugally. But, be sure to keep track of what you're spending!

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Tuesday, January 15th
12 pm and 2 pm ET

"Maximizing Your Day: Effective Time Management"

Learn time management processes, the importance of prioritizing important events, and the role of delegation.

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 "Maximizing Your Day: Effective Time Management"
- 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.

Get the Respect You Deserve

Hint: It Starts with You!

Fess up: do you silently badmouth yourself? Do you tell yourself you're a "loser" because you fudged on your diet or because your coworker got a better assignment? Perpetually putting yourself down and disrespecting yourself is a habit that can stand in the way of getting respect from others. But it can be broken.

Here are three good strategies:

- **Don't say anything to yourself that you wouldn't say to others.** It's a twist on the golden rule that can really work!
- **Challenge the truth of your thoughts.** Are you really a loser? Immediately substitute it for a truer thought. For example, "I overate because I was on vacation. I can get back on track."
- **Don't automatically blame yourself.** Not every bad thing that happens is your fault. Pause, evaluate the situation, and let reasoning take over.

If you're struggling with self-esteem issues, your EAP Licensed Professional Counselor can provide additional suggestions.

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 Licensed Professional 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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Human Management Services, Inc. (hms), a Health Advocate Company, is an integrated counseling and referral resource specializing in Employee Assistance (EAP) and Work/Life Programs. HMS works with companies throughout the United States and draws on over 30 years of experience implementing a broad range of Work/Life, case management and counseling services. HMS is known for their flexibility, commitment to innovation, and EAP marketplace knowledge, giving them the ability to continually deliver enhanced services to their clients.