Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, February 19th

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A HealthAdvocate Company

Let Your Heart Rule!

What ways can you think of to maintain good heart health? For most of us, exercising and eating less salt come to mind. But, studies show that having a successful long-term relationship can also reduce heart disease. To keep the flame alive, some experts suggest following these three C's:

- **Communication.** For example, learn to listen to your partner, and apologize when you've made a mistake.
- **Compliments.** Tell your mate why you find them attractive.
- **Courting.** Schedule regular romantic dates.

In this issue, you'll find out how to keep tenderly tethered, even across the miles. You'll also learn tips to love yourself and take care of your health. You'll look and feel more vibrant, and strengthen your own heart. Remember, your EAP+Work/Life program offers short-term assistance to help you with relationship, personal and work problems at any time.

Love the Person in the Mirror

5 Tips to Follow

Mirror, mirror on the wall, who's the most esteemed of all? If your answer isn't *you*, then it's time for some confidence-building. It's all about having a positive, true picture of yourself, correctly measuring what you can do, and accepting yourself no matter what. Self-confidence is something that can be learned. You can learn, for example, to take better care of yourself by staying healthy. You'll like yourself better if you feel fit. Here are more tips:

- **Focus on what you can do.** Your strengths lie in some areas more than others.
- **Pat yourself on the back.** Do it every time you reach a goal.
- **Don't compare yourself to others.** You're wonderful as is.
- **Set the bar at a reachable level.** You can then reach beyond it.
- **Practice positive verbal and body language.** Banish negative self-talk; walk tall and proud.

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

Keep the Spark Alive
Across the Miles

Does absence make the heart grow fonder? To keep the excitement and connection going in a long-distance relationship, you need to make some extra effort beyond the usual phone call. It's possible to "do things together" over the phone line. Try reading the same books on your own; then, discuss those books during your calls. Or, watch a movie or TV show together while on the phone. For something more lively, try playing against each other in online multiplayer games like Scrabble® or backgammon. Remember to keep the emails and text messages flowing, too. Consider connecting real-time through Skype via a webcam used on the computer. Plan for your reunion and what you can do to further strengthen your bond.

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Tuesday, February 19th
12 pm and 2 pm ET

"Keeping Your Love Alive"

Strong relationships with the important people in our lives take work, but we get so much in return. In this session, explore the essentials that will strengthen your current connections.

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 "Keeping Your Love Alive"
- 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.

Maintain Healthy Office Relationships

You don't have to love the people you work with, but you'll be healthier if you know how to avoid being trapped in office politics. The key is to stay calm, remain objective and avoid emotionally reacting to any power plays, undermining gossip or manipulation. Learn how to read the political landscape. Be careful not to vent your emotions to coworkers—that can stir the pot. Instead, confide your feelings in a close friend or a family member to help you gain objectivity about the situation.

Always remain neutral and refrain from taking sides if things get heated. This strategy could help you maintain balance, sustain your office relationships and focus better on your work.

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.