# Real-Life Help

## Assistance and resources for personal, family and work issues

**Monthly Webinar** • Tuesday, April 16th

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# Reconnect with Nature

The act of simply going outside is a prescription for good health. Yet many of us don't make the effort. Researchers have found that our memory performance and attention spans can improve after spending just one hour interacting with nature. Additional positive effects include increased energy, a break for our TV- and computer-stimulated eyes, exposure to vitamin D-rich sunshine and more. As spring approaches, it's the perfect time to get outside and enjoy what Mother Nature has to offer. This edition addresses different aspects of how the environment influences our lives and how we can refresh our relationships for greater health and happiness.

**Remember, your EAP+Work/Life program offers short-term assistance to help you with relationship, personal and work problems at any time.**

*[Source: University of Michigan]*

# Clearing the Air in Relationships

Experiencing an unresolved conflict with someone can add stress, destroy your productivity, and pollute your relationship. Here's how to bring a fresh perspective without putting anyone on the defensive.

- **Don't set out to prove you're right and they're wrong.** Approach the conflict as two equals working together to solve a problem.
- **Open your ears.** Listening to the other person without interruption helps you fully understand their perspective. You may have made wrong assumptions about their side.
- **Use the "I" word.** Phrases that begin with "I feel this way" to explain your side are less likely to spark defensiveness than accusatory statements that begin with, "You do this or that."
- **Suggest brainstorming.** The idea is to work together to come up with several possible alternatives to solve the problem.
- **Seek a solution you can both live with.** If you really can't reach a compromise, sometimes it's best to say, "Let's agree to disagree" and move on.

# Desktop Greenery:
## Grow Mental Health

Have you ever noticed that simply looking out your window at trees and other greenery gives you an instant lift? Researchers have found that "gazing at greenery" is good for you. It can help restore your mind from fatigue, evokes positive emotions, and helps improve productivity and creativity.

So whenever possible, give your body and mind a break. If you can't actually walk outside, get up and look out the nearest window at Mother Nature's finery. And, place a plant or two in your workspace to reap the restorative benefits. Even putting up a picture depicting natural settings—like a forest or flowers—can offer a calming, refreshing focal point during your busy day.

*[Source: University of Washington]*

## Monthly Webinar

**Tuesday, April 16th**
**12 pm and 2 pm ET**

**"Moving Beyond the Basics: Saving Our Planet"**

First we learned the importance of the 3 R's Reduce, Reuse & Recycle. What else can we do? Saving our planet for future generations is more important than ever.

**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 "Moving Beyond the Basics: Saving Our Planet"
- 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.

## Keep Your Teens Safe and Sober

Spring is a popular time for graduation parties—a "high-risk situation" for underage drinking. Parents are the number one factor influencing their children's decision to drink or not. If you're hosting the party, review these "zero tolerance" rules:

- **There are consequences!** For example, if friends bring alcohol, you will call their parents and ask them to leave.
- **You'll be chaperoning from start to finish.** Keep aware of what is going on.
- **Only invitees will be allowed.** All others will be asked to leave.

Be sure to involve your teen in the planning, decorating and activities. Having a personal stake in the event may make them more inclined to have it run smoothly.

**Does your teen have an alcohol or drug problem? Your EAP Licensed Professional Counselor can help.**

*[Source: So. Carolina Dept. of Education]*

# 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**
**hmsincorp.com**

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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.