Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, June 18th

hms
A HealthAdvocate Company

Healthy Adaptation

Mastering Life's Twists and Turns

Change is a fact of life and it can be both exciting and frightening. And, whether it's a good change like a promotion or something less welcoming, it can cause varying amounts of stress and anxiety. In the case of a sudden, unexpected change, sometimes the best strategy for coping is to adjust your attitude. Focus on the opportunity for growth or the skills you might develop. Make an action plan to face this life event head-on, rather than to resist it. If you're unsettled by the uncertainty, gather information about what's ahead. Talk to others who have gone through similar situations. In this issue, you'll learn about how to adapt to some of life's challenges—and even how to make positive changes on your own for better health.

Remember, your EAP+Work/Life program offers short-term assistance to help you cope with change and a range of personal, relationship and work problems.

Turn a Midlife Crisis

Upside Down

Entering midlife (around age 40-60) is often humorously associated with impulsively buying fancy sports cars. But for many people, this passage into growing older is anything but funny. It can trigger unexpected or unhealthy behaviors from self-questioning, irritability and loss of ambition to substance abuse.

Here are a few healthier ways to cope with this life transition:

- **Recognize** that aging doesn't necessarily lead to decline.
- **Allow** yourself some time to grieve the loss of youth.
- **Think** of yourself as an adventurer in a brand new territory.
- **Hunt** for new hobbies or travel destinations.
- **Look** into new foods and ways of eating and exercising to keep in shape.

Adopt the belief that you *can* make creative changes for a satisfying life, no matter what your age.

The Right Mindset for Retirement

Whether your retirement is around the corner or several years off, ensuring that it runs smoothly involves more than financial planning. Studies show that developing a positive attitude toward retirement can help create a satisfying retirement experience. Positivity can also help you live longer!

You can begin cultivating positivity right now for a meaningful life when you exit the work world. Investigate ways to gain self-esteem from activities outside work. Expand your social network. Check out volunteering—it's a proven way to increase life satisfaction, boost self-esteem and improve your mental and physical health all at once. Whatever you do, be prepared. It's the key to having a more fulfilling retirement.

[Sources: Yale School of Public Health; Corporation for National and Community Service]

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12 pm and 2 pm ET

"It's Not Just About the Money"

Retirement isn't just about your pension or 401(k). Your retirement plan may include a new living environment, a chance to explore interests, or even a new career.

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 "It's Not Just About the Money"
- 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.

Enjoy Success Without Fear

Do you jump at a new opportunity, such as a chance to head an important project? Or, does fear and anxiety hold you back? It's common to feel afraid of alienating fellow coworkers or that you'll fall short of expectations. Noted management consultant and psychologist Stephen Berglas, Ph.D., suggests that getting to the root of your fear can help you make behavior changes to move forward.

His advice: if you have a fear of…

- **challenge or disapproval…** then read biographies of successful people. They've recognized that reaching important goals transcends criticism.
- **being "lonely at the top"…** vow to make an effort not to neglect your meaningful relationships.
- **failing at what you see as a "life-changer"…** ease the pressure on yourself by regarding each event more like "15 minutes of fame" rather than as career-altering benchmarks.

If fear is keeping you from living up to your full potential, talk to your EAP Licensed Professional Counselor for support.

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
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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.