Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, July 16th

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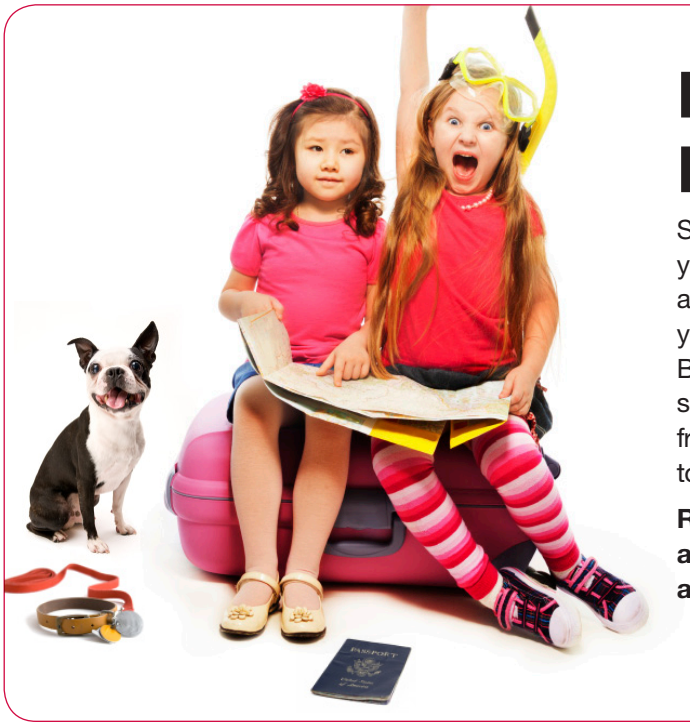

Keeping a Work/Life Balance All Summer

Summer is a delightful time, but there are also demands that can strain your work/life balance. Children home from school need to be safe and engaged, vacations have to be scheduled despite deadlines, and you may be stuck looking for a reliable dog walker while you're away. But, despite these challenges, it's possible to find creative ways to successfully juggle the different responsibilities of summer so it's stress-free and more fun for everyone. This issue highlights a few healthy ways to achieve this, no matter your situation.

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

Vacationing for True Relaxation!

How can you make vacations more refreshing for everyone? By making them mentally adventuresome, even in small ways.

New challenges help build new brain synapses and can give you some of the most memorable experiences with fellow vacationers. So, plan to take a break away from your beach chair, the hotel resort or tourist group—and go off the beaten path.

Here are some examples:

- Hunt down your family tree
- Retrace a famous person's footsteps
- Have family members look for rocks with a particular shape
- Sample a new food (ask a local who makes the best version of it in town)
- Duck into a gallery and get the owner to tell you about an eye-catching painting

The idea is do things that stoke your curiosity—curious people live longer and healthier lives.

[Sources: Susan Krauss Whitbourne, Ph.D., author of The Search for Fulfillment. Ian Robertson, Ph.D. author of The Winner Effect: The Neuroscience of Success and Failure.]

Juggling Summer Schedules

When school's out, juggling life and work gets trickier. Here are a few ways to keep your kids engaged and also make room to share in the fun:

No traditional camp lined up? Tap your local parks department. They often have last minute sign-ups for activities—and you may be able to share carpooling with your neighbors. Plus, they often need volunteers, offering a great opportunity for your teenager.

Adjust your work schedule. Ask if you can work four, 10-hour days, or come in earlier and leave earlier.

Take exploratory day trips. Discovering the beauty of caves, meandering bike trails, or visiting a nature preserve can be memorable for the whole family.

Be spontaneous. Go out and gaze at the sky's constellation for the evening. The point is to enjoy the moment.

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12 pm and 2 pm ET

"Family Ties"

In the 21st century, families come in all shapes and sizes. Explore the diversity of today's families and what that word means for you.

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 "Family Ties"
- 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.

New Baby? How to Steal Some Sleep

Many parents look forward to taking their newborn out for a summer stroll. But, as they soon discover, staying up with the baby can leave you physically as well as mentally exhausted. Many first-time parents are unprepared for the memory problems and loss of concentration and productivity resulting from losing sleep. Take heart. At three months of age, many babies start sleeping for at least five hours straight. Until then, try these tips:

- **Sleep when your baby sleeps.** Turn off your phone and ignore the housework.
- **Don't feel you have to entertain visitors.** Instead, ask if they could watch the baby while you nap.
- **Split up nighttime duties.** If the baby is breastfeeding, your partner could handle diaper changes.
- **Resist rushing to the baby at every little noise.** Unless your baby is hungry or uncomfortable, give your infant a few minutes to settle down.

If you need help transitioning to parenthood, talk to your Licensed Professional Counselor.

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.