Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, July 15th

hms

A HealthAdvocate Company

Stay Calm, Stay Healthy

Do you get mad when the car in front of you is moving too slow? Does your heart pound when your partner leaves wet towels on the floor? Do you seethe in silence when a colleague disrespects your work? While anger is normal, uncontrolled anger and strong feelings that are not expressed appropriately can take a toll on your health, relationships and even your livelihood.

For example, it's common for most people to stifle their anger and frustration at work. However, bottling up strong feelings may be expressed in other, unhealthy ways—your muscles may stiffen, your face may visibly turn red, your judgment can become clouded, and you may be less productive. Suppressed anger can also fuel hostile behavior or criticism.

In this issue, you will learn techniques that can help defuse your—and your child's—anger, so you can come up with creative solutions for dealing with anger-provoking situations.

Remember, you can always turn to your EAP+Work/Life program for help with personal, family and work concerns.

Taming Your Child's Temper

4 Great Tips

Just as violence is learned, so is calmness. Here are some suggestions to teach your young child to manage anger:

- **Model calmness.** For example, you may say, "I'm very angry that the plumber didn't fix the faucet, so I'm going to sit quietly and breathe to calm down."
- **To counter a tantrum, YOU take a time out.** Try saying, "I need to step away from the situation so we can talk." Your child will learn that you will only talk when he or she is calm and in control.
- **Say, "tell me how you feel."** Help your child learn words to describe strong feelings instead of acting them out.
- **Have your child think of calming activities.** It could be anything from singing to playing with a favorite toy. Post the list in a visible location as a reminder.

Need help with anger management? Turn to your EAP+Work/Life program.

Keeping Your Cool at Work

Here are six healthy responses for whenever you feel your temper rising:

- **Take a break, step away, and breathe deeply.** This can help you lower your heart rate, calm yourself down, and allow the feeling to subside.
- **When dealing with an angry coworker, stay cool.** Consider that you may have been wrong, or that you may both be right.
- **Count to 10.** This buys you time and distraction—the keys to effective anger management.
- **Gnashing your teeth in rush hour traffic jams?** Arrange to arrive and leave work when traffic is less heavy, or find a less crowded route.
- **Use logic on yourself.** Getting angry is not going to fix anything. Logic defeats anger!

Is anger getting the best of you?
Turn to your EAP+Work/Life program for help.

Monthly Webinar

Tuesday, July 15th
12 pm and 2 pm ET

"Love Languages"

Understand how each person uniquely demonstrates and receives love.

You can register at hms.HealthAdvocate.com

- Enter company name
- Scroll to and click the webinar tab
- Select "Click here to view upcoming and archived webinars"
- Under the current webinar, select your registration time
- On the **"Love Languages"** webinar page, register by entering your name and email
- You will receive an email confirmation of your registration

*Please note: Webinars are available only in English.

Steamed About Your Partner's Habits?

Simmer Down!

Whether it's a problem with manners, hygiene, or housekeeping, here are healthy, loving ways to deal with your partner's irritating habits:

Focus on the solution. For example, figure out how to divide up chores so that no one feels taken advantage of and everyone is sharing the workload.

Explain how the habit makes you feel. Be specific. Don't accuse. Use "I" language. For example, you could say, "When you make loud jokes around our friends, I feel uncomfortable and unable to enjoy the evening with you."

Time the discussion. Choose a time when you're both relaxed and not tired, distracted, or stressed.

Ask what habit your partner would like you to change. Make a pact that you will each work on one habit.

Remember, you can turn to your EAP+Work/Life program for help with relationship problems.

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.