

Real-Life Help

Create Balance in Your Life

Set the Right Priorities
page 2

Unplug to Recharge
page 3

Monthly Webinar • Tuesday, August 18th



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Strike a Better Balance

As the leisurely days of summer give way to more hectic schedules, juggling the demands of family, work and personal responsibilities can leave you feeling exhausted. Handling everyday stressors can be overwhelming. In this issue, you'll learn how to stay balanced and in control by streamlining your life, dealing more effectively with money issues, ensuring that your kids get a healthy start at school, and more.

Read on to find out how...

- ✓ **A Licensed Professional Counselor** can help you with balancing demands and addressing stressors such as money matters.
- ✓ **A Work/Life Specialist** can locate caregivers, pet sitters, and a full range of other resources to help you better juggle work/life demands.
- ✓ **The EAP+Work/Life website** provides many articles about stress management, organization, financial issues and other topics.

1 in 3 workers say work/life balance is getting more difficult. We can help make it easier.



Free!
Webinar!
Tuesday, August 18th

Money 101

Learn about budgeting, building savings and managing debt.

Register now!

 [Click Here](#)

Real People, Real Stories Money Problems?

Learn to Budget, Not Bicker

Fighting over money is a common source of imbalance and friction among many couples. In Keith and Jan's case, they couldn't even discuss the price of gas without getting into an argument. They sought out a Licensed Professional Counselor for help.

"The first thing we learned was to set a time for 'the money talk' when we both felt calm, and to take breaks when things got overheated. Putting our favorite jazz music on in the background helped." The couple learned how to discuss things rationally and discover one another's views about money and its importance to each. "Even though Keith feels we should spend money on frequent vacations and I'm more focused on saving, we learned how to compromise. We're now doing basic budgeting and focusing on solutions. Both of us feel more hopeful about our future."

Marital issues throwing you off balance? Call us.



Streamline Your Life

Set Limits

An important way to regain balance is through consciously focusing on what's meaningful to you and setting limits. Here is what our experts suggest:

- ✓ **Determine what's most satisfying.**
- ✓ **Focus on doing one thing at time.**

Is your goal to enjoy work and have enough energy to enjoy your home life? Cultivate a better relationship with your family and friends? Your answers will help you set the right goals.

You think you'll come out ahead if you multitask. In fact, multitasking adds stress!

- ✓ **Say "no" without apology or guilt.**

It's ok to decline requests regarding activities that don't interest you.

- ✓ **Eliminate energy drainers.**

This includes surfing the web, and listening to others complain.

- ✓ **Pare down and organize errands.**

Delegate chores to family members.



**Overwhelmed by juggling?
Let us help!**

Immunization Awareness Month

Prepare for a Healthy School Year

Making sure your kids are up-to-date on their vaccinations can help protect them and give you peace of mind. Recent epidemics emphasize the importance of immunizing your child. Check with your pediatrician about what immunizations are needed.

Plan to protect your kids emotionally, too. Talk to them about bullying, drugs and back-up plans for after school care.

Need help? Turn to Us.



Unplug to Recharge



Having 24/7 access to technology can often distract us from things that are most meaningful to us. If you're constantly checking emails, for example, you tend to focus on other people's issues rather than on your own needs.

Whenever possible, limit checking your personal emails to no more than once in the morning, noon, and night – or less! If you're over-checking your work emails, ask yourself, "Do I really need to check it now or can it wait?"

Above all, turn off your phone during dinner or when sharing activities with family and friends. This helps you become more mindful in the present moment – a key to feeling more balanced and less stressed!

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
hms.HealthAdvocate.com

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Your EAP+Work/Life Website is Available 24/7

Access Online Help and Resources, Anytime

Your Health Advocate EAP+Work/Life website is packed with important information to help you with personal, family and work issues and better balance your life! **Here's what you'll find:**

- ✓ Orientation video of the many ways we can help
- ✓ Locators for childcare, summer camps, in-home agencies, pet care, education, older adults, volunteer opportunities
- ✓ Authoritative articles on emotional well-being, relationships, financial guidance, legal concerns, health issues, working and personal growth
- ✓ Sign up for webinars
- ✓ Savings Center
- ✓ Support groups and other community resources



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About Human Management Services (hms)

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.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate complies with all government privacy standards. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.