

# Real-Life Help

## Master the Art of Bouncing Back

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Monthly Webinar • Tuesday, December 15<sup>th</sup>



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# Master the Art of Bouncing Back

## Rely on Us

The close of the year is an ideal time to reflect on any setbacks that may have derailed your goals or impacted your sense of well-being and confidence. The good news is you can learn to build resilience. Which means you will gain the ability to better adapt to stress, adversity and disappointments, whether it is relationship problems, health issues, workplace changes, financial stress—or even everyday irritations.

Getting help when you need it is a key part of building resilience. Our experts can help you tap into your inner strengths and develop a personal strategy to recover more quickly from challenging experiences. The service is FREE and completely confidential.



Free!  
**Webinar!**

**Tuesday, December 15<sup>th</sup>**

**The Power of Positive Self-Talk**

**Learn why changing how we think is crucial to our happiness.**

**Register now!**

 [Click Here](#)

## Keys to Keeping Resolutions

### We Can Help

It's easy to feel defeated when you fall short of your life or work goals. As you think about setting fresh goals for the year ahead, make sure they are realistic, and that you have the resources and time to reach them. Here are more strategies to help you set the right course and stay on track:

**Commit to strengthening just one weak area.** Too many goals can be overwhelming! Identify one area you'd like to work on and commit to a personal improvement plan. At work, you might want to improve your organizational skills. At home, it might be your temper.

**Reduce your distractions.** Eliminating activities you don't enjoy will help you get back to your true interests and relationships.

**Make a plan to evaluate throughout the year.** Reflecting and evaluating on a monthly or quarterly basis allows you to see where you are in your game plan and to make any adjustments.

**Get support to move ahead!** Reach out to your EAP+Work/Life program for help.



# Aim for Excellence

## (Not Perfection)

Do you feel like whatever you accomplish isn't good enough? For example, if you don't host perfect dinner parties or score 100 percent on every career development course, you think that you're a failure?

Perfectionist attitudes can actually interfere with success, and may lead to frustration, procrastination, anxiety and even depression. And, if you're hard on others when they fail to measure up, perfectionism can also lead to loneliness. Try these attitude adjustments:

- **Strive for excellence.** The idea is to set attainable goals based on your own wants and needs—not someone else's—and what you have accomplished in the past.
- **Focus on the process of doing the activity.** And remember, many positive things can only be learned by making mistakes.
- **Face your fears.** Ask yourself, "What is the worst thing that could happen if I fail to reach my goal?"

### Could perfectionism be undermining your success?

Turn to your EAP+Work/Life program for help



## December is National Impaired Driving Month



Drug and alcohol use has adverse effects on judgment and reaction times and can result in deadly consequences when driving. If you're headed to a holiday party serving alcohol, set limits beforehand for the number of drinks to have. Designate a non-drinking driver ahead of time, or opt for a taxi or public transportation.

**Have a problem with drinking or drugs? Your EAP+Work/Life Program can help.**

## Time to Tweak Your Family Traditions?

### Tips to Resolve Conflicts

Have your family traditions become more of a chore and less of a joy for everyone? As families change, it's important to also adapt the details of your traditions—and perhaps your idea of what they should look like.

For example, if the grandparents live long distances and have access to a computer, set up a webcam. They can watch you and the kids opening gifts or lighting candles. And remember, simply visiting a senior family member in an assisted living or nursing facility provides comfort, and maintains the important links across the generations.

What counts is that families share memories together, and that's what gives traditions true meaning.

# 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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# 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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# hms

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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.