HealthAdvocate@yourservice

Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Monday, February 16th

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A HealthAdvocate™ Company

Strengthen Relationships

Get the Right Support

From time to time, we all experience a rocky relationship, whether with a family member, friend or coworker. And no matter if you're having a small misunderstanding or continual disagreements, a fractured relationship can be stressful and can affect your performance and even your health. The good news is that almost all relationships can improve by using good communication skills.

This edition highlights how Health Advocate can help you with developing these skills for healthier interactions with others. The service is FREE and completely confidential. And since February is American Heart Month, you will learn about the role stress plays and how exercise and other lifestyle behaviors can protect your heart.

Read on to find out how…

- ✓ A **Licensed Professional Counselor** can help you develop good communication skills.
- ✓ A **Work/Life Specialist** can locate resources to help with caregiver stress.
- ✓ The **EAP+Work/Life website** provides authoritative articles about relationship issues, heart healthy tips and more.

Free!

Webinar!

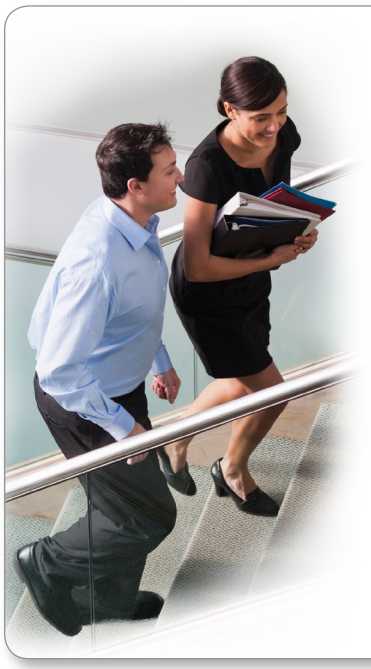
Monday, February 16th

Improve Family Communication

Identify family systems that affect family roles, boundaries and communication patterns.

Register now!

Click Here



Real People, Real Stories

Coping with Difficult Personalities

Debra became increasingly distressed whenever she crossed paths with Pat, a coworker with an "I Know Better Type" of personality. Pat monopolizes conversations, meetings and projects, always puts through her own ideas first, and downplays Debra's ideas.

"I talked with a Licensed Professional Counselor who helped me understand the dynamics of my interactions with Pat and what was causing problems. I also received good tips for working more productively with her. Pat and I are now working better as a team and my stress level at work is way down!"

Debra also learned ways for dealing with other difficult personalities in her life. "It's made all my relationships more rewarding!"

Relationship problems? **Turn to your EAP+Work/Life program.**

Heart Health Tips

Ways to Reduce Your Stress!

Mental stress does more than diminish your sense of well-being; it also can increase your risk of heart disease.

Chronic Stress Can…

- ✗ **Raise blood cholesterol** and blood pressure, resulting in hardening of the arteries.
- ✗ **Prompt unhealthy habits** like smoking, overeating and excessive drinking—additional factors that can increase your risk.

To Counteract Stress…

- ✓ **Exercise.** Aim for 30 minutes of moderately intense activity, such as brisk walking, most days of the week.
- ✓ **Build a strong support system.** Supportive people can reduce your stress and help you take better care of yourself.

Need help for stress? Just Call One of Our Trained Counselors.

Caregiving Stress?

We Can Help You and a Loved One

Taking care of a loved one can be challenging! Signs of caregiver stress can include anger, depression, headaches, fatigue and illness.

Remember, your EAP+Work/Life program can help you find adult day care, transportation services and other resources.

When Communication Breaks Down…

Turn to Us

Many misunderstandings stem from miscommunication. If you are troubled by your interactions, call your Licensed Professional Counselor. You'll learn good communication skills for stronger relationships.

For example, when discussing uncomfortable subjects, our experts suggest that you follow these general approaches:

Don't assume, ask questions. Asking "Did something cause you not to meet this deadline?" will help the other person feel less defensive and more able to explain what happened.

Use "I" rather than "you" Stating "I'd like you to do the dishes" invites a more positive response than saying, "You never help with the chores."

Be specific about what you need. Telling someone, "You should communicate better" can be vague. Instead, try saying, "Please make the driving directions more clear for our guests."

Communication troubles? Contact us.

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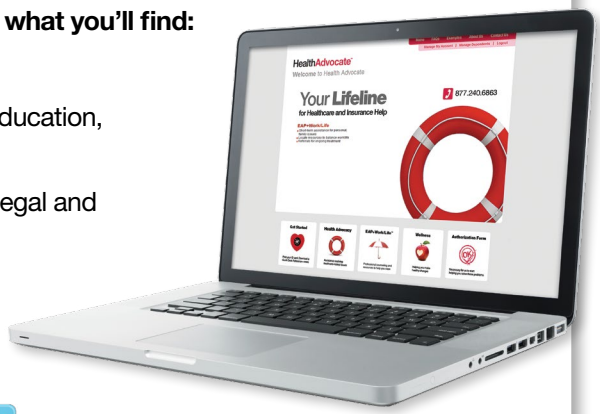
Your EAP+Work/Life Website is Available 24/7

Online Help and Resources On Demand

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, legal and health issues, work and personal growth
- ✓ Sign up for webinars
- ✓ Savings Center
- ✓ Support groups and other community resources



Log on anytime!

Connect to us

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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.