Real-Life Help

Assistance and resources for personal, family and work issues

Monthly Webinar • Tuesday, April 21st

Statewide Benefits Office SBO Benefits Made Easy

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Change Your Response to Stress!

We Can Help

Stress can be contagious, researchers found, and so can reactions to stress. For example, if a family typically handles stressful situations by lashing out, other family members may overreact when under stress. The good news is that you can always learn how to handle stress more effectively and change your reactions. Read on to find out how we can help you—and those you love—take a stand against stress for a happier, more productive life.

St. Louis University Study

Read on to find out how…

- ✓ **A Licensed Professional Counselor** can help you explore your stressors and change unhealthy responses like problem drinking.
- ✓ **A Work/Life Specialist** can locate stress management resources.
- ✓ **The EAP+Work/Life website** provides articles about stress management, healthy lifestyle changes and more.

Free!

Webinar!

Tuesday, April 21st

Qualities Colleges Really Seek

Get insider tips on the college application process and how to choose the right schools.

Register now!

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Real People, Real Stories

Head off Problem Drinking

Do you crave a drink after a stressful day? Some people are hardwired to want to drink in response to stress, studies show. A big red flag indicating that your drinking may be a problem is if you continue regardless of the negative impacts.

Take Denny, an office worker who indulged every pay day, despite some undesirable consequences. "When I drank, I was spending more and staying out later and later." Fortunately, Denny turned to his Licensed Professional Counselor for help. "She told me I was on my way to developing a dependency and helped me find healthier ways to let off steam. Going to the gym instead of the bar helped save my job – and maybe my life."

Having a problem with alcohol or drugs? **Call us for help.**

Duke University Study

Retrain Yourself to Stress Less

Get Support

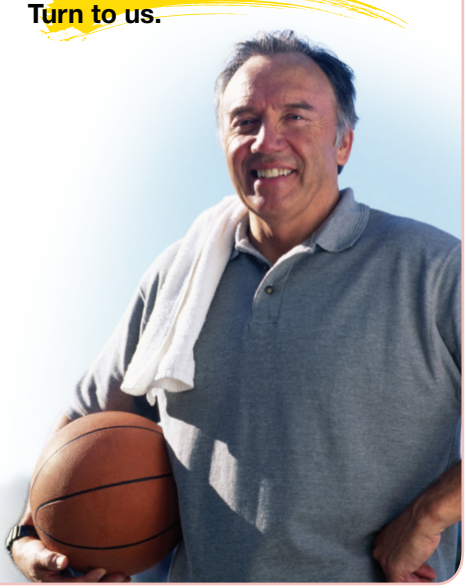
Do you blow up at others, reach for snacks, or react in other unhealthy ways when under stress? Your Licensed Professional Counselor can help you replace even long-term, ingrained reactions with healthier coping behaviors. **Here are some good suggestions.**

✓ Give yourself pause.
Practice on-the-spot stress management techniques like counting to ten, getting up and taking a walk, or inhaling and exhaling slowly and deeply.

✓ Surround yourself with "positive responders."
Associate with others who use sports, hobbies, meditation or other positive outlets to diffuse stress.

✓ Rewrite your history.
Jot down instances where you reacted negatively to a situation and ways you can respond more positively in the future.

Need help to feel more balanced? Turn to us.



Promote Teen Self-Esteem

4 Good Tips

Is your teen son or daughter acting out? Increasingly withdrawn? Either behavior can be a sign of stress overload. As a parent, fostering a healthy self-esteem can enable your teen to better handle the various pressures of adolescence. **Here is what our experts suggest:**

- **Show love and appreciation for who they are.** Don't restrict your appreciation just for their "accomplishments."
- **Engage them in family activities.** Let your teen take the lead on weekend bike rides, for example. Or have them select a charity walk or fund drive for the family to participate in.
- **Support their hobbies or interests.** Whether it's making dance videos or creating exotic concoctions in the kitchen, exploring their talents helps them build a positive identity.
- **Solicit their opinions in family decisions**. Ask what they think of the new family car you want to buy, for instance.

Troubling family issues? Call us for help.

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

HA Blog **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.