

Real-Life Help

Assistance and resources for personal, family and work issues



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Monthly Webinar • Tuesday, June 16th



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A HealthAdvocate[®] Company

Managing Family Stress

We're On Your Team!

The summer break can be a roller coaster of fun as well as stress for many families. Meal schedules can turn upside down, worries about your kids' whereabouts can intensify, and the usual squabbles can spin out of control. Read on for tips and activities that can help things run a little more smoothly and how getting support from our experts can help make summer more fun for everyone.

Read on to find out how...

- ✓ **A Licensed Professional Counselor** can address family stress and help you learn ways to communicate more effectively.
- ✓ **A Work/Life Specialist** can locate recreational activities, childcare, pet-sitting and other resources you may need this summer.
- ✓ **The EAP+Work/Life website** provides many articles about stress, communication and more.



Free!
Webinar!

Tuesday, June 16th

Rules for Parenting

The three common mistakes parents make and ways not to repeat them.

Register now!

 **Click Here**

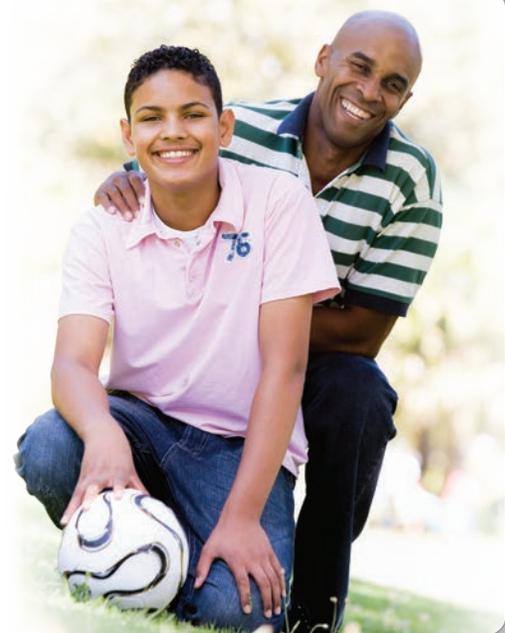
Real People, Real Stories

Ease Family Tensions

Ted really enjoys having his kids around when school lets out for the summer. But this year, his teenage son Scott got into habits that caused constant arguments. “We yelled a lot about his unwillingness to help with chores and staying out late,” Ted says. When the escalating tension started distracting Ted at work, he reached out to his Licensed Professional Counselor for help.

“The Counselor helped me learn how to listen to Scott without reacting, and work with him to set ground rules.” Ted also received information from the Work/Life Specialist about local volunteer opportunities for teens. “Scott signed on at the parks department to help a boy with physical challenges play softball. It’s made a big difference. Scott is a lot more cooperative, and enjoyable to be around!”

What support do you need to ease stress this summer? We can help!



Strengthen Bonds to Weather Storms

3 Good Habits

Whether it's school troubles or a sudden illness, all families face stress. Cultivating certain habits and activities that strengthen family bonds sets a good foundation to help everyone pull together when challenges arise. Our experts suggest the following:

- ✓ **Pause before you walk in the door.** If your day was particularly stressful, do some deep breathing. This enables you to better handle any challenges that may await you.
- ✓ **Eat dinner together.** It's a great time to communicate, learn aspects of each other's lives, and provides a sense of comfort and stability.
- ✓ **Divvy up chores evenly.** It's the best way to teach that your family is truly a team and to avoid conflicts.

Need help bringing the family together? **Turn to Us.**



It's National Safety Month

Water sports and drinks don't mix!

Half of all water recreation deaths of teens and adults involve the use of alcohol which impairs judgment and increases risk-taking. At pool, boating and beach parties, avoid alcohol and drink plenty of water to stay hydrated.

Struggling with alcohol or substance abuse?

Your EAP+Work/Life Program can help.

Strive for Healthy Family Communication

Interruptions, hectic schedules and bad moods can all get in the way of positive communication among family members. But it's possible to open the lines of communication to help make your interactions more fulfilling.

Start by calling a family meeting and asking the simple question, "What needs to be changed about how we talk together?" Let everyone have their say. You may find out that Dad lectures too much, Mom doesn't listen or interrupts, brother makes snide comments and sister screams to get heard. Your kids' viewpoint could be an eye-opener and a catalyst to change!

Having a communication breakdown with loved ones?

Your Licensed Professional Counselor can 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 guidance, legal concerns, health issues, working and personal growth
- ✓ Sign up for webinars
- ✓ Savings Center
- ✓ Support groups and other community resources



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.