HealthAdvocate@yourservice

Real-Life Help

Learn To Stand On Your Own

Start Making Confident Decisions
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Raise Self-Reliant Kids
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Monthly Webinar • Tuesday, July 21st

Statewide Benefits Office SBO Benefits Made Easy

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Help Build Self-Reliance

For Yourself…For Your Family

Self-reliance is a cornerstone for emotional health. It means you have the confidence to make decisions, handle set-backs, and know how to stand up for yourself. If you're a parent, helping your child become self-reliant can influence everything from their self-esteem and ability to form relationships, to their future success. Read on for important tips, and how our experts can help you increase self-reliance, raise independent kids, and stand up for your rights in common situations like when facing an abusive bill collector!

Read on to find out how…

- ✓ **A Licensed Professional Counselor** can help you learn how to build self-confidence and to raise confident, independent kids.
- ✓ **A Work/Life Specialist** can locate resources such as legal services and consultants to help you resolve problems.
- ✓ **The EAP+Work/Life website** provides many articles about self-confidence, time management and more.

Free!

Webinar!

Tuesday, July 21st

Banish Bullying

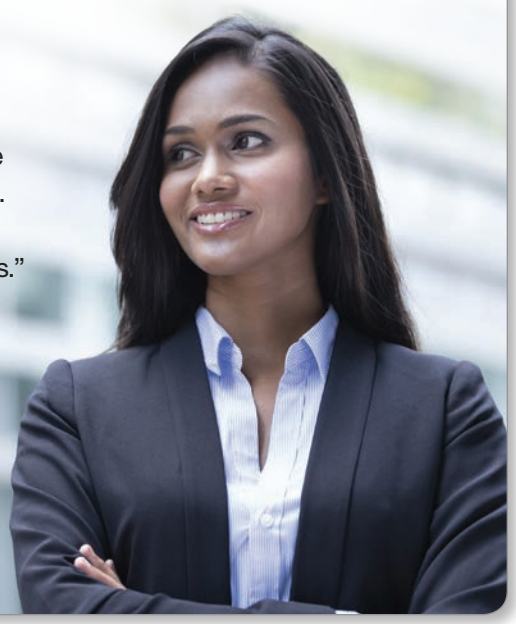
Recognize bullying behavior in adults and what to do if it affects you or a loved one.

Register now!

Click Here

Real People, Real Stories

Stand On Your Own!



Lynn wanted to advance in her career. But after another disappointing performance review reflecting that she fell short in decision-making, Lynn knew she needed help. She reached out to her Licensed Professional Counselor. "I learned that my fear of failing and other self-limiting thoughts were holding me back when I faced decisions."

The Counselor helped Lynn engage in positive rather than negative self-talk and learn confidence-building skills. "I took over the family finances from my husband and learned Italian – two things I never thought I could do!" Lynn also found articles on the EAP+Work/Life website about overcoming procrastination and time management skills. "My boss recently praised me for handling a new aspect of my job. I believe I'm on my way to achieving the next level of my career."

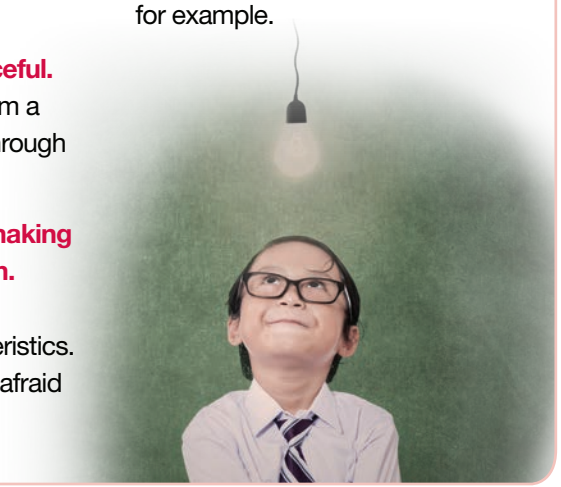
Need help to build self-reliance? Turn to us.

Raising Self-Reliant Children

3 Good Habits

If you want your kids to thrive as independent adults, help them learn how to help themselves. Our experts suggest the following:

- ✓ **Give them responsibilities.** For example, younger kids can feed the dog; older kids can do their own laundry.
- ✓ **Expect them to be resourceful.** Instead of rescuing them from a dilemma, have them think through some solutions.
- ✓ **Focus on good decision-making skills and solid self-esteem.** Praise a job well done and emphasize positive characteristics. A confident child will not be afraid to speak up for themselves.
- ✓ **Practice compromise and negotiation.** Hold a family meeting to involve the kids in rule-setting, for example.



It's Purposeful Parenting Month!

Monitor Teen Movie Watching

The summer break is an opportunity to strengthen your relationship with your teen. But with extra time on their hands, enforcing parental rules is more important than ever! For example, restricting their viewing of R-rated movies, which frequently glamorize alcohol and tobacco use, can help reduce the likelihood that they will abuse substances.

U.S. Department of Health and Human Services

Want help with parenting issues? Turn to us.

Stand Up for Your Legal Rights

Seek Resources

An aspect of self-reliance is knowing how to find key resources including in situations that may infringe upon your legal rights.

Take the case of dealing with abusive bill collectors, for instance. It's illegal for a debt collector who works for a collection agency to call repeatedly or contact you at unreasonable times, for example. If this happens, you have the right to tell them to stop. Don't hide from the collector or put off resolving the issue – it could make matters worse.

Not sure what your rights are or what to do?
We can connect you to a lawyer for a free consultation. **Call 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

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

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.