Real-Life Help

Stay Steady in Life

Tips to Get Through Transitions
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Monthly Webinar • Tuesday, October 20th

Statewide Benefits Office SBO Benefits Made Easy

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Life Upset Your Balance?

Stay Steady

Life changes can turn your reality upside down. Here are some suggestions for staying on your feet as you transition to your new situation:

- **Learn to let go of what you can't control.** And take action in those areas where you do have control.
- **Maintain self-care strategies.** This includes a healthy diet, getting proper rest and exercise, and using stress management strategies, such as meditation.
- **Establish short-term goals.** Working towards a goal helps minimize uncertainty and provides some level of accomplishment.
- **Use positive and rational self-talk.** Positive emotions build your resiliency strengths. Negative self-talk limits and weakens your resiliency.
- **Tap into a network of personal and professional relationships.** This support can help you deal with challenges, maintain a broad perspective, and achieve your goals.
- **Recall how you handled past transitions.** Draw on the inner strength you demonstrated to help you get through current changes.

Remember, your EAP+Work/Life program can help with stress-related issues.

Free!

Webinar!

Tuesday, October 20th

Find Work/Life Balance

Tips to bring greater balance in your life for less stress and increased vitality.

Register now!

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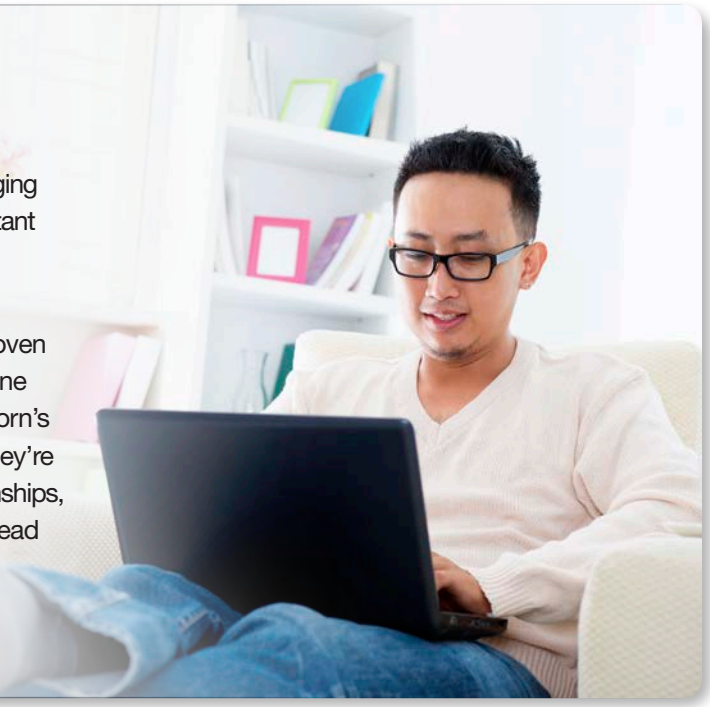
Facing a Transition?

Tips to Get You Through

Life is full of transitions, and even those that are voluntary like changing jobs or becoming a parent can be stressful. One of the most important things you can do to make the adjustment easier is to reach out to others—even online.

A study found that using computer-based social support is a proven way to reduce transitional stress. For example, turning to an online parenting group can help ease the uncertainty about your newborn's sleeping patterns. Another benefit of online social networks is they're always available! While it doesn't take the place of offline relationships, building online social ties can help you get through a life change. Read on for more tips to handle the stress of common life transitions.

Remember, you can always turn to your EAP+Work/Life program for help with personal, family and work concerns.



[Source: University of Utah, 2013]

Prevent Domestic Violence:

Recognize Abuse in Relationships

It's not always easy to tell if a relationship may be headed toward abuse. But a common factor is that an abuser does many things to gain control over their partners. **Your partner is controlling if he or she….**

- Discourages you from seeing friends or family members
- Looks at you or acts in ways that scare you
- Says you are a bad parent or threatens to harm or take away your children
- Puts you down
- Prevents you from working or attending school
- Destroys your property
- Pressures you to have sex or use drugs or alcohol

Getting Help

If you think your partner is controlling or may become violent, it's important to get help to protect yourself.

- If you are in immediate danger, call 911.
- Or call the **National Domestic Violence hotline 800.799.SAFE (7233)**. An expert will tell you the signs of abuse and what you can do next.

You can also talk to your EAP Licensed Professional Counselor.

It's Breast Cancer Awareness Month!

Talk to your doctor about your risks and how to detect the disease early. Learn about screenings and more.

Playground Bullying:

Is Your Child a Target?

Bullying can make kids not want to go to school. Here are the main factors that differentiate bullying from normal childhood tussles:

An imbalance of power. Bullies tend to target children perceived as different from their peers—those who are weaker, less popular, dress differently, or annoy others to get attention.

The threat of future aggression. Bullies tend to make it clear that their victim will continue to be their target.

Involves a group of students. Other children help the bully pick on other kids. If your child develops unexplained changes in behavior—such as sleep problems, a drop in grades, or social withdrawal—ask him or her indirectly if there are any bullies in their class. Explain that the best response is to tell a teacher or principal.

Need help with parenting issues? Turn to your EAP+Work/Life program.

[StopBullying.gov]

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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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.

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