

FrontLine Employee

Wellness, Productivity & You!

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Continuum



Continuum
◆ Well Being

Wellness Coaching Services assist individuals wanting to live healthier, better balanced lives. Individuals that use wellness coaches have a greater likelihood to commit to change and be successful in making and maintaining positive lifestyle changes.

What are the Wellness Coaching Services?

Continuum's Wellness Coach can assist individuals wishing to make healthy changes in any aspect of their life.

Services include goal setting, trouble shooting, assessing and establishing support resources, setting up the goals and plans, and follow-up contacts.

For more information about Wellness Coaching Services, call Continuum at 402/476-0186 or 800/755-7636 or you can email us at EAspecialist@4continuum.com.

Payoffs for Not Sweating the Small Stuff



Just reported, a long-term study examined the health of seven-year-olds to see what kind of health problems they came to experience later in their mid-30s—and whether those participants with fewer health problems had exhibited attitude or behavioral differences from their peers at age seven. Results: Those in their mid-30s with fewer physical health problems had exhibited better skills at age seven when it came to staying focused and not sweating the small stuff. A superior attention span and a more positive outlook in youth had a positive effect on health in older subjects. Could the study provide evidence that behavior and emotions associated with certain temperaments play a role in long-term health? Help children cope with frustrations and alter their way of responding to *distressful* events. It may influence positive health outcomes later in life.

Source: Health Psychology, May 2009

Postponed Retirement



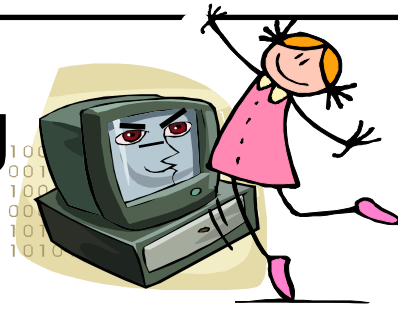
Millions of workers have seen their long-awaited plans for retirement placed on hold because of the current economic recession. Such an event can be so disturbing, it may contribute to depression. Although no one can replace a depleted nest egg, support for coping with this reality—and help in overcoming the anger and grief associated with it—might be necessary. Talk to your employee assistance program or qualified financial counseling advisor. Feel good again and renew your determination to meet retirement goals.

Water Safety Tips Worth Heeding



Summer is here—so be safe, especially when participating in water sports. Eighty percent of people who drown aren't wearing life jackets. Wear one if you need one. Here's a rarely reported safety tip: Stay out of the water when you are around boats using electricity at a dock to avoid the possibility of being shocked from by an electrical current leaking into the water. Only a small current is needed to cause paralysis and possible drowning. If you feel tingling sensations while swimming toward a boat, a boat lift, or a dock—back away and get out of the water.

Parents: Beware Eating Disorder Web Sites



You can find almost anything on the Internet, including Web sites that worsen deadly eating disorders. Called “pro-Ana” Web sites because they promote anorexia and similar illnesses, they have loyal followings. Evidence that your child may be visiting such Web sites can provide important early clues to the potential onset of an eating disorder or reveal an existing though well-hidden illness. Many of these Web sites focus on helping victims “do it right.” Some pro-ana Web sites masquerade as helpful resources, weaving useful and accurate information into their mixed messages. Unfortunately, these home-built, privately run Web sites make eating disorders worse. Photos of glamorized models and famous ultra-thin people are used for inspiration. Discussion forums encourage inappropriate weight-loss goals. The result is a normalization of these illnesses that can make it tougher to overcome them, to have effective relationships with parents or loved ones, and to maintain positive mental health. Pro-Ana sites usually contain images of overly thin people to inspire others with eating disorders to stay focused on their misguided weight-loss goals. With slogans like “You can control your life from the inside out” and “If it tastes good, it’s trying to kill you,” these Web sites have their own language. For example, the phrase “my ‘thinspo,’” is slang for “my thin inspiration.” It refers to anything—usually an image or a video—that inspires a person with an eating disorder to keep losing more weight.

Heavy Smokers Can Quit



Research shows that the majority of smokers at any one time are interested in quitting. Your employer will love it if you decide to make another attempt. Fifty-one percent of smokers in the most recent national study tried quitting in the past year; only 20% succeeded—about one in five. Here’s the kicker: If you are a heavy smoker—officially, more than 20 cigarettes a day—you are almost twice as likely to be successful if you decide to quit smoking! Go for it.

Source: Smoking in the U.S. Workforce, National Health Interview Survey [NHIS] and the Tobacco Use Supplement to the Current Population Survey, 2003.

Building Resilience to Prepare for Stress

Don’t wait until you are on the skids with stress. Start beating it back



before it arrives by building resilience. Building resilience is not a passing pop-psychology fad. The American Psychological Association has weighed in on the strategy and endorsed a 10-step approach. How many of these tips do you follow? Which ones would be good to work on more? 1) Build effective, supportive relationships with others. 2) Avoid “catastrophizing” (seeing crises as insurmountable). 3) View change as part of life, with new opportunities accompanying it. 4) Be proactive. Move toward your goals. Don’t let things just happen to you. 5) When faced with problems, act decisively. Don’t just go with the flow. 6) In the midst of a crisis (or sometime soon after), ask yourself, “Can this event change my life for the better in some way?” 7) Nurture a view of yourself that includes the ability to withstand adversity. 8) Practice not zeroing in on the worst part about a crisis or adverse experience. 9) During a tough time, practice looking forward to the hoped-for conclusion and resolution while avoiding the visualization of your worst fears. 10) Take care of yourself by maintaining your physical and mental health, because this makes it easier to bounce back when adversity strikes.

Save Money on Groceries Shop Less Often!



How many times do you go to the grocery store in a week? Is it more than once? If so, here is a great way to save money over the next month: Stop this practice. Try shopping for groceries only once per week. You are less likely to put items in your shopping basket that you do not need. These expenditures can add up. So, make a list and stick to it for a once-per-week visit.