

FrontLine Employee

Wellness, Productivity & You!

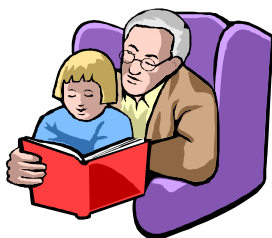


1135 M Street, Suite 400, Lincoln, NE, 68508
402-476-0186 or 800-755-7636 Fax: 402-476-2757
Email: EASpecialist@4Continuum.com www.4Continuum.com



Caring for Your Aging Parents

Continuum EAP has seen an increasing number of people who are caring for Aging Parents. Caring for a parent presents unique challenges and Continuum counselors can assist you in locating resources for them. We can also help YOU figure out what you need to cope with the stress and challenge of addressing their needs while preserving their dignity. You can talk to an EAP counselor face-to-face, by e-mail, or on the phone.



Email us at easpecialist@4Continuum.com
Phone us at (402) 476-0186 or (800) 755-7636

Rape Prevention Tips to Know

Thanks to education, awareness, and more effective criminal justice, sexual assaults on people aged 12 and older have declined nearly 50 percent since the early 1990s (National Crime Victimization Survey, U.S. Department of Justice). Learn dozens of the most recommended prevention tips for rape at the Rape Abuse Incest National Network (RAINN). Teach them to others. Example: Avoid putting music headphones in both ears so that you can be more aware of your surroundings, especially if you are walking alone.



Source: www.rainn.org.

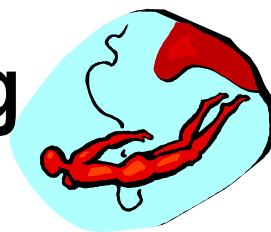
Plant a Summer Stress Garden

Start a stress garden and grow your own anti-stress foods in season! Many foods can help you manage stress because of the nutrients they contain. One of these “anti-stress” nutrients is magnesium. Foods high in magnesium include spinach, beets (especially the stems), blackberries, and raspberries. Magnesium plays a role in relaxing muscles, and works in concert with other metabolizing functions of the body that contribute to reduced stress. It also aids sleep and helps to reduce anxiety. Discover more about foods and their contribution to your health at Nutrition.gov.



Teens Taking Risks for Kicks

Summer means new opportunities, places to go, fun events, and, unfortunately, increased risks for teens, who researchers say are more likely to take chances for sheer kicks. Why teenagers participate in more risky behaviors than adults isn't fully understood, but a phenomenon called the “health paradox” defines the problem: It's a period of greatest health, but it corresponds with a statistical peak of mortality. Risk taking, such as drug use, high-risk stunts, unprotected sex, fast driving, and workplace safety violations, are all more common among teens. The riskiest time of all? Age 14. Source: *Cognitive Development*, Volume 25, Issue 2, April-June 2010.



Handling Criticism Like a Pro



No matter what your job or position, you can be certain that you will experience criticism periodically. This inevitability calls for a personal strategy to master its impact so you can make it work for you. Whether you are corrected by peers in a group or criticized during an annual review, consider these four pillars of managing criticism like a pro: 1) Criticism usually stings, and it's often a surprise over which you have little or no control. Accepting this can help you respond to it with a cool head. 2) Recognize that some part of criticism is usually true. Look for that part and be enthusiastic about it. Avoid attacking the criticism, which only diminishes how much you gain from it. 3) Criticism is usually not personal, but simply a part of necessary communication in work organizations. Its importance explains why receptivity to it is often included in performance reviews. 4) Demonstrating receptiveness to criticism makes a strong and positive impact on the one offering it. As a result, you will usually be rewarded with an enhanced reputation for your willingness to accept criticism.

Reducing the Stress of Summer Moves

Summer is a time when people move away, change jobs, change careers, switch schools, and leave old friends.

Moving can be surprisingly stressful. If you're moving, follow a few tips: 1) Do nothing until you make a to-do list, and then allocate the work over a period of weeks until the move. 2) Don't just start packing. Get rid of all the junk and clutter first. 3) Plan a few local trips to favorite places to recall memories and have social get-togethers with old friends to experience closure. Don't "blot it all out" with denial to avoid saying goodbye. 4) If your budget isn't too tight, reduce stress during this period by treating yourself to a couple of meals out. 5) Check out your local library for resources with tips to help you and/or children cope with moving stress (and loss). For a popular resource with great tips and ideas, try *29 Days to a Smooth Move* by Donna Kozik and Tara Maras. A version of it is downloadable at Amazon.com.



Plan Fun and the Work Will Follow

If your workload seems to leave you with no time for fun and leisure, you may need better strategies for balancing work and life. Some pros recommend planning your fun first and obligating yourself to the leisure and recreational pursuits you enjoy, *and then* scheduling your workload. Practicing this strategy toward work-life balance will cause you to work more effectively, help you resist distractions that interfere with timely completion of work, and focus your attention like a laser on that work which is most important. At first, creating "forced" obligations for leisure and social activity will challenge your work schedule and add to your stress. However, in time you will prove to yourself that you can fashion a more balanced work-life arrangement. You will feel more accomplished, less trapped by work, and less resentful of the control you imagine time has over your life.



Worse Than a Computer Virus?

A computer virus is a program that can replicate itself and infect a computer. However, there are other types of harmful computer code to avoid. One is called a "rootkit." A rootkit is not a virus; it is "malware." You can unwittingly transfer a rootkit to your computer when you land on an "attack" Web site while surfing the Internet. A rootkit hides inside critical files you can't delete without making your computer become non-functional. The rootkit may then permit third-party criminals to steal personal information on your computer without being detected. At home, use virus-protection software that will spot rootkit malware. If your computer becomes infected, you may need an expert to help remove it. At work, follow computer use rules. Never violate your employer's computer use policies.

