



LifeWorks *Balance* is a publication of LifeWorks Employee Resource, a *free*, confidential service provided by your employer for you and your family.

LifeWorks can assist you with balancing and managing many of life's challenges.

Our professional counselors can assist you with:

- Emotional concerns
- Work-related issues
- Family/marriage issues
- Chemical dependency
- Stress/anxiety/depression
- Legal and financial concerns

You can reach LifeWorks Employee Resource with one simple call from anywhere in the United States.

1.800.577.4727
218.529.2290

Remember ...

Whether it is a work, family or personal issue, we're here for you.

LifeWorks Employee Resource
424 West Superior Street
Suite 600
Duluth, MN 55802
www.lifeworkslink.org

FOR YOUR HEALTH

Healthy Swimming at the Pool!

- Take a shower before swimming. Germs on your body end up in the water.
- Don't swim when you are ill or have a serious cut - and avoid swallowing pool water.
- Take children on bathroom breaks and check diapers often.
- Change baby diapers away from the pool. Germs can spread to surfaces around the pool and cause illness.



Balance

FOR YOUR CONSIDERATION

Bringing Summer to Your Job

As the weather gets warmer and the days get longer, our ability to focus at work can sometimes diminish. How can you keep productive while still enjoying the grandness of summer-time?

- **Make use of your breaks:** Bring your lunch to work and then have a mini-picnic outside during lunch time.
- **Lighten your lunch:** Take advantage of great summer produce and pack lunches with salads, fruits, and fresh vegetables. Not only are these good for you, but they will put you in a summer mood and won't make you feel sluggish.

- **Bring summer into your work area:** Put some fresh cut flowers in your office space. This will spread joy to your co-workers as well. Change your screensaver to a summer-themed picture.
- **Use some vacation time:** You've been hoarding those hours of paid time off (PTO), so live a little and use some. We all need a break, and summer is the perfect time to take a trip or vacation at home.
- **Take advantage of summer activities:** Bike to and from work, if possible. On weekends, visit nearby parks or attend outdoor festivals in your town. Whatever you do, make sure it includes time outdoors. Make the most of summer!

Marriage Tips from Seniors

During a recent survey, conducted among couples who have been married 50+ years, seniors were asked what they attribute to their longevity and successful relationships:

- **Don't Go to Bed Angry.** Couples didn't allow their anger to linger or build up.
- **Show and Express Affection.** Couples noted the importance of demonstrating their love and affection regularly.
- **Respect and Trust Each Other.** A majority of couples said that respecting and trusting their spouse was an integral part of their success.
- **Make Time for One Another.** Celebrating special occasions and setting aside time for one another was top priority.
- **Be Understanding and Compromise.** Couples attributed their happiness to recognizing the strengths and weaknesses of their spouse and mastering the art of give and take.
- **Communicate and Listen.** Seniors also recognized the importance of communicating with their partners and knowing when to just listen!.

- Adapted from www.sunriseseniorliving.com

WE'RE HERE FOR YOU

Q & A

Q: *At work I seem to be the one everyone comes to with their personal problems. Joe tells me the details of his divorce, Sue talks about her out-of-control children, and I just don't know what to do with everyone's information. I want to be friendly and helpful, but I also need to finish my work and don't know what advice to give in these situations. What should I do?*

A: It sounds like the best thing to do, is to suggest that these co-workers contact LifeWorks. Like you said, it is important to be able to focus on your work, and although it is good to be a friendly and helpful co-worker, these problems are ones that can best be addressed by trained counselors who have experience dealing with a variety of personal situations and problems. LifeWorks counselors can provide this service. How do you refer someone without appearing uninterested in them? There are many ways to do this, but one of the easiest is to explain that you care about the person and their situation. Tell them you believe that it would be helpful for them to contact their employee assistance program for opportunities to discuss their problems and receive direction concerning what to do in their situation.

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FOR YOUR **WELL-BEING**

Parents of Teens Survey ... *Importance Of Setting Limits*



Whatever limits parents set, teenagers are certain to push against them and in many cases to transgress them. Yet a recently completed survey titled "Parenting Teenagers: The Agony and the Ecstasy" reveals that current parents of teenagers, parents who recently had teenagers and 20-somethings looking back on their teen years all agree that teenagers need boundaries and accountability in order to feel safe and to develop into mature, responsible adults.

"Particularly striking to us was the way current parents of teens expressed their concerns in life and death terms. They fear their teen won't make it out of their teen years alive," says Sue Blaney, president of Changeworks Publishing, which sponsored the qualitative survey of 559 parents of teens, "veteran" parents and young adults. "But as hard as it is to parent a teenager in today's world, parents who do their best to strike a balance between giving their teen freedom and setting limits are doing the right thing."

Other noteworthy findings in the study:

- Both teens and other parents are critical of parents who take the easy way out -- giving in, giving too much, believing lies.
- Trust is the basis of a good parent-teen relationship. Teens demand trust, yet also recognize they may abuse it. Parents who don't trust deserving teens can seriously damage their relationship.
- Parents need to meet the challenge of communicating with teens who don't want to communicate with parents. It's the parents' role to respond in a calm, adult fashion when teens are upset.
- Parents of teenagers need a strategy to counteract today's cultural messages about drinking, casual sex, driving fast and alcohol/drug use.

"More than a few of the young adults in the survey expressed appreciation for their parents, for keeping them healthy and safe as a teenager," notes Blaney. "Parents, take heart -- teens act angry with you now but thank you later."

- Adapted from eMaxHealth.com

LSS LifeWorks is a 24/7, free and confidential service provided by your employer for the well-being of you and your family.

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