



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**
- **Financial** and legal concerns

You can reach LifeWorks Employee Resource with one simple call.

1.800.577.4727

Remember ...

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

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

FOR YOUR *PEACE OF MIND*

Helping Make Life Work with “One stop shopping ...”

Financial concerns, family relationships, work issues? One life challenge can affect other parts of your life. It can be difficult to know where to begin to find solutions. That's where LifeWorks can help. Call us. We can evaluate your situation and recommend professional help no matter what challenges you and your family are experiencing.

Balance



FOR YOUR *WELL-BEING*

Keeping Your Balance in Challenging Times

When things go wrong, are you quick to get back on your feet or does it take a while to regain your footing?

Resilient people use inner strengths and rebound more quickly from a setback or challenge, whether it's a job loss, an illness or the death of a loved one.

In contrast, people who are less resilient may dwell on problems, become overwhelmed and turn to unhealthy coping mechanisms, such as drinking more alcohol or eating unhealthy foods. They may even be more susceptible to developing mental health problems.

Resilience won't necessarily solve your problems. But better resilience can give you the ability to see past problems, find some enjoyment in life and handle future stressors better. If you aren't as resilient as you'd like, you *can* develop skills to help you get there.



Resilience means adapting to stressful situations

Resilience is the ability to handle stress, adversity, trauma or tragedy. It means that you can remain stable and grounded and can maintain healthy psychological and physical functioning in the face of adversity or chaos.

Resilience allows you to experience temporary disruptions in your life but continue on with daily tasks, remain generally optimistic about life and rebound quickly.

Resilience doesn't mean you ignore feelings of sadness over a loss. Nor does it mean that you always have to be strong and that you can't ask others for support — in fact, being willing to reach out to others is a key component of being resilient. Being resilient means you allow yourself to utilize all of your available resources including employee assistance services.

Resilience can offer protection for you — and your family — against developing such conditions as depression, anxiety or post-traumatic stress disorder.

Actively working to promote your mental well-being and resilience is just as important as protecting yourself from such physical conditions as heart disease and diabetes.

Tips to improving your resilience

- **Get connected.** Build strong, positive relationships with family and friends, who can listen to your concerns and offer support. Volunteer or get involved in your community.

Resilience continued ►

MAKING LIFE WORK FOR YOU & YOUR FAMILY

Q&A

Q: *"It seems that all my 9-year-old son likes to do is sit at the computer. His lifestyle is sedentary and his weight isn't healthy. As concerned parent, especially with summer coming, how should I handle it?"*

A: Try not to use the word "exercise" or ban the use of the computer. Try instead to re-direct his activities.

- *Keep* a stock of items that your child and his friends can get active with: bean-bags, jump ropes, kickballs, hula hoops.
- *Check* out an activity. Many communities offer kid's summer baseball, soccer or craft activities.
- *Sculpt* your approach around your child's natural interests. If your child likes to read, suggest riding a bike to the library to get books. Or research a topic on the internet—gardening, for instance; then plant one together.
- *Plan* a nature walk, skating, swimming, or other activities your child enjoys.
- *Expand* his interests. If your child is a animal-lover, ask him to take the dog for a walk or visit a zoo together.
- *Include* him. If you need something from the store, ask your child to walk there with you.

Remember, children learn from their parents. The more you model being active, the more your kids will learn to be active, too!

CONTINUED ... RESILIENCE

- **Use humor and laughter.** Remaining positive or finding humor in distressing or stressful situations doesn't mean you're in denial. Humor is a helpful coping mechanism.
- **Learn from your experiences.** Recall how you've coped with hardships in the past, either in healthy or unhealthy ways. Build on what worked and avoid what didn't work.
- **Remain hopeful and optimistic.** While you can't change events, look toward the future, even if it's just a glimmer of how things might improve. Find something in each day that signals a change for the better. Expect good results.
- **Take care of yourself.** Tend to your own needs and feelings, both physically and emotionally. This includes participating in activities and hobbies you enjoy, exercising regularly, getting plenty of sleep, and eating well.
- **Accept and anticipate change.** Be flexible. Try not to be so rigid that even minor changes upset you or that you become anxious in the face of uncertainty. Expecting changes to occur makes it easier to adapt to them, tolerate them and even welcome them.
- **Take action.** Don't just wish your problems would go away or try to ignore them. Instead, figure out what needs to be done, make a plan to do it, and then take action.



- **Think well of yourself.** Trust yourself to solve problems and make sound decisions. Nurture your self-confidence and self-esteem so that you feel strong, capable and self-reliant. This will give you a sense of control over events and situations in your life.
 - **Maintain perspective.** Don't compare your situation to somebody else's. Just stay focused on your own situation in the larger context of your own life, and of the world. Keep a long-term perspective and know that your situation can improve if you actively work at it.
- If you've experienced tough times and don't feel like you're as resilient as you would like, consider contacting LifeWorks Employee Resource to talk to a professional about ways you can develop resilience. You might be surprised how much talking to someone even a few times can help you get back on your feet and back in the game. There's no need to wait. LifeWorks is free and totally confidential. It's already in your tool kit so you might as well use it!



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