

fseap

SOLUTIONS

Enthusiasm is Contagious

We all want to work around people who are enthusiastic. Like all attitudes—even negative ones—enthusiasm is contagious. Enthusiasm's ability to buoy others makes it a soft skill valued by employers. You can't fake enthusiasm. So how do you maintain real enthusiasm when stress and job strain rule? Don't see enthusiasm as a temporary state of mind or dependent on others. Instead, recognize enthusiasm as a part of your personality and a resource that helps you cope with stress and positively influence your environment. To stay enthusiastic, develop your passion by pursuing your dreams and ideas. Doing so will build resilience and help you take action early to intervene with factors and influences that could undermine it.



Online Gambling Addiction

In honor of Alcohol Awareness Month, try this one-question quiz: “Have you ever seriously wondered whether you could be an alcoholic or have an alcohol problem?” The emphasis is on the word, “seriously.” Whether your answer is yes or no, make an appointment for a professional assessment. Why? Those without any symptoms of alcoholism never seriously consider this question. Millions of recovering alcoholics and drug addicts have gathered their wisdom over the years in books, resources, self-help groups, and even short quizzes to help those with alcoholism or other drug addictions diagnose themselves. This is one of those quizzes.

Source: www.netaddiction.com

Good for the Heart, Good for the Brain!

If you do a lot of sitting and get little physical exercise, you are naturally at risk for cardiovascular disease, especially if you are over 55. New research shows that within six months of participating in a commonsense, aerobic exercise program you will experience improved cognitive functions—meaning better brain health. These include increased attention span, the ability to stay focused, better decision-making, improved working memory, better planning, and the ability to think with more agility—switching back and forth between tasks you're doing. You have even better returns if you follow a diet of vegetables, fruits, low-fat dairy foods, less salt, and moderate amounts of whole grains, fish, poultry, and nuts. Do you fear losing your mental capacity as you age? Here's your mission: Get moving, and remember, what's good for your heart is good for your brain. (Consult with your medical provider before beginning an exercise program.)



Don't Fear Criticism in the Workplace

It's easier to give criticism than to accept it. However, openness to criticism can help advance your career. This is why the "ability to accept criticism" is frequently a part of performance reviews. Make accepting criticism easier by understanding that defensiveness is like a "mental reflex." It naturally rejects criticism. The key is mastering control over this impulse. Do so by recognizing that everyone feels defensive when criticized. It's inescapable. Recognize also that rejecting criticism and rebuffing others who offer it ensures you will get more of it. Practice being welcoming to criticism. This can feel awkward, but it can help inoculate you against reacting negatively to criticism. The result is personal growth, improved performance, and a growing reputation as an outstanding, approachable worker.



Resolving Relationship Problems at Work

"Alone time" is time engaged in a solitary, uninterrupted, and satisfying behavior or activity that provides you a psychological boost. The goal is feeling refreshed despite a schedule of tightly woven work and home responsibilities. Single parents, caregivers, or those with busy jobs and chain-linked to-dos can find it difficult to schedule regular alone time. It's easy to see alone time as only a "nice-to-have" activity or to avoid it altogether out of fear or guilt. However, alone time is a tool—a resiliency strategy—that can help you manage stress better, increase energy, and provide a positive point in the future to focus on while you are under stress in the present. Alone time improves mood, offers work-life balance, and renews your purpose. See your EAP or a counselor to help you map an alone time strategy so you can reap all the positives it promises for your life.



Stay Pumped about Your New Year's Resolution

It's the ultimate New Year's resolution challenge—staying motivated. Could a counselor or EAP familiar with motivational interviewing techniques help? Motivational interviewing is a counseling technique that does not direct you, but leads you to find the compelling reasons and the big "why" of your goal or resolution so you feel compelled to act. You also explore the roadblocks that interfere with success. A good counselor does not direct, take the wheel, or thrash you into taking action. Instead, motivational interviewing is a team effort to enable you to discover the natural motivation you already possess in order to succeed in attaining what you really want.

