

Spring
2010

Frontline Employee

MIIA Employee Assistance Program

Confidential Counseling

- Addiction
- Anxiety
- Depression
- Family Issues
- Grief/Loss

Resources & Referrals

- Legal
- Financial
- Child Care
- Elder Care
- Work/Life

Stress Management

- Personal Concerns
- Professional Issues

800.451.1834



This issue:

- Calling in “Sick”
- Weight Management and Children
- Detachment Cure for Distracted Driving
- Do Positive Affirmations Really Work?
- Alcohol Awareness Month: Are You Enabling an Alcoholic?
- Don’t Underestimate Sleep Disorders

Calling in “Sick”

Have you phoned in “sick” just to get a day off? One national survey found that 20% of employees have. The most common reason: “I felt stressed and wanted a day off.” Consider phoning your Employee Assistance Program (EAP) the next time the unexpected desire to take off looms. It might be a signal that a personal difficulty or workplace issue needs to be resolved. For example, is it a conflict with a coworker or a supervisor, or a need for better organizing skills to cope with too much work, that is making you feel overwhelmed? What about an argument with a customer, or a workplace experience you need to discuss? Instead of taking a day off for short-term relief, talk to the EAP. It may have a long-term cure.

Source: Kronos Sickness Absence Survey 2010.



Weight Management and Children

Findings from a recent national study suggest that preschool-aged children have a 40% lower risk of obesity if they regularly engage in one or more of three specific household routines: eat dinner as a family five or more days per week, get adequate sleep (10.5 hours average), and limit weekday television viewing to two hours or less. The study is significant because it involved more than 8,000 children, and the results held true for every socioeconomic and ethnic group studied—even for families in which there was a higher risk of obesity.

Source: Ohio State, Research Communications, February 8, 2010.



Detachment Cure for Distracted Driving



Distracted driving is a growing problem, with technology as the leading culprit. It may not be that easy to “just stop it”. You may benefit from learning the art of “detachment.” Detachment does not mean indifference or laziness. Detachment is refusal to respond to an external stimulus (ringing phone or text buzz), and “letting go” in favor of remaining calm, in control, and safe. Proclaim your independence from the “I *must* take this call!” experience, and learn to detach.

Do Positive Affirmations Really Work?

The self-talk technique of repeating an affirming, positive message daily to improve your life can work wonders, say the goal achievement gurus. But there is a right way to do it if you want to increase your chances of success—*be specific*. Rather than repeating a general statement of self-improvement such as “I am becoming a better salesperson every day,” rework your affirmation to be precise, targeting the goal you want to achieve. For example, “I am focused on acquiring new customers every day, and I will become a district sales manager within eighteen months.”

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April is Alcohol Awareness Month

Are You Enabling an Alcoholic?

There is no need to feel embarrassed or ashamed about enabling an alcoholic. It is both the result of and a natural adaptation to the alcoholic's behavior in your relationship. Enabling helps you cope with the disease rather than confront it. Many experts would argue that enabling is almost inescapable, because of the human need to avoid conflict or risk distress in the relationship. Enabling does have a cost, however - it makes it easier for an alcoholic to get sicker. That's because the alcoholic is able to avoid or evade awareness of a problem and consequences that result directly or indirectly from the drinking behavior. Knowing this, you may eventually decide to intervene or motivate your loved one or friend to accept help. Where do you start? You are more likely to succeed if you first take the golden step of understanding and intervening with your enabling pattern. Change that, and you will begin to heal yourself from the effects of the alcoholic relationship and transform the nature of the relationship dramatically and powerfully. Many people use self-help groups to tackle such a challenge. Al-Anon is the oldest form of such help. Any phone book will lead you to the nearest chapter.



**Help is readily available
for anyone concerned
about their own or
someone else's drinking.
A great place to start is the
Employee Assistance Program.**

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Don't Underestimate Sleep Disorders

It's frustrating dozing off at work. Could you be suffering from a sleep disorder? The most common disorders are sleep apnea, narcolepsy, and restless leg syndrome, or RLS. Sleep problems take a big hit on health and workplace productivity. Inadequate sleep has been linked to diabetes, cardiovascular disease, obesity, and depression. Sleep problems are also associated with accidents, absenteeism, lost time on the job, leaving work early to sleep,

oversleeping on breaks and missing work, and tardiness. If you're falling asleep at work, stop pinching yourself awake. Talk to your doctor to find out about sleep study/assessment programs (often part of university medical research programs) and other appropriate treatment.

