

Summer  
2014

# 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**

To take a free,  
anonymous mental  
health screening,  
go to:

[www.mentalhealthscreening.org/screening/miia Wellness](http://www.mentalhealthscreening.org/screening/miia Wellness)



### This issue:

- Go Ahead, Admit You're Wrong
- Is Social Media Controlling You?
- Positive Memories Mean More Exercise
- Domestic Abuse: At Least Tell a Friend
- 2014 Consumer Action Handbook

## Go Ahead, Admit You're Wrong

**WRONG  
WAY  
GO BACK**

If you have a reputation for a reluctance to admit you're wrong, a few insights can motivate you to improve this acquired skill. You'll also enhance your workplace relationships in the process. The key to this seemingly impossible task is recognizing the benefits you will derive from it. Admitting you're wrong when necessary demonstrates guts and a willingness to be vulnerable. Practicing the skill also demonstrates high self-esteem and lack of a need to cling to something to protect yourself from an imaginary fear. Those in supervisory or management roles will instantly recognize your capacity for being a team player. No one likes to admit they are wrong, but those who can do so with class are recognized as valuable workers and desirable work partners. They can also be counted on to be better communicators. Admitting you're wrong facilitates the willingness of others to be equally open and forgiving, all of which contributes to the creation of better problem-solving scenarios and the accomplishment of the mission in your workplace.

## Is Social Media Controlling You?

Are social networking utilities like Facebook and digital communication tools like texting leading users to experience a phenomenon called "social distancing"? Social distancing is detachment, resistance, or avoidance of traditional forms of human personal interaction like using the phone or talking face-to-face. Social media can make it easier and more convenient to avoid listening, interacting with nonverbal cues, processing feelings, interpreting voice tone, and engaging in other aspects and features of human communication. As you see people, especially younger generations, depend more on social media, you may wonder if social distancing is something that affects you or others you know. Here's the fix: Think about choices when communicating with others in relationships you value at work and elsewhere. Decide first what form of communication will enhance your relationship, not just how the "data" should be "transmitted." Think about how to control technology to help prevent it from controlling you.



Source: <http://washington.cbslocal.com>  
(Search "social distancing")

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## Positive Memories Mean More Exercise



New research from the University of New Hampshire shows that a positive memory about exercise increases the likelihood that you will repeat the exercise. This new research is presented in the recent

article “Using memories to motivate future behavior: An experimental exercise intervention” in the journal *Memory*. Researchers examined the effects of remembering past exercise experiences on subsequent exercise intentions and behaviors. They found that subjects who remembered a positive exercise memory reported significantly higher levels of subsequent exercise than those who were not asked to recall a memory about exercise. Use this research outcome to help you stay motivated to keep moving: find the fun element in your exercise routine!

Source: [www.unh.edu](http://www.unh.edu)  
(Search bar: “Positive Exercise”)

## 2014 Consumer Action Handbook

It’s 148 pages, free, and available in English or Spanish—it’s the 2014 USA Consumer Information Handbook published by the federal government. The Handbook is packed with extensive help, tips, and resources for consumers. Read about your rights if you are stuck in a plane on a tarmac for too long. Read the Consumer Bill of Rights for Cruise Lines.

See an example of the perfect consumer complaint letter. Find a ton of practical tools and tips on everything from auto insurance to wills. To download, go to [www.usa.gov](http://www.usa.gov) and search for “consumer action handbook”.

## Domestic Abuse: At Least Tell a Friend



Few people in domestic relationships take action the moment they realize they are

being abused. Even if physically assaulted, victims may struggle to understand the cause, and may analyze circumstances and take a wait-and-see approach. Some victims blame themselves. Others feel ashamed and convince themselves they deserved it. Years may pass before a victim reaches out. If this sounds familiar, break the silence. At least tell a close friend. Don’t keep it a secret or exert effort to draw away suspicion that you’re in trouble and feel trapped. Experience shows that breaking this silence is the first step, which can lead you to the next step: getting help from resources standing by and ready to help, like your EAP, hotlines, safe shelters, or the police—any of which could save your life.

