

Health**Advocate**@yourservice

# Real-Life Help

Assistance and resources for personal, family and work issues



Monthly Webinar • Tuesday, May 20th



## Facing a Transition? Tips to Get You Through

Life is full of transitions, and even those that are voluntary like changing jobs or becoming a parent can be stressful. One of the most important things you can do to make the adjustment easier is to reach out to others—even online.

A recent study found that using computer-based social support is a proven way to reduce transitional stress. For example, turning to an online parenting group can help ease the uncertainty about your newborn's sleeping patterns. Another benefit of online social networks is they're always available! While it doesn't take the place of offline relationships, building online social ties can help you get through a life change. Read on for more tips to handle the stress of common life transitions.

**Remember, you can always turn to your EAP+Work/Life program for help with personal, family and work concerns.**

*[Source: University of Utah, 2013]*

## Life Upset Your Balance? Stay Steady

Life changes can turn your reality upside down. Here are some suggestions for staying on your feet as you transition to your new situation:

- **Learn to let go of what you can't control.** And take action in those areas where you do have control.
- **Maintain self-care strategies.** This includes a healthy diet, getting proper rest and exercise, and using stress management strategies, such as meditation.
- **Establish short-term goals.** Working towards a goal helps minimize uncertainty and provides some level of accomplishment.
- **Use positive and rational self-talk.** Positive emotions build your resiliency strengths. Negative self-talk limits and weakens your resiliency.
- **Tap into a network of personal and professional relationships.** This support can help you deal with challenges, maintain a broad perspective, and achieve your goals.
- **Recall how you handled past transitions.** Draw on the inner strength you demonstrated to help you get through current changes.

**Remember, your EAP+Work/Life program can help with stress-related issues.**



## Job Changes? 4 Coping Tips

Your company's reorganization has shuffled jobs suddenly, and your duties have changed dramatically. These tips can help you regain balance and dispel any initial feelings of resentment or disorientation:

- **Reach out.** The person who previously held the position can advise you on how to handle your new job. Or ask advice from an experienced staff member.
- **Take on one aspect at a time.** Initially, focus on the parts of the job that you are most comfortable doing.
- **See it as skill-building.** Your new challenges might take your career in a new, exciting direction.
- **Keep a perspective on your priorities.** When you factor in family, friends and hobbies, your daunting new job description will be less overwhelming.

For job concerns, consult your **EAP+Work/Life** program.



## Monthly Webinar

Tuesday, May 20th  
12 pm and 2 pm ET

### “Home Alone: When Kids Outgrow Child Care”

Learn the signs for readiness, general laws around self-care, and other options for care as children grow and become more independent.

You can register at  
[HealthAdvocate.com/members](http://HealthAdvocate.com/members)

- Enter the name of your organization and click “Submit”
- Click on the umbrella icon at the bottom of the page under “EAP+Work/Life”
- Click “Online Services”
- Scroll to online seminars, choose “Home Alone: When Kids Outgrow Child Care”
- Select your registration session
- Click “Register” on the “Welcome to e-learning center” page
- Enter your name, other information and click submit

\*Please note: Webinars are available only in English.

## Surviving Teen Independence

Your sweet son or daughter has started wearing outrageous clothes, gets easily emotional, and spouts opinions on everything. Here's how to survive the teen years, stay connected and be supportive of your child on the bumpy road to independent adulthood:

**Understand their mind-set.** Read books about typical teen behavior and the challenges youth face today. Watch the movies and listen to the music they favor.

**Give them space to express themselves.** Think back. Remember that weird hairstyle you tried out years ago? Or the posters you hung in your room?

**Respect their privacy.** Unless you suspect a dangerous situation, don't lurk during their conversations or check their text messages.

**Set rules and consequences.** This includes internet use, curfews, reporting their whereabouts, and what happens when the rules are broken. Be sure you have “the talk” about sex, drugs and alcohol—and the earlier, the better.

**Parenting issues? Turn to your EAP+Work/Life program.**

# Health Advocacy Plus EAP+ Work/Life Program



## Health Advocacy

Your Personal Health Advocate can help untangle medical bills, find qualified doctors, locate eldercare services and much more.

## EAP+Work/Life Program

Talk to a Licensed Professional Counselor to learn coping skills. You may be referred to the appropriate professional for in-depth, long-term help.

Use self-search provider databases, get 4,000 updated and authoritative articles, view video clips, attend monthly online seminars and more.

**Just call  
866.799.2728**



# Your Health Advocate Member Website is Available 24/7

## Online Health Information on Demand

Your Health Advocate member website is packed with important information about your Health Advocate benefit. For example, you can download our “Get Started Guide” to better understand the program, or watch our member video.

You’ll also have access to articles about a variety of health and wellness topics.

To read the articles, just visit the “Health Information” icon on your Health Advocate member website.



To see the articles, go to:

- [HealthAdvocate.com/members](http://HealthAdvocate.com/members)
- Click on the “Health Information” icon



## Need Long-Distance Help?

### Call Us

Mom and Dad moved south years ago, and now they need help with healthcare issues. Take heart. Your Personal Health Advocate can help in the following ways:

- Find local doctors accepting Medicare, help make their appointments
- Facilitate the transfer of any necessary medical records
- Research conditions and treatments
- Give cost estimates for medical procedures, facilities and doctors in their area
- Sort out medical billing issues

**Remember...** you and your eligible family members can call your Personal Health Advocate for help with a full range of healthcare and insurance-related issues.



## Help is Just a Phone Call Away



**866.799.2728**

[HealthAdvocate.com/members](http://HealthAdvocate.com/members)



Download our **NEW** SmartPhone App

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Plus, access Health Cost Estimator™

**HealthAdvocate™**  
Always at your side

