

# fseap SOLUTIONS

## Getting Your Work-Life Groove Back

Commuting to work comes with boundaries between work and home that can make work-life balance a little easier. If you're a remote worker, you have to set your own boundaries. It may not be so easy. A natural urgency to complete work or return to work may be ever-present. This dynamic can cause you to postpone "until tomorrow" things you would otherwise enjoy doing. This pattern then repeats. If the "always on" lifestyle is undermining work-life balance, your first awareness will be boredom and frustration at your lack of leisure or engaging recreational pursuits. Identify and use this awareness to plan and engage social, recreational, family, and leisure activities. Change the scenery and shake things up. You'll discover more energy and excitement for your job and a more complete sense of self.



## New Calorie Restriction Diet Rage

Beyond losing weight, calorie-restricting diets done safely may improve longevity and memory, lessen inflammation, and even fight GI infections. Like most weight loss programs and diets, there are cautions worth knowing about. One study reported that some participants mismanaged their eating routine and had health problems like anemia and bone loss. Some dieters have gone too far, too fast with calorie restriction (crash dieting) and experienced kidney damage, abnormal heart rate, dehydration, and electrolyte imbalances. Ensure that you receive proper guidance. Consult a registered dietician through your EAP to get accurate information, and speak with your doctor so that they understand your goals and can monitor your health needs along the way. You are more likely to gain the benefits, reduce risk, have better accountability, and maybe keep the lost weight off for good.

Learn more: [www.ncbi.nlm.nih.gov/pmc/articles/PMC5315691](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5315691)



## Don't Let Legal Matters Intimidate You

Are legal worries keep you up at night? Sometimes, it can be hard to know where to turn for legal advice. Accessing the right lawyer can be intimidating and stressful. Your EFAP benefit can help! FSEAP's Legal Referral service connects clients with practicing lawyers skilled in their areas of need for a 30-minute telephone or in-person consultation. Lawyers are available to guide in matters of civil, family, motor vehicle, wills and estates, real estate, immigration, and criminal law. Should you elect to retain the lawyer to whom you were referred, a discount of up to 25% on fees is offered. Call your EAP account manager to access legal referrals and advisory services.



## Doing a Great Reset as a Couple

When you met, you saw each other as special, amazing, and wonderful, but has your relationship lost pizzazz? Overcoming monotony can be a challenge but is doable. Yes, it feels awkward at first, and vulnerability will be required, but what works is working with a couples therapist who “feels right.” Communication habits; trust; fear of getting hurt, or even embarrassed or rejected; sexual issues; resentments built from arguing; and health issues may need troubleshooting. Couples therapy can work, but your desire to try is key. Start by calling your EAP to arrange an initial meeting with a therapist to help you zero in on the issues. Having the guidance of a clinician can help you to work through problems and paint a picture of a brighter future together as a couple. You might be surprised that this process can even be exciting!



## Stress Awareness Month: Psychological Effects of War

Many people have been affected by the stress of the Ukraine war. There are at least five current wars and over 50 armed conflicts active in the world. The Syrian war includes 600,000 deaths. It's difficult to imagine the trauma that victims experience. Helplessness, anxiety, and fear can affect anyone with a personal history of war trauma or any life-threatening event. Be mindful of overexposure to war news. Videos, feeds, news, and social media are as close as your smartphone. Be cautious about accepting any story as immediately true. Disinformation, or “psyops,” is used in war routinely to manipulate emotions, and you can be affected unnecessarily. Take care of yourself with positive health practices and stress management exercises. If you have a family member such as a child emotionally affected by war news, don't discourage them from “thinking about it.” Encourage they share their feelings and help them (process) their reaction. Then discuss ways to cope with the stress. (Empathy is a healing force that helps put strong emotions in their place.) If you are from a war-torn country, came from one nearby, or have friends and family who are there right now, your reaction can be especially distressful. But every person has a different coping style for severe stress or trauma. Don't judge yourself or others for having different emotional reactions to traumatic events. Reach out to your EAP for support. It's the best first step to winning over stress.

Source: [www.medicalnewstoday.com/articles/how-to-talk-to-loved-ones-about-ukraine-stressful-news](http://www.medicalnewstoday.com/articles/how-to-talk-to-loved-ones-about-ukraine-stressful-news).

## You're a Sales Representative (No Matter What You Do)

“Every employee is a salesperson.” It's a motto in many companies. Phrases like “Answer the phone with a smile” may sound tiresome, but delve more deeply. These are attitude adjusters. They help manage stress. Any position could, someday, somehow, come directly in contact with a customer. Most employees know this and respond accordingly, but living with a positive attitude is an acquired life skill. One distasteful or less-than-stellar customer experience is sometimes all it takes to set in motion stressful communication and a bad day, so it makes sense to put your best attitude forward. Try it for a day. You may discover that a purposeful and positive engaging style is a key to enjoying your job more.

