

# Solutions

Volume 4, 2024

## Stress Awareness Month: Counselling for Stress Management?

Despite the many stress management tips that exist, not everyone can decide which ones will work best or how to apply them consistently for the desired impact. This is where professional counselling can help. Consider seeking support when faced with persistent, overwhelming stress that you believe interferes with your daily functioning. Physical symptoms of stress like headaches, gastrointestinal issues, or consistent sleep problems are also indicators that it is time to seek support. Typically, when stress is unmanageable, it will negatively affect your relationships with your family, friends, and colleagues. Based on the signs mentioned above, it may be beneficial to reach out to your company's Employee Assistance Program (EAP) or seek additional support and resources. Doing so can provide you with the necessary help and tools, including lifelong skills, to better manage stress both now and in the future.

## What a Small Garden Can Do for Wellness

Spring is the perfect time to explore gardening—for both fresh produce and enhanced well-being. You can start with a single pot or a square foot of space, and with a bit of sunlight seize this wellness opportunity to help manage stress. Gardening promotes relaxation, relieves tension, enhances mood, improves emotional well-being, encourages mindfulness, and gives you a sense of grounding, connection to world around you, awe of nature, and achievement. A larger garden will give you loads of exercise, too. Start today—a handful of seeds is only a couple of bucks!

Resource: "Square-Foot Gardening: A Beginner's Guide" Mel Bartholomew



## Overcome Resistance and Achieve More with Micro Habits

Micro habits are tiny, easily achievable actions linked to goals seamlessly integrated into daily routines. They circumvent resistance to change, offering a pathway past the intimidation of large goals that can keep us from what we desire most. Micro habits wield significant influence due to their cumulative impact. It starts with small manageable tasks. Resistance is almost nil. These behaviors then foster discipline and momentum. And this paves the way for larger successes. For instance, one daily pushup may seem trivial, but starting with just one and gradually adding more can evolve into a robust exercise routine over time. Delve deeper into this potentially life-changing strategy by reading "The Power of Tiny Wins: Building Success Through Micro Habits" (2024).



## Avoid Couple Troubles Over Money

Money troubles among couples are common, but resolving them is possible. Tips for couples: 1) Communicate openly and honestly about financial goals, spending habits, and values to reduce misunderstandings and disagreements. 2) Set specific, achievable financial goals together so you work toward a common financial future. 3) Avoid resentment and imbalance in your relationship caused by unequal contributions to your shared financial responsibilities. 4) Few things will cause more stress than debt, so create a budget and stick to it to avoid overspending. (Many couples attempt this task, but they are undermined by not starting first with #1 above.) 5) Avoid secrets or hiding financial information. Money has a powerful impact. Don't underestimate it. Secrets can erode the essential trust needed to make your relationship thrive. 6) Turn to expert sources to help guide your financial future.

Learn more: <https://www.investopedia.com/articles/pf/09/marriage-killing-money-issues.asp>

## Understanding Alcohol's Impact on Health Beyond the Hangover

Acetaldehyde is a toxic substance produced by your liver when alcohol is metabolized (and is a main contributor to a hangover). But acetaldehyde is also considered a carcinogen. The Centers for Disease Control and Prevention notes that consuming three or more alcoholic drinks daily raises the risk of stomach and pancreatic cancers, but heavy alcohol use is also a risk factor for cancers of the head and neck (mouth, throat, and voice box), liver, colon, rectum, and breast! Strong suspicions are associated with prostate cancer as well. Is addressing a potential alcohol use disorder a priority for you? Begin with a free, confidential assessment through your EAP or consult with a professional treatment provider. Learn more at [www.cdc.gov](http://www.cdc.gov) (search "alcohol and cancer").

## Financial Coaching and Credit Counselling

It's tax season again. Beat the stress of organizing your finances and let us help you get organized for the fiscal year ahead. FSEAP's Financial Coaching and Credit Counselling service offers consultations with CPAs and Certified Credit Counsellors to provide advice on preparing for taxes, accounting, budgeting, setting financial goals, and debt management.

FSEAP clients have two options based on their needs. Financial Counselling offers ongoing financial and personal support, while Financial Consultation can provide quick, practical answers to common financial questions and concerns.

Counselling is available both in person and by phone, while a 45-minute Financial Consultation is just a phone call away.

Take control of your financial future today. Contact your EAP provider to get started.

