



Feeling Singled Out at Work?

A common complaint among employees is feeling singled out at work—more scrutiny, negative feedback, more work, and higher expectations than asked of peers. This experience is stressful and can leave you uncertain about your future.

The good news is there are constructive ways to navigate it, leading to a better relationship with your supervisor.

Experience shows these steps work best:

- 1) Give yourself permission to consider whether any feedback, however uncomfortable, might be useful. This can be difficult because when you feel attacked, the tendency is to defend yourself rather than consider the other person's point.
- 2) Request a calm, private one-on-one with your supervisor to clarify expectations.
- 3) Talk to a trusted coworker who can offer an honest outside opinion.
- 4) Meet or speak with the EAP. They can help you sort through issues, stay objective, and prepare for a productive conversation with your supervisor.

Communication Habits That Backfire

Communication habits cause many problems at work. The following are infamous for creating conflict and regret and contributing to a less-than-positive workplace. Do you recognize them?

- 1) Responding to an email when you're angry. Typing that pithy reply feels like a release when you are doing it, but experience shows it's better to draft it, save it, and then sleep on it.
- 2) Copying your boss's boss on an email to expose your supervisor or make a point. Trying to gain leverage through a next-level manager often backfires. Most leaders see it as manipulation or an attempt to undermine authority, and your reputation can suffer regardless of the concern.
- 3) Going silent when you can't make a promised deadline. When a deadline slips, don't make people wonder—give a heads-up early rather than making them wonder what's going on.
- 4) Being more selective with the phrase "That's not my job."

Remember: Even if it isn't your job, people may remember your response long after the task is forgotten. [Learn more.](#)



Men's Health Month: Unhealthy Habits that Hurt Men Later

Guys, your body won't let you forget unhealthy habits formed in younger years. Later in life, men often regret earlier health choices. 1) Don't ignore routine medical check-ups. Thinking "no symptoms, no problems" can shorten your life. Many conditions—including high blood pressure, diabetes, high cholesterol, coronary artery disease, and liver disease—have few early signs. These can damage your body for years even while you're feeling fine. 2) Don't ignore sleep issues or chronically sacrifice sleep. It can lead to weight gain, memory problems, faster aging, and heart issues. 3) Build habits for managing stress now. Denying or internalizing stress creates irritability, fatigue, anxiety, unhealthy coping, and relationship strain. 4) Don't ignore exercise. It helps fight disease, depression, and declining energy, but it gets harder to start over time. 5) Watch poor eating habits. Convenience foods and large portions add up and contribute to long-term health problems.

Ghosting and the Workplace

Making a strong first impression matters if you are a new employee. Ghosting means ending contact without explanation, especially when future communication was expected. Although often linked to dating, ghosting happens at work. Employees may ghost customers, coworkers, emails, or difficult conversations. Have you been a ghoster or the ghostee? Research suggests that 75% of people have ghosted or been ghosted. The person ghosted often experiences confusion, self-doubt, and anguish.

Many view ghosting as psychological mistreatment. People remember who follows through and who disappears. Consequently, ghosting can damage reputations and opportunities. If you ghost others, it may cause others to see you as unreliable. Fear, immaturity, low empathy, poor communication skills, conflict avoidance, and a culture with less social accountability may contribute. If disappearing feels easier than facing an unpleasant interaction, consider how the EAP can help. [Learn more.](#)



A Focus on Health and Wellness

June is the perfect time to refocus on health and wellness as we celebrate Health and Fitness Day. With warmer weather and longer days, summer offers more opportunities to stay active, recharge, and build healthy habits that support both physical and mental well-being.

Simple changes can make a big impact. Taking a walk during lunch, staying hydrated, stretching throughout the day, or choosing outdoor activities with family and friends can all help increase energy, reduce stress, and improve overall health. Prioritizing movement and self-care doesn't have to mean drastic changes — consistency is what matters most.

Remember, wellness looks different for everyone. Whether your goal is improving fitness, managing stress, eating healthier, or creating a better work-life balance, support is available to help you succeed.

This month, take the first step toward a healthier summer. Reach out to our Health Coaching services through your EAP for personalized guidance, motivation, and practical tools to help you achieve your wellness goals.

