Life Challenges

A Positive Attitude Can Help You Be Resilient

Bouncing back from difficult challenges, changes and stressful situations is a key skill. Though you can’t often control what happens to you, you can control how you react to life’s events. Developing a positive attitude can definitely help you bounce back better. Consider these tips on being resilient:

*Your attitude is up to you.* With a conscious effort, you can change a negative thought or attitude into a positive. Try turning off the negative, and instead visualize positive outcomes.

*Stop a bad day in its tracks.* Just because you woke up on the wrong side of the bed doesn’t mean your entire day is ruined. Sometimes the roughest of starts can lead to unexpected triumphs.

*Focus on positive friendships.* The company you keep can influence your attitude, so try to steer clear of negative people or situations.

*Find a hobby.* It’s important to have an enjoyable activity that helps you relax and disengage from the day’s challenges. Don’t know what you like? Try a variety of activities and events.

*Get out of a rut.* If you feel like something is missing from your life, you may just need to try something new. Also take a look at your life to see if something needs to be cut.

*Be good to yourself.* Make sure you eat well and get enough rest. These can be the foundation for a better attitude.

During the third quarter of 2012, we are focusing on the theme of Stress Management. This issue focuses on learning how to be more resilient in dealing with changes in life and at work.

Do you have questions about how you and your family can better deal with stress? If so, you can visit www.Here4TN.com anytime for ideas, tools and resources. A brief video on the home page highlights the many ParTNers EAP resources available to you.

Or you can call 1.855.Here4TN (1.855.437.3486) to speak confidentially with a caring professional who can offer you practical, solutions-focused counseling.

Visit www.Here4TN.com now!
Coping with Life’s Changes

We all experience change every day—from common annoyances like navigating an unexpected construction detour on the way to work, to life altering events like the loss of a loved one. Though we can always expect to see changes in our lives, sometimes we don’t get much advance warning.

The funny thing is, it doesn’t matter if we perceive the change to be good (a job promotion) or we perceive the change to be bad (the ending of a relationship)—we will experience similar levels of stress. If we are unable to minimize the stress, we can be at risk for developing mental, health, or substance abuse problems.

Dealing with change can be made easier if we are open to the occurrence of it. Here are some tips for dealing with life’s changes:

Manage the stress brought about by a change. Change and stress go hand-in-hand. Practice relaxation techniques, meditate, or use other stress-reducing tactics in order to keep stress in check.

Develop a plan. Proactively planning ways to handle change will lessen the affect it has on your life. Focusing on specific aspects of a change that are in your control makes the change easier to handle.

Practice adapting. Get into the habit of adapting to new things. You can start off small by taking an unfamiliar route to work or reading a book about a subject you know little about. Activities such as these will make it easier for you to adapt to a change once it occurs.

Learn to enjoy change. Adopting a positive outlook about change will make it that much easier to handle when it occurs. Instead of thinking about change in a negative way, why not look at change as a way of keeping your life fresh and interesting?

Talk about it. Don’t keep feelings of depression and stress bottled-up inside. Talk to someone you trust and feel comfortable with. Talking about what you’re going through can help. Call or go online today to connect with your ParTNers EAP.

Challenging Change in the Workplace

Change is constant in today’s fast-paced world. Workplace change can include relocation, reorganization, changes in staffing and responsibilities, and new technologies and procedures.

No matter what kind of workplace changes you’re facing, it is natural to experience a range of confusing feelings. Following are some suggestions to help you adjust and manage workplace change:

• Be patient with yourself. Allow yourself to be upset, worried or sad at first. Remember that growth almost always comes with discomfort.

• Look closely if you’re resisting workplace changes. What’s beneath your resistance? Is it just fear of the unknown?

• Reach out to others. Discuss your feelings with supportive coworkers, friends and family.

• Remember past coping techniques. Try to recall and reuse strategies that helped you deal with prior workplace changes.

• Keep doing good work. If you stay on task during a workplace change, it can position you well in the organization.

• Let go of the past. Keep moving forward. Prepare yourself with a positive attitude and new skills.

• Recognize opportunities. Although things may be chaotic at first, some new possibilities may await you within the changing organization.

Embracing Change

Flexibility is an essential part of resilience. By learning how to be more adaptable, you’ll be better equipped to respond when faced with a life crisis. Resilient people often utilize these events as an opportunity to branch out in new directions. While some people may be crushed by abrupt changes, highly resilient individuals are able to adapt and thrive.
Self-Help Tips to Beat Stress

Stress is a natural part of everyday life. Left unchecked it can cause physical, emotional and behavioral disorders that can affect your health, vitality and peace of mind. It can also impact your personal and professional relationships.

Because of smartphones, texting and the Internet, it has become more difficult these days to switch off the stressors of work and focus on personal priorities. That is why it’s so important to manage your stress so you can be at your best at home and at work.

Consider the following suggestions for reducing or controlling stress:

- **Be realistic.** If you feel overwhelmed by some activities, learn to say NO!
- **Shed the “superperson” urge.** No one is perfect, so don’t expect perfection from yourself or others.
- **Meditate.** Take ten or twenty minutes to still all the motion in your mind and life.
- **Visualize positive outcomes.** If you’re dealing with a stressful situation, try to isolate it and plan for how you can manage it more successfully.
- **Take one thing at a time.** Prioritize your tasks and tackle each one separately.
- **Take breaks if possible.** Stay productive by taking a minute or two at different times throughout your day to stand up, stretch, breathe deeply and shake off tension.
- **Turn off and cool out.** When you come home from work, try to make a clean break from the day’s electronic communications.
- **Live a healthy lifestyle.** This includes good nutrition, adequate rest, regular exercise, limited caffeine and alcohol, and balanced work and play.
- **Share your feelings.** Stay in touch and share ideas with family and friends. Don’t try to cope with complex situations by yourself.
- **Go easy with criticism.** You may be expecting too much.
- **Seek help.** If you’re not sure what to do and could use some advice, your ParTNers EAP offers confidential face-to-face or telephonic counseling at no charge to you.

Log on to [www.Here4TN.com](http://www.Here4TN.com) to access resources to support you and your family. Here are a few things you may check out online:

- **Member Orientation video:** Learn more about what ParTNers EAP has to offer.
- **Member training courses and Self-assessments:** Self-paced instruction on topics such as orientation to your EAP, stress and change management, substance abuse, and wellness.
- **Webinars:** Online seminars (live or pre-recorded) on many topics including depression, caregiving, financial management, stress, relationships and work-life balance.
- **Medication area:** Learn about your medicines and potential drug interactions.
- **Find a provider:** Locate an EAP or behavioral health provider in your area.
- **Work-life tools:** Extensive information and local resources for child care and parenting, pregnancy and adoption, adult care and aging, education, relocation services, legal and financial consultation, and much more.
- **Discount center:** Providing you with access to discounts on millions of products and services.