



FrontLine Employee

Wellness, Productivity, & You!

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Stopping the Water Worries

Feeling guilty for not drinking those “eight, tall glasses” of water a day? Relax. Although your body needs about eight cups of water a day, and a bit more depending on your metabolism and activity level, 10% of the water you use comes from normal body digestive processes, and about half comes from the foods you eat daily. Drinking water has health benefits, especially if you are burning energy, are under stress, or have lost sleep. Water speeds the metabolism, can suppress the appetite, and helps burn more calories. Watch the color of your urine. If it’s relatively clear, relax, you are consuming enough water.



Coaching: Not Just for Athletes

Coaching is a fast-growing occupation that involves assisting persons in making challenging life planning decisions. Coaching is consulting and guidance by a knowledgeable expert that enables the client to clarify any goal, create an action plan, and receive support to follow through with that plan. Coaching is not psychological counseling, but can come close to it depending on the goal pursued. You should examine the qualifications of any coach, because the field is unregulated. You can find a coach for virtually anything, including financial freedom, relationship success, health and fitness, personal organization, even publishing. Many licensed mental health professionals are beginning to offer coaching services. Talk to the EAP about your goal.

Switching Therapists?

Making a decision to see a mental health professional is a big step, so a decision to stop therapy should be as thoughtful. But what if a therapist doesn’t seem like the right one for you? Rule #1: Talk to the EAP. Avoid terminating therapy because of a difficult relationship with a therapist by remembering: 1) not all therapists are alike and 2) don’t blame yourself first! In other words, the therapist’s style and your own may not match. Effective counseling depends on the skills of the therapist *and* the working relationship the therapist helps establish.

Smiling E-Mails

Follow these rules to keep from sending the wrong E-mail message:

- 1) Be careful about innuendo, wit, and sarcasm in E-mails; they are easily misinterpreted.
- 2) If you sense a negative emotional message in an E-mail, check it out with the sender.
- 3) Begin your E-mails with the tone you wish to set. Starting an E-mail with a greeting such as, “Thank you for your reply” stimulates a receptive attitude on the part of the reader. This helps prevent misinterpretation of text.



Gambling Addiction

Out-of-control gambling (pathological gambling) is a debilitating, life-changing addiction. So severe is this compulsion that a hospital might be necessary to treat a gambler's depression and uncontrollable behavior. Helping pathological gamblers break their denial pattern is a critical first step. Here are the first 10 of 20 diagnostic questions from Gamblers Anonymous. Call the EAP if you answer "yes" to more than two. The EAP can help you learn more.

Questions about gambling . . .

1. Have you ever lost time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Has gambling affected your reputation?
4. Have you ever felt remorse after gambling?
5. Have you ever gambled to get money to pay debts or solve financial difficulties?
6. Has gambling caused a decrease in your ambition or efficiency in living?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win, did you feel a strong urge to return and win more?
9. Have you often gambled until your last dollar was gone?
10. Have you ever borrowed to finance your gambling?

Source: Gamblers Anonymous

Can Feet Get Carpal Tunnel?



Not exactly, but it's similar. Dr. Harold Schoenhaus, president of the American College of Foot and Ankle Surgeons, says that restaurant staffers and other workers who are on their feet a great deal are very susceptible to tarsal tunnel syndrome. Symptoms include a sharp, shooting, or burning pain with possible tingling sensations in the feet. Schoenhaus cautions that these symptoms shouldn't be confused with those associated with spurs, bone growths that can inflame tissue on the bottom of the foot. "Standing on your feet for extensive periods of time — six or more hours — compresses the tunnel that carries nerves and blood vessels," Schoenhaus explains. "Therefore, the pain is like taking a nerve and squeezing it. When you feel that pain, see a physician right away."

Get Thumbs-Up from Nursing Home Patients

When picking a nursing home or assisted-living facility for a parent, the top recommendation is ask the customer! Here are key interview questions for patients: What is the best thing about this nursing home? What is the worst thing about this nursing home? Are you glad you chose this nursing home? Is the staff helpful and caring? Are medications provided on time? What happens when you voice a complaint or concern? Do you attend meetings with family members to discuss your care? Were you involved in choosing your own room and roommate? Is the food good and do you get enough to eat? Have you ever had missing possessions? Does each shift have enough help? Does the staff treat you with respect and dignity? How often do they check on you when you are in your room? Do you attend and enjoy the nursing home activities?

Stress Tips From the Field

There's a stress reliever right under your chin — controlled breathing. Notice your breathing pattern right now. If you are like most people, you are breathing with a shallow breath at rest using the top couple inches of your lungs. Now, take a much deeper, slower breath... notice the relaxing effect. The way you breathe can help you manage stress. Try this: Get a colored sticker and write the word "breathe" on it. A file label will do. Place it out of your direct line of sight, but still noticeable in your work area. Let it remind you during the day to practice this stress-relieving technique.