When Change Comes, Will You Adapt?

If “the only thing certain is change,” then a vital life skill is the ability to adapt. Change can come fast, so develop this teachable life skill.

Start by asking yourself some questions:

1. When sudden and unexpected change happens, do you quickly consider healthy actions in order to adapt to it with as little delay as possible?

2. Are you willing to be flexible in the choice of actions you must take? (The best choice may not be the easiest or the least stressful in the short run.)

3. Do you decide what you want from the change, which could be something entirely different, and not previously considered, in your life? (This puts you in control of the impact change has on your life, so you are less likely to be a victim of it. As the saying goes, “Make lemonade from lemons.”)

4. Do you plan ahead (think upstream) about strategies for coping with change so you can better skirt the rapids when they appear?

5. Do you strengthen and invest in yourself—build relationships, understand effective communication, attend to personal finance and retirement planning, and nurture your physical, emotional, and spiritual selves?

With change comes anxiety and trepidation, but if you are prepared, you will see the opportunities, reduce fear, and feel more certain about adapting to it.

Beware of Income Tax Scams

Beware of income tax scams. Here is one: The caller claims to represent the IRS and knows your name, phone number, street address, and possibly the last four digits of your Social Security number. The thief gives you his or her name and employee ID, and a “case number.” (Fact: Real IRS officials also identify themselves this way.) The caller says your income taxes from three years ago are in error. A warrant for your arrest has been issued. You are then asked to pay the overdue amount by wire transfer or credit card to have the warrant canceled. (Fact: The IRS will not ask you for a credit card over the phone.)

Source: IRS.gov [search “tax scams”]
How to Interrupt Impulse Eating

If you often peek in the refrigerator when not really hungry—just to check out what’s going on in there—then you might be keeping on extra pounds because of impulse eating. Experts say you could lose up to ten pounds a month by getting a handle on this practice. Impulse eating is not the same as compulsive eating (which is associated with eating disorders). Impulse eating has triggers: boredom, a TV commercial break, snacks in easy reach, late-night hunger, or even too big a plate. To intervene in impulse eating, keep a diary for a week. It will stir your motivation to make corrections. Then start making rules for the triggers you spot. Develop a complete strategy, and see how much weight you can lose by learning more. Read “Mindless Eating: Why We Eat More Than We Think” by Brian Wansink. You can find a used copy online for less than a buck!

What Parents Need to Know about Adderall Abuse

Adderall is a stimulant (amphetamine) used primarily to treat attention deficit hyperactivity disorder (ADHD). A 2016 report from Johns Hopkins University shows a continual increase in Adderall abuse by young people (ages 18 to 25) despite a decrease in the total number of prescriptions nationwide. Abuse of Adderall typically originates with medication being stolen or illicitly given to others. Although Adderall is rarely addictive for those who legitimately use it with a prescription, its addiction potential is explained by larger doses typically used by abusers. Serious cardiovascular side effects including stroke come with Adderall abuse, and so does the risk of depression, bipolar disorder, and aggressive or hostile behavior. Is Adderall “disappearing” from your home?

Source: http://www.jhsph.edu [search “news,” then “Adderall misuse”]

Why Not Discuss Politics at Work?

Discussing politics at work usually creates tension and discord among coworkers. You may feel passionate about free expression, but maintaining harmony and avoiding conflict with workplace colleagues are more important. Another downside to discussing politics may be the questioning of your propriety, your judgment, and your ability to fulfill a leadership role. Today’s workplace requires that everyone value diversity so workers are free to maximize their potential in an atmosphere that is safe, supportive, and welcoming. Discussing politics in the work setting creates an atmosphere contrary to these goals.
RESOURCES:

- Articles and fact sheets on sleep disorders among adults, elderly and children
- FAQ’s regarding sleep, diet, exercise, depression, anxiety, medication use and more
- Take a “Sleep Quiz” hosted by the National Institute of Health

Did you know…that mental health conditions such as depression, anxiety and post-traumatic stress disorder (PTSD) can cause insomnia, a common sleep disorder. 

(National Institute of Health)

Getting a good night’s sleep along with eating well and being physically active is vital to your well-being. When your sleep is disrupted this could be a sign or symptom of another problem. Factors that can cause sleep problems include: chronic pain common to arthritis and headache sufferers, mental health issues such as depression or anxiety disorders, physical conditions that make it hard to breathe such as asthma and heart disease, overactive thyroid, gastrointestinal disorders, menopause and hot flashes, Alzheimer’s and Parkinson’s disease and other neurological disorders. Commonly used substances such as caffeine, stimulants, alcohol and other sedatives may also cause insomnia.

Speak with your health care provider if you feel your sleep patterns have changed and are negatively impacting your well-being. Learn more about sleep disorders and access our sleep better resources by visiting your IMPACT website:

www.MyIMPACTsolution.com
GETTING YOUR ZZZS

Sleepy? You’re not alone. Up to 80% of working adults are suffering some form of sleep disorder. With a good night’s sleep, you feel better, are more productive, and are more resilient to stress. And a lack of sleep can have serious side effects. Some studies link lack of sleep to obesity, depression, even heart disease and diabetes. There are things you can do to get better sleep. Let your Employee Assistance Program help with resources and information on getting your zzzs.

ONLINE SEMINAR

Available on demand starting March 15th

Let’s Sleep on It
There’s nothing like a good night’s sleep. Learn about the types of sleep and steps to help you have better quality sleep, as well as myths about sleep.

Online seminars can be found on your home page, or you can search for them by title.

TOLL-FREE: 800-227-6007
WEBSITE: www.myimpactsolution.com

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.