Slips, Falls, and Summer Safety

Slips and falls are the most common types of accidents with injury—over 38 million incidents worldwide each year. For every 100,000 people, ten will die from a fall. Knowing what causes slips and falls can help you prevent them—cluttered floors, loose floorboards, defective sidewalks, parking lot potholes, poorly constructed staircases, torn carpeting, recently mopped or waxed floors, poor weather conditions (ice, sleet, rain), improper training or technique when climbing or walking in hazardous areas or pathways, improper monitoring or assisting of elderly or disabled patients, and unsuitable footwear. Be mindful of these perils and you will reduce falls. Visit www.myIMPACTsolution.com and review the articles “Focus on Preventing Falls” as well as “Fall Prevention: Simple Tips to Prevent Falls” for more information on fall prevention and related safety tips.

Social Success at Summer Parties

Does meeting new people and mingling at a summer party make you nervous? It is normal to feel nervous meeting new people, but try beating social anxiety with these tips: Before going to an event, practice positive self-talk—imagine people being happy to meet you; talk to the mirror and practice engaging. This will build a positive mind-set. This practice is no different from people rehearsing a speech six times or actors getting into their character before going on stage. It works, and others will sense your energy and engage with you. Reduced anxiety will allow the real you to come through. Also, go a bit early. There will be fewer people present, and you are less likely to feel anxiety than you may as a latecomer. Remember the words—what, how, when, who, which, and why. Use these to keep a conversation going rather than experience the awful silence as you wonder, “Now what do I say?”

Why Men Don’t Seek Help

Help-seeking behavior is less often observed in men than in women. Research points to perceived vulnerability, fear, and denial as the reasons for this. Other barriers include men’s stronger belief in immunity and immortality, and their difficulty relinquishing control. Some men view seeking help as unacceptable. Men are also less interested in preventive health care. June is Male Health Awareness Month, and if the above sounds like you, consider arranging that top-to-bottom physical you have been putting off, or that appointment to get the “bump” looked at by your doctor. Source: www.ncbi.nlm.nih.gov/pubmed (Search “9934383”)
**Managing Stress: Cortisol and You**

**Knowledge of** the physical responses to stress can help you intervene sooner. They include headaches, sleep disturbances, cuts that do not heal well, eyelid twitching, fatigue, catching colds easily, craving sweets, diarrhea, constipation, abdominal cramps, panic feelings and undefined fears, sudden feelings of sadness, forgetfulness, and weight gain. Cortisol—the natural stress response/fat storage hormone—is the culprit in chronic stress. It is emitted by adrenal glands that sit atop your kidneys. You can reduce cortisol release with sleep and exercise. Black tea, massage, laughter, and even chewing gum can have a reduction effect. Talk to your doctor about physical symptoms that linger for any reason, because there may be other causes. Visit www.myIMPACTsolution.com and review the article “Chronic Stress Puts Your Health at Risk” for more information about the body’s response to stress.

**Shift Workers and Health Burdens**

**Shift workers** have a “metabolic health burden” to manage because their schedules often conflict with their need for proper sleep and eating, and the demands of everyday living. This contributes to the tendency for shift workers to be overweight relative to their daytime counterparts. Managing wellness is a skill for shift workers to prevent illnesses like diabetes. Do you feel fine with four to five hours of sleep as a shift worker? This does not indicate that you require less to get by. Talk to your doctor and seek guidance on how to get more sleep. Source: www.nlm.nih.gov/medlineplus (search “152606”)

**IMPACT Solutions—We Are Here For You!**

Remember—your IMPACT Solutions Employee Assistance & Work/Life Program is available to you, your household members, dependents, parents and parents-in-law 24 hours a day, every day of the year in over 200 languages! Qualified mental health professionals are always ready to help you with everyday life issues like stress, problems with teens, conflicts with co-workers, marital strife and so much more. Whenever you need assistance, all you need to do is call 800-227-6007 and we’ll be here to help.

**Don’t Lose Your Stuff on Vacation!**

** Losing your** camera, iPhone, Kindle, or wallet on vacation can be a bummer. Create habits for managing specific items like these to reduce the risk of misplacing or forgetting them. For example, if the safest place for your airline boarding pass is in your wallet, put it there always, not in a shirt or pants pocket where it can intermingle with other items or be dislodged. Mutually agree to quiz your traveling partner to prevent leaving things behind. When leaving a hotel room, dining area, or waiting area, look, point, and say when scanning the area, “Nothing here.” This technique uses three methods—hearing, seeing, and pointing—to catch your overlooked items virtually every time. Of course, keep an eye on your belongings. The most common crime of opportunity during travel is stealing property unguarded by its owner. For more tips on having a successful vacation, visit www.myIMPACTsolution.com and check out the articles “Plan Your Vacation Well to Get the Most Out of It” and “Travel Tips: How to Gear Up for a Great Trip.”

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The journey of life— now with assistance at each turn

Traveling the road of life, we all experience ups and downs - and over time - the scenery changes. Regardless of what might be around the corner, count on IMPACT to help smooth out the bumps by providing assistance on these and other topics:

• Career development or transition
• Moving and relocation
• Unexpected life events
• Workplace restructuring
• Adjusting to an empty nest
• Returning to school
• Retirement
The modern workplace with its diversity, multi-generational workers, and virtual teams relies on effective communication and collaboration more than ever. With a good understanding of communication styles, you can succeed in any work setting. Let your Employee Assistance Program help by providing you with the tools and resources you need to be a good communicator and collaborator.

WEBINAR
Communication Skills for Collaboration
Jun 16th —12 pm, 2 pm ET
Learn about different communication styles, reasons communication sometimes fails, and strategies to create a respectful and cohesive workplace.

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