Understanding Texting Shorthand for Parents

It is healthy and normal for young people to establish bonds, but texting has added a whole new dimension to this phenomenon—a growing shorthand of acronyms. Texting shorthand can be fun, but it presents challenges for parents wanting to know about their children’s activities. If knowing more about texting shorthand is important so your children are not KPC (keeping parents clueless), then visit NetLingo.com. It’s the one-stop source for texting acronyms. Some may not leave you LOL (laughing out loud), but you will learn what “420” means (marijuana.) Source: Netlingo.com.

“Instigate” Yourself to Exercise

New research suggests an “instigation habit” could be your solution to improving exercise frequency. An instigation habit triggers your motivation to take the next step and “just do it.” Its purpose is to reduce the amount of time you spend talking yourself out of it. An instigation may “zoom” you past this rumination stage that zaps your motivation. Instigations are trigger events like an alarm clock going off, the moment you arrive home after work, or putting gym shoes on first thing in the morning. The “auto-response” takes about 30 days.
A Budget Isn’t Just About Money

A budget does far more than track expenses; it can positively influence many parts of your life. If you have been resistant about budgeting, you should reconsider, because having a budget helps you 1) have more control of your life, rather than money controlling you; 2) reduce domestic conflict; 3) improve your sleep; 4) reduce worry; 5) increase feelings of optimism; 6) improve your mood; 7) stop doom-and-gloom thinking; 8) save money; 9) help others (budgets often include a “giving back” section); 10) focus on shared family goals that bring you closer together. Can you think of more?

Prevent Sports-related Concussions

August is back-to-sports practice month. These few pass-along tips can help reduce risk of sports-related concussions: 1) Wear protective equipment in practices. 2) Never assume a helmet makes you invincible against head injury (especially if used like a battering ram). 3) A helmet protects against external injury, but remember, the brain floats in a fluid. It can be bruised or injured with strong impact. 4) Having no symptoms following a blow to the head does not mean a concussion won’t appear 2-3 days later. If in doubt, sit out. 5) Always seek medical care following a blow to the head, and follow a doctor’s instructions even if you feel fine. 6) Never risk a second concussion by dismissing symptoms you think are minimal following a head blow. Find concussion checklists at cdc.gov. Source: CDC.gov [search: “concussion checklist”]

Am I Under Too Much Stress?

Could you be under too much stress and not realize it? Being overstressed (in distress) doesn’t necessarily include worry, dread, anxiety, or sleep problems. Though common, these symptoms are not experienced by everyone. Instead, you might experience rashes or diarrhea, bicker more with a life partner, have neck pain, or become disorganized and forgetful. Being quick to anger (“snappiness”) is a sign of increasing distress, but self-awareness for spotting it may be minimal. Others are more likely to point it out. Reaction to stress stems from the body’s “fight or flight” response to a perceived threat. This response can manifest in different ways, but because life stress is often psychological (fear of being fired, late to work, etc.), there is nowhere to run. Stress therefore will take its toll on your body. When undesirable symptoms of stress appear and don’t relent, it’s time to intervene. Find a large list of stress symptoms at www.stress.org/stress-effects.
The care of an older family member can be a very rewarding experience. But whether you are providing hands-on assistance, or managing care from afar, caregiving can be both challenging and stressful. IMPACT can help with information and referrals to assist you in all areas of elder caregiving and family support.

- Confidential caregiver support services provided 24/7 via phone or web
- Qualified Elder Care Consultants available
- Community resources and assistance in your area
- Literature on caregiving, insurance, and end-of-life decisions
- Referrals for in-home care providers, assisted living providers, and skilled nursing facilities
- An Elder Care Handbook available on the web or via e-mail

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Caught In The Middle
THE NEW SANDWICH GENERATION

Nearly half of all adults in their 40s and 50s are providing care to an older adult while raising a young child or grandchild or supporting a grown one. These responsibilities have a cost, both financially and emotionally, felt by the caregiver caught in the middle. Your Employee Assistance Program can provide you with tools and resources to help manage the stress of being part of the new sandwich generation.

WEBINAR
Strategies for Multigenerational Caregiving
Aug 18th —12 pm, 2 pm ET
Learn about the emotional and financial impact of being a member of the sandwich generation. Discover coping mechanisms that help restore work-life balance and support resilience.

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