You have an impressive résumé and tons of experience—why aren’t you being sought at work for your expertise? The answer is initiative. Initiative takers are seen as leaders, and your résumé is secondary to how you are perceived by your actions in the workplace. Initiative takers naturally expand their own influence and value by being willing to take on new things. When they do this appropriately without elbowing or appearing overzealous, managers and peers seek them for their opinions and solutions. Speed your ascent to becoming the perceived “resident expert” by taking more initiative.

Rolling papers, Visine®, and the smell of pot on clothes—they’re signs of probable marijuana use, but subtler signs and symptoms also exist. These include increased willingness to do errands in the evening (as a reason to meet friends and smoke pot) and unqualified requests for more money/allowance, sudden allegiance to friends you don’t know, and discarded seeds in pants pockets or a trash can. The following behavioral symptoms may also point to depression, but also potential marijuana use: Sudden rejection of family activities once valued and enjoyed, having low energy, demonstrating apathy about poor grades in school, and experiencing loss of ambition, goals, or interests, accompanied by isolation in the bedroom.

Over 29 million Americans have diabetes, and eight million don’t know it. Just under half of these Americans are over age 65. And 80 million Americans have pre-diabetes and are at risk of incurring diabetes. Diabetes leads to chronic, debilitating health problems. If you’re at risk, learn more and start with a simple tip to help you lose weight: Drink a glass of water before each meal. It could help save your life by reducing your risk for diabetes, because it’s been proven in many studies that drinking water before each meal can help with weight loss.

A solution to a seemingly impossible problem at work may appear by thinking “outside the box.” This is a learned skill anyone can master, not a mysterious attribute of brilliant minds and cutting-edge companies. To be an outside-the-box problem solver, master these three principles. Principle #1: Free the Brain. This means stop thinking about the problem and get some breathing room by participating in a completely unrelated activity—fishing, jogging, showering, or walking on the beach. This detachment frees your brain from the stress being created to find a solution. Principle #2: Eliminate Roadblocks. You won’t find solutions with inhibitions, your ego, close-mindedness, fears, and negativity getting in your way. Let loose, and give yourself permission to “get sloppy” and “get messy”—allow discovery to take place without restrictions and prohibitions. Principle #3: Be a “Resource and Inputs” Hound. Reading books, studying solutions to similar problems, thinking backward, drawing the problem on paper, and brainstorming with others—all these tactics supply you with informational “inputs” that can speed the way to your solution.
If you are facing divorce, you’ll experience a variety of emotions and stresses, but one of the most underestimated feelings is loss. Even amicable divorces can be affected by loss—loss of a shared vision of the future, financial security, experiences and routines, and possessions. Time with children and identity as a couple are also subject to loss. Loss is not just giving up something tangible like a house; it also encompasses things that are part of you and your daily experience. You may not give much attention to things like a routine, an expectation, or a pleasant view out a window, but all are at risk of loss. With a divorce, a lot of losses can hit you at once. With awareness, you can master challenges in your life, but remember that big changes often require investing time and attention to recovery, and divorce is one of these changes. Get support or see a loss counselor, especially if you experience anger, anxiety, and fear as a result of these losses.

Depression in College: What Parents Should Know

Most young people heading off to college are eager to experience all that it offers, but some will also experience clinical depression, a treatable mental illness that affects over 10 million adults with about 9% being between the ages of 18 and 25. Spotting the disease early can make for more successful treatment. If you’re a parent, be aware of any family history of depression that increases the risk, but you should also guard against misconceptions about depression, such as symptoms of loneliness, stress, being disorganized, disappointment with classes, or the breakup of a former high school romance. All are stresses and cause sadness, but are not root contributors to major depression, which is a disease. To intervene sooner, be aware of any period of two weeks or longer during which there is either depressed mood or loss of interest or pleasure in school, and undesirable changes in sleep patterns, eating, energy level, concentration, and self-image. Mental health counseling is available on college campuses, and depression is a key complaint. Don’t allow stigma to delay a referral to effective, professional help.

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 140 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.

August is National Immunization Month

We all need vaccinations or immunizations to help protect us from serious diseases. Immunizations are not just for children. There are many for adults and special ones for adolescents. Dozens of changes have been made in the last couple of decades in the recommended vaccines that people should get, so it can all be a bit confusing. Do you know what vaccines you need or which ones you’re missing? The following link will lead you to immunization schedules for children, teens, and adults. Talk with your health professional if you have questions to make sure that everyone in your family gets the shots they need.

http://www.cdc.gov/vaccines/schedules/

Information in IMPACT on Wellness is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional.

You can contact IMPACT Solutions for professional counseling and guidance 24 hours a day at 1-800-227-6007.

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Did You Know...

**IMPACT on the web has a Quit Center?**

Tobacco addiction is a chronic disease that often requires multiple attempts to quit. Although some users are able to quit without help, many others need assistance. That is why your IMPACT Employee Assistance & Work/Life Program created the Quit Center to help you (or a significant other) quickly identify the resources, tools and professional help needed to help you reach your goal.

**IMPACT support includes:**

- **Telephone Coaching**

  Call IMPACT Solutions at 800-227-6007 so we can refer you to one of our Quit Specialists, certified in tobacco cessation techniques, who can structure telephonic coaching sessions and resource material based on your individual goals.

- **Web Resources**

  Visit [www.MyIMPACTSolution.com](http://www.MyIMPACTSolution.com) to view hundreds of tools and resources available to assist you with tobacco cessation. The Quit Center includes easy access to online tools in one convenient location including:

  - Tobacco cessation modules
  - Resources
  - Support
  - Educational materials

Call IMPACT Solutions at 800-227-6007 or visit IMPACT on the Web at [www.myimpactsolution.com](http://www.myimpactsolution.com) for additional information on tobacco cessation.
Summer is ending and that means the start of a new school year. Time for new clothes, school supplies, and to get the whole family organized to help your child succeed. Check the Saving Center for cost saving solutions for your student’s needs.

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

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

WEBINAR
Getting Involved with Your Child’s School
Aug 19 — 12 pm, 2 pm ET

Along with the notebooks, pens, and a new backpack, your kids need parental involvement to succeed in school. Learn effective ways to be a part of your child’s school experience.