

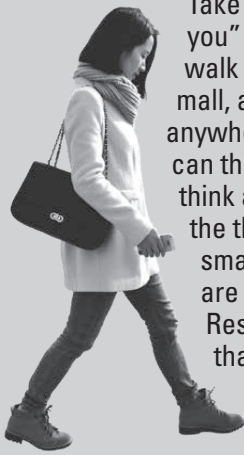
# TheLexLine

A newsletter from The **Lexington** Group, Inc.  
Employee Assistance Program

**SUMMER 2018**

## For Your Information

### HAPPINESS BOOSTER



Take a daily “thank you” walk. Simply walk outside, in a mall, at lunch, or anywhere else you can think of, and think about all of the things, big and small, that you are grateful for. Research shows that you can’t be stressed and thankful at the same time. When you combine gratitude with physical exercise, you flood your brain and body with positive emotions and natural antidepressants that lift your energy, mood and happiness.

### EASE FINANCIAL STRESS

Help get financial stress under control by curbing your spending. For most people, overspending and having too much debt is the cause of money problems – it is not because they are not making enough money. Learn basic money management skills. Commit to living within your means.

### PARENTING TIP

At bedtime, express to your child your unconditional love, no matter what happened during the day. Hearing the words, “I love you no matter what,” is vitally important.

## RELATIONSHIPS

# Counseling Can Help Even Very Distressed Couples

The largest, most comprehensive study of couple therapy ever conducted reports that therapy can help even very distressed married couples if both partners want to improve their marriage. The UCLA study included 134 married couples who were “chronically, seriously distressed” and fought frequently, but were hoping to



improve their marriage. Treatment included up to 26 therapy sessions within a year. Five years after treatment ended, about a third of the couples described themselves as normal, happy couples, while another 16 percent said their marriage was significantly improved and was tolerable, if not very happy. The key to improvement? For therapy to work, both partners have to be strongly committed to saving the marriage, and both need to be willing to do their share to work at the relationship and not just blame the other, the study authors said.

### How can marriage counseling help?

Marriage counseling – also known as couples counseling – is generally provided by licensed therapists known as marriage and family therapists. These therapists provide the same mental health services as other therapists, but with a specific focus – a couple’s relationship.

Couples counseling affords you and your partner numerous ways to bring about change that you would not normally know how to accomplish on your own. It provides a safe and supportive environment for you to identify and communicate the issues, feelings and behaviors that are bothering you, to facilitate understanding and positive change. A qualified marriage and family therapist can provide instruction, coaching and feedback to help you develop new skills to improve your marriage, including:

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## Counseling can help...

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- Learning ways to communicate better
- Learning how to argue in a healthier way
- Learning how to resolve conflict and problem solve in a productive manner
- Learning appropriate expression, disclosure and resolution of painful emotions
- Learning how to state your needs clearly and openly within your relationship
- Learning how to work through unresolved issues
- Learning how to negotiate for change within your relationship

### Seek help early

Marriage therapists recommend that distressed couples seek help earlier. Many couples who get divorced either do not go to therapy, or go much too late after one partner has already given up on the relationship. Couples are often better served by starting therapy when they "get stuck in negative patterns that they can't get out of on their own," the study authors concluded.

**NOTE:** Only you know what you can tolerate in a difficult and stressful relationship and still remain emotionally healthy. Additionally, some problems within a relationship may reach beyond the scope of therapy. Relationships in which physical or sexual abuse is an issue, may require other forms of intervention. Do not endanger yourself or your children by remaining in an abusive relationship. Seek professional help immediately.

### Your EAP is here to help

If you are concerned about a particularly difficult marital or relationship issue, contact your Employee Assistance Program (EAP) for FREE and CONFIDENTIAL counseling, referrals or information. If you need help, why not call an EAP counselor today? We're here to help you.

## MENTAL HEALTH

# Teen Suicide Dangers

Teen suicide is alarmingly common. It is the third-leading cause of death for people age 15 to 24 (following accidents and homicide). Studies show that 4 out of 5 teen suicide attempts have been preceded by clear warning signs. Parents and teens should be aware of some of the warning signs of depression and suicide. The American Academy of Pediatrics describes the following signs that may signal that a depressed teen may be considering suicide:



### Teen suicide warning signs

- withdrawal from friends and family members
- trouble in romantic relationships
- difficulty getting along with others
- changes in the quality of schoolwork or lower grades
- rebellious behaviors
- unusual gift-giving or giving away own possessions
- appearing bored or distracted
- writing or drawing pictures about death
- running away from home
- changes in eating habits
- dramatic personality changes
- changes in appearance (for the worst)
- sleep disturbances
- drug or alcohol abuse
- talk of suicide, even in a joking way
- a history of previous suicide attempts

Note: The warning signs above are some typical behaviors which may be cause for concern. This list is not intended to be all inclusive and you should never attempt to diagnose a behavioral health issue.

### How to help your child

If one or more of these signs occurs, parents need to talk to their child about their concerns and seek professional help from a physician or a qualified mental health professional. Professional help should be sought immediately if a person is experiencing suicidal thoughts. For 24-hour suicide prevention and support, call the National Suicide Prevention Lifeline at 1-800-273-TALK, or get help from persons or agencies specializing in crisis intervention and suicide prevention. In addition, you can contact your Employee Assistance Program (EAP) for information and support regarding how to most-effectively help your child. With support from family and appropriate treatment, children and teenagers who are suicidal can heal and return to a more-healthy path of development.

# The Lexington Group

## EMPLOYEE ASSISTANCE PROGRAM

Caring and individualized help for personal and family concerns is only a phone call away.

For confidential help 24 hours a day, call The Lexington Group, an international Employee Assistance Program provider at:

United States	1-800-676-HELP (4357)	Marshall Islands	1-800-676-4357
Canada	1-800-567-4343	Mexico	001-888-819-7162
England	0-800-169-6706	Puerto Rico	1-800-676-4357
Cayman Islands	1-855-328-1185	TTY	1-800-955-8339
Ireland	1-800-812-411		