



TheLexLine

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

WINTER 2016

For Your Information



BALANCING WORK AND FAMILY

Upon arriving home from work, follow these suggestions to help you transition into your home or family life:

- Change your clothes. Let this be a symbol that you are in “home mode.”
- Take a break. Don’t try to accomplish anything during the first fifteen minutes.
- Remind yourself to “change roles.”

Avoid speaking to your spouse or children as if they were your boss or co-workers.

IMPROVE YOUR PRODUCTIVITY

1. Plan your most difficult tasks for the time during the day when your energy is at its peak.
2. Be willing to sacrifice “perfection” to get things done.
3. Learn to say “no” to demands that don’t benefit you.
4. Arrange your work time to keep interruptions to a minimum.

BETTER COMMUNICATION WITH YOUR BOSS

Bring work-related problems to your boss in person and in private. Don’t challenge him/her openly, in front of co-workers or other management. If you disagree with a new procedure or rule, go to him/her with alternatives and solutions, not recriminations or a bad attitude.

WELLNESS

When Is Eating To Relieve Stress A Problem?

According to a recent survey, one in four adults turn to food to help alleviate stress or deal with problems. However, turning to food in an attempt to relieve stress is an unhealthy behavior that can actually lead to health problems that result in increased stress.

Comfort eaters report higher levels of stress than average and exhibit higher levels of all the most common symptoms of stress, including fatigue, lack of energy, nervousness, irritability and trouble sleeping. Comfort eaters are also more likely than the average person to experience health problems like hypertension and high cholesterol. In addition, 65 percent of comfort eaters characterize themselves as somewhat or extremely overweight and are twice as likely as the average person to be diagnosed with obesity.

When is comfort eating bad? Some eating to promote feelings of calm and relaxation is considered well within the range of normal and healthy behavior. However, eating to relieve stress becomes a problem when stress-driven eating becomes excessive and interferes with good health.

Healthier ways to manage stress

If you’re in the habit of eating when you’re stressed out, you can learn healthier ways to manage stress. The tips below can help you get started:

1. Learn how to identify the difference between eating for hunger and eating in response to stress. Physical hunger builds gradually, is felt in the stomach, occurs hours after a meal, goes away when full, and eating leads to a feeling of satisfaction. Stress eating develops suddenly, is felt in the mind (having a craving for chocolate), is unrelated to the last time you ate, persists despite fullness, and eating leads to feelings of guilt. When you feel the urge to eat, get in the habit of asking, “Is it physical or is it stress?”

2. Learn how to face stress-causing problems head on. Ask yourself: “What specific problems or conflicts are troubling me and how can I deal with each of these problems effectively?”



Marriage Improvement Tips



Marriage is a choice and an ongoing commitment. There may be times when you question being married. These doubts are normal and first need to be honestly looked at...instead of acted out.

Marriage takes work. Consider what would happen if you gave as much effort to your marriage as you give your job? The fun, joy and fulfillment of marriage comes from devoting time, attention and direction to it.

If you are experiencing marriage difficulties, define the issue and identify your feelings about it. Share your concerns with your partner so you can work together to solve the problem. The following suggestions may help you make your relationship more satisfying.

Manage Stress...

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3. Engage in healthy activities that give you stress relief, such as exercise, meditation, listening to relaxing music, a warm bath, gardening or engaging in a hobby.

Your EAP is here to help: If stress-driven eating is a concern, contact your Employee Assistance Program (EAP) for CONFIDENTIAL counseling, referrals and information. Your EAP counselor can help you identify the source(s) of your stress and help you develop an action plan to overcome an unhealthy use of food to manage stress and provide solutions for healthier ways of living. If you need help, why not call an EAP counselor today?

Nurturing your marriage

Practice the following to help improve the quality of your marriage:

- Make your marriage a priority. The art of relating is a never-ending process. It does not always come naturally and has to be learned. There are always challenges as well as joys.
- Treat your partner with as much politeness, respect and importance as you would a stranger, business contact or friend. Make appointments to get together, and keep them.
- Don't avoid relationship challenges. Face them head on. Learning to get through adversity will make your marriage stronger.
- When something isn't working in your relationship, make a plan and agree how you will both handle the situation. Make adjustments when needed.
- Take responsibility for your own behavior instead of trying to change the other person. You have no control over your partner's behavior, you can only change yourself.
- Cultivate contentment and gratitude by giving your full attention to your partner when you spend time with them. This will help you recreate your love for each other each day.
- Ask for what you want assertively. Learn the difference between commands and requests. Use them appropriately to get your needs met.
- Learn to be patient with your partner and yourself.

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		