

# Workplace Employee

September 2015

## Testimonials

Here are some recent quotes from employees who used CONCERN: EAP explaining what they liked best about the services:

*"The counselor was very easy to talk to and showed genuine concern. Thank you."*

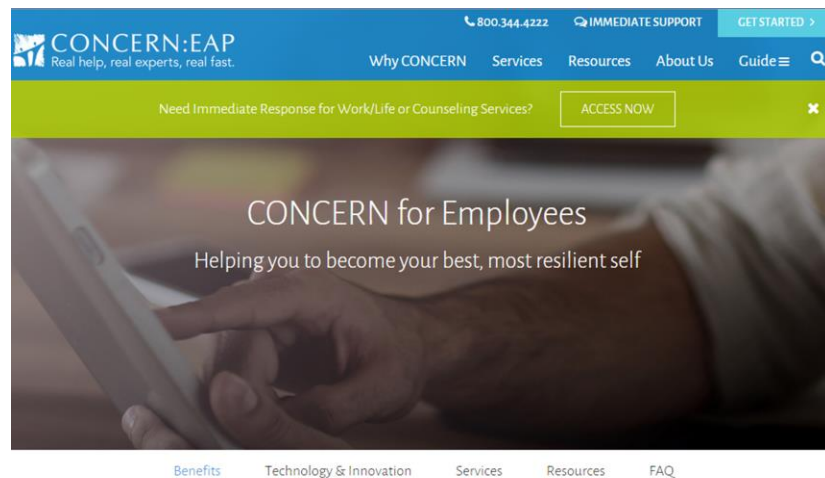
*"I am most grateful for the support provided and the follow-up calls. It is comforting to know my counselor is there."*

*"The provider helped me in so many ways. I can function so much better because of this."*



## Tips for Success

*We are pleased to introduce the newly redesigned CONCERN website, an easy to navigate resource for you and your family. Visit the site at [www.concern-eap.com](http://www.concern-eap.com) to experience it for yourself.*



New services include

- Gain immediate support with online requests for work/life and counseling services.
- Easy access to CONCERN's personal resilience tools - LifeAdviser and the Resilience Hub™
- User your company name to log-on to the resource center for access to the current issue of the *Workplace Employee* newsletter and other valuable information.
- Take a look at a selection of NEW webinars on such topics as *Work/Life Balance*, *Positive Self Talk* and *Basics of Budgeting*.

## Diligent Workers: Meeting Project Deadlines

Tons of books exist on overcoming procrastination, and each one discusses project deadlines. Do you see project deadlines as inescapable irritants of life or challenges to be conquered? To become fearless about deadlines, attack each one immediately by dividing it into pieces, chunks, or mini-goals necessary to complete it. Supercharge your motivation for meeting these mini-goals by giving yourself rewards for each one you complete. Any small treat, small positive experience, or bit of fun will do. Acquire this deadline management skill and you will begin rejecting procrastination as a tool for managing the pain of deadlines.

## Alternative Health: Fact, Fiction, and In Between

Can turmeric treat arthritis? Will eating sage improve memory? Many news stories discuss the health benefits of herbs, spices, teas, and natural oils. Not sure what to believe? Visit the online National Center for Complementary and Integrative Health (NCCIH) and discover research claims about complementary and integrative health approaches. You can see whether rigorous scientific investigation is available on your chosen topic. You can also learn how a substance is used, recommendations, cautions, and other information. However, be sure to talk to your medical doctor regarding any specific condition. Source: [NCCIH Facts-at-a-Glance](#)

## Never Too Late to Start Exercising

Middle-aged men waiting for motivation to start an exercise program have some good news—the exercise does not need to be that vigorous or take that long to do a lot of good. And, if you weren't an exercise dynamo in your 20s or 30s, you haven't lost ground in preventing heart disease. The key is to start now. Twenty minutes a day is enough to get solid benefits—a 21% reduced risk of heart failure! Inactivity raises your risk 69% for early heart failure. You don't have to overdo it. The same study also showed that heart-failure risk is higher for those who over-exercise—and the negative returns equaled the risk for those who are inactive! Researchers believed the findings would also apply to women. Source: [Heart Failure](#) [search: heart failure risk].

## Are You a Morning Person or Evening Person?

All of us are affected by our sleep-wake cycle and an internal circadian biological clock. When are you most creative—morning or evening? Not sure? The Ostberg Morningness–Eveningness questionnaire may help you find out.

Although not consistently validated by research, it may yield insights to help you decide when to do creative work, achieve better sleep, exercise, and establish work habits that fit your biological situation. Check out this fun, automated scoring questionnaire at [Self-Assessment](#). Choose the circadian rhythm assessment and get a detailed, personalized report at the end.

## Cholesterol Awareness and Reduction Guide

Nearly 50 million Americans have cholesterol levels that are too high. High cholesterol in the blood is one of the main risk factors for heart disease and stroke—the two leading causes of death. Cholesterol is a waxy, fat-like substance that your body needs. Too much of it in your blood, however, can lead to buildup on the walls of your arteries and form blockages. The National Cholesterol Education Program (National Institutes of Health) recommends that adults aged 20 years or older have their cholesterol levels checked every five years. Get their Guide to Lowering Cholesterol. You'll discover everything you need to know to safeguard yourself from high cholesterol, including what foods you can eat to lower it. There are many more foods than oatmeal! And did you know that pizza can have more cholesterol than butter? Source: [Cholesterol TLC](#) [Search “cholesterol tlc”]

Employees and eligible dependents can request  
CONCERN: EAP counseling and work/life services  
24/7 by calling or visiting our website.

**Call: 800.344.4222**  
**[www.concern-eap.com](http://www.concern-eap.com)**