

Resources for Living®

You've got strength:
Build skills

April 2017 Newsletter



**Honing your
healthy living
skills**

**Monthly Awareness:
Alcohol Addiction**

**Infographic:
10 things to do while
riding out the rain**

**Let's Talk video:
Workplace violence
and crises**



What skills can help you practice healthy living?
More...

Drinking can become an addiction when your need for alcohol is so intense that you can't stop. **More...**

April showers bring May flowers — plus the chance to stay inside. **More...**

Experiencing workplace violence and crises can be traumatic. Learn a few tips for coping.
Watch the video here...

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Resources for Living®

Honing your healthy living skills



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These days, we're flooded with a constant stream of news, articles, TV shows and internet apps all telling us how to lead healthy lives. Yet how many of us follow the advice?

The answer may surprise you

In 2016, research showed that less than 3 percent of American adults lead healthy lifestyles. Over ninety-seven percent of us don't.¹ What does that tell you?

Healthy living can be difficult

These statistics show that knowing what we should do isn't enough. Today's lifestyles can make it challenging to practice well-being.

Why? Because most of us live with chronic stress, too little sleep, not enough exercise and too much food on our plates.² We need more than information; we need tools.

What skills can help you practice healthy living?

Here are some steps to take you from knowing what to do to doing it³:

- **Take action now on medical and emotional issues.** Do you smoke? Are you overweight or depressed? These are examples of problems that can keep you from feeling well — but that you can also reduce or remedy. Contact your doctor today for an appointment to talk about these or other obstacles you face.
- **Take control now...**
 - **Of your exercise.** Write down your daily schedule. Then identify time slots where you can squeeze in a walk, run or

trip to the gym. You don't need big chunks of time. In fact, thinking you need lots of time can prevent you from doing it. As little as 15 or 30 minutes of activity a day can make a difference in how you feel.

- **Of your food intake.** Do you eat on the run? Eat whatever's easiest rather than healthiest? Eat to soothe away daily tensions? Join a weight loss group, see a nutritionist or check out interactive apps that can help you monitor your food choices and intake. You can even get started by simply tracking your calories with a pen and paper.
- **Of your sleep.** The average adult needs 7-9 hours of sleep each night.⁴ If you're not getting that — or if you are and you still feel tired — find out why. Improve your sleep habits by avoiding exercise, TV and electronic devices within two hours of bedtime. Visit a doctor or sleep clinic for more specific advice or help.
- **Take steps now to manage your stress.** Stress is a fact of life. Too much stress can sabotage your other efforts at healthy living. Look into ways to reduce stress like yoga, meditation, deep breathing, positive self-talk, social support and more.

Motivation, commitment and action

Those are the three words that sum up what you need to pursue a healthy lifestyle. It's not always easy to make healthy choices. But doing so can improve the quality of your life immensely.

¹<http://health.usnews.com>

²<http://www.huffingtonpost.com>

³<http://www.webmd.com>

⁴ <http://www.mayoclinic.org>

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Choosing to have a drink? Or drinking because you have no choice?

Alcoholism is a serious illness. Many people think it's defined by how often, how much or what you drink. But it's actually about the fact that drinking is no longer a choice.

A need you can't control

Drinking can become an addiction when your need for alcohol is so intense that you can't stop. At that point, alcohol can have the power to ruin your career, relationships, finances and emotional and physical health. That's a heavy toll.

Problem drinking: a common problem

You probably know someone who has a drinking problem. In fact, statistics show that over half of all adults have a family history of alcohol issues.¹ And over seven million children live in homes where one or more parent suffers from problem drinking.¹

What recovery experts want you to know

There are treatments for alcoholism. Statistics show there are about 20 million people living in recovery.¹

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Some people may be able to beat their alcohol issue on their own. But outside support is often key. There are different ways to get that assistance²:

- **Medical help** — Special clinics, doctors and other health providers can help. They can offer medical treatment including drugs. Such drugs may work to control cravings and anxiety and assist with detox.
- **Alcoholics Anonymous (AA)** — AA is a support system and program that has helped millions of people.³ You can find AA groups almost everywhere. Just go to www.aa.org to learn more.
- **Counseling** — Therapists can help you tackle issues that may have led to addiction. And family therapy can help loved ones support each other.

No shame, no blame, all gain

Stigma and blame can still get in the way of people getting help. Do you or someone you know have an alcohol problem? Realize that those who love you want you to recover and regain your quality of life.

¹<https://www.ncadd.org/about-addiction/support/medication-assisted-recovery>

²<http://www.webmd.com/mental-health/addiction/understanding-alcohol-abuse-treatment>

³<http://www.history.com/this-day-in-history/alcoholics-anonymous-founded>

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April showers bring May flowers — plus the chance to stay inside.

10 things to do while riding out the rain...



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*Or do absolutely nothing
and feel okay about it!*

You've got this!

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