

Resources for Living[®]

You've got goals:
Take a step

March 2017 Newsletter

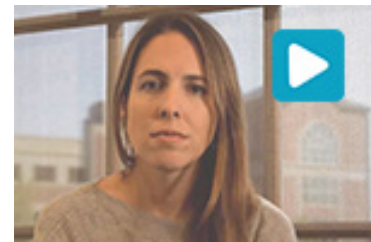
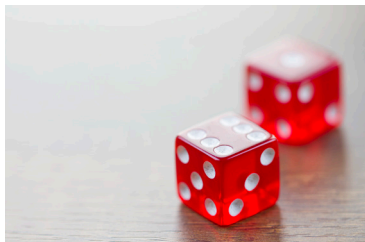


Stepping up to
the challenges of
caregiving

Monthly Awareness:
Problem Gambling

Infographic:
Steps to becoming
a team

Let's Talk video:
Mental health
stigma



When you become a caregiver, you step up to a big job. **More...**

Most gamble for fun and recreation. But gambling can get out of control. **More...**

In order for a group to become a team, they tend to go through these four stages. **More...**

Mental health issues are common but there's a lot of bad information out there. **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!

Stepping up to the challenges of caregiving



Caregiving can be one of the great privileges of life. It's a chance to extend love, empathy and understanding to another; to give or return caring you once got.

But it does come with challenges. When you become a caregiver, you step up to a big job.

What do caregivers do?

As a caregiver, you help a friend or family member with tasks he or she can't do alone. You may run errands, shop, pay bills or cook. You may go to doctors' appointments. You may help make decisions about personal, financial and medical care. You may listen and comfort.

How do caregivers hold up?

Caregiving can be physically and emotionally draining. It can create many different feelings. You may be angry, loving, sad, guilty, happy and tired — all in the space of one day.

You're entitled to all your feelings. But it's important for your own welfare — and that of the loved one you're caring for — to know when to ask for help.

Return to index page

Caregivers need care, too

Caregivers can experience burnout if they don't take care of themselves. They need to be kind to themselves, take time off and get support. Here are just some ways caregivers can find help:

- **Research helpful websites.** Visit www.caregiver.org and www.caregiveraction.org. These are just two examples of resources for programs, support groups, educational material and more.
- **Join a support group that's run by a qualified professional.** These groups allow caregivers to talk about common feelings and issues. Contact a nursing home or medical provider to find out about local meetings.
- **Accept support from family and friends.** But don't expect them to read your mind as to when you need help and what you need. Instead, be specific. You might say something like, "Could you please take Mom to her 2 PM doctor's appointment next Tuesday?" People who care about you will be happy to know exactly how to help.
- **Talk to a counselor or life coach.** These professionals can help you find new ways to tackle the trials you face.

Caregiving: the bottom line

Challenges? Yes. Rewards? Yes. As with most other hard things in life, caregiving can give you a healthy dose of both. And self-care can help make you a better caregiver.

All calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.

What are the odds? Understanding problem gambling



Return to index page

Many adults gamble. People take part in lotteries, fantasy sports, horse racing, card games and many other kinds of betting. Most gamble for fun and recreation.

What is problem gambling?

Gambling can get out of control. When people are sad, stressed or trying to “escape” from their lives, gambling may provide quick relief.

Then they may gamble more and more to keep feeling the “high” of winning. Or they may say they need to gamble until they recoup lost money. They may not even realize how serious their problem has become. But others around them will usually see the signs.

What to look for

Like other addictions, problem gambling has warning signs. People may be addicted if they¹:

- Say they’ll stop gambling as soon as they make up for their losses
- Obsess about gambling
- Lie, borrow or steal to get money for gambling
- Can’t stop gambling without having emotional and psychological withdrawal
- Gamble to forget other sad or painful parts of their lives
- Bet more and more money

The key question

If you or someone you know shows one or more of the above signs, it’s possible that there’s a gambling problem. Another way to check for addiction is to ask yourself or the other person this question: “Can I/you stop gambling right now?” If the answer is “no,” it’s likely there’s an issue.

How to help

As with other addictions, there is help. You can call or text the National Problem Gambling Hotline (NPGH) at 1-800-522-4700. Chat and phone lines are open 24/7/365.

The NPGH can give you confidential help and information. Their specialists can direct you to local resources, support groups and helplines. They can also refer you to counselors who focus on gambling problems.

When in doubt, reach out

Don’t underestimate problem gambling. It can have severe family, financial and emotional impacts. Some people can even become suicidal if they owe too much money, feel desperate or don’t know how to get help.

If you think someone may have a problem, take a “gamble” and reach out to them. If you think it’s you, remember: You’re not alone and help is just a call or text away.

¹ <http://www.psychguides.com/guides/compulsive-gambling-symptoms-causes-and-effects/>

All calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs. Information is believed to be accurate as of the production date; however, it is subject to change.

Steps to becoming a team

A group doesn't become a team right away. In order for a group to become a team, they tend to go through these four stages.

Forming

- The group first comes together
- Members are anxious and polite
- People learn about their responsibilities
- The leader takes a dominant role

Storming

- The group start to have conflicts
- Members can feel stressed and frustrated
- People may jockey for power
- The leader helps the team focus

Norming

- The group begins to feel like a team
- Members respect and appreciate one another
- People are committed to the team's goal
- The leader can delegate more

Performing

- The group is productive
- Members are trusting and help one another
- People deal with conflicts in a healthy manner
- The leader can focus on developing individual team members



* From Bruce Tuckman, "Developmental Sequence in Small Groups."

You've got this!

The EAP is administered by Resources For Living, LLC.

All calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is believed to be accurate as of the production date; however, it is subject to change.