



Blaze a trail

April 2018 Newsletter

Featured Article:
Hard choices

Monthly Awareness:
Child abuse is everyone's problem

Infographic:
Family fun ideas

Let's Talk video:
Caregiving



As you travel through life, you face decisions every day. What kind of path do you tend to choose? **Learn more about making choices.**

It's hard to accept that children – who can't defend or care for themselves — are mistreated, often by those they most trust. **Learn about types of child abuse.**

Having fun as a family doesn't have to break the budget. **Find ways to have easy, low-cost fun.**

Caregiving comes with great benefits and there are also lots of challenges, too. **Watch the *Caregiving* video for more information.**

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®

Hard choices



[Back to top](#)

"The Road Not Taken" is a poem by Robert Frost. In it, a person out for a walk comes to a fork in the road. There are two trails ahead: One looks like many people have walked it and the other looks much less worn. The person must select one.

And the answer is...

We learn the choice in the last lines of the poem:

***"Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference."***¹

And so there's a bit of mystery: Do these lines suggest the speaker was happy about taking the "less traveled" trail? Or regretful?

What path do you prefer?

As you travel through life, you face decisions every day. What kind of path do you tend to choose?

- **If you're a "comfort" person**, it's likely you favor the predictable and safe path.

- **If you're a "risk" person**, you probably enjoy adventure, novelty and the challenge of the unknown.
- **If you're a "hybrid,"** sometimes you choose safety and at other times you're up for trail blazing. It all depends on mood, circumstances — and also what the "stakes" are. Most of us are probably hybrids.

"What if..."

What have been your big decisions so far in life? Have you blazed new trails or followed well-worn paths? Have your choices "made all the difference"? What do your past choices teach you about future decisions?

We all face choices. It's only natural to wonder — after making a decision — how the other option might've turned out. Every choice teaches you things — about outcomes, surprises and yourself.

¹Frost, Robert. [The Road Not Taken](#). Poetry Foundation. Accessed February 2018.

The EAP is administered by Resources For Living, LLC.

All EAP 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.

Child abuse is everyone's problem



It's hard to accept that children – who can't defend or care for themselves — are mistreated, often by those they most trust. Yet it's true. Read on to learn more about child abuse and find out how to become a helper and advocate.

What is child abuse?¹

Child abuse is any act by a parent or caregiver that hurts a child. And this can include the failure to protect a child from harm. Child abuse includes:

- Actions causing serious physical or emotional harm
- Molestation and other sexual abuse
- Exploitation of a child
- Decisions that put a child at imminent risk
- Acts resulting in a child's death

According to the American Society for the Positive Care of Children, neglect is the number one form of abuse in our country.

There are different types of child abuse

Here are the most common¹:

- **Physical abuse:** Hitting, very cruel punishment or actions causing injury
- **Neglect:** Failure to meet a child's basic needs or causing malnutrition
- **Emotional abuse:** Causing psychological or emotional instability
- **Verbal abuse:** Yelling, screaming, belittling, bullying or cursing
- **Sexual abuse:** Sexual assault, showing a child pornography, creating child pornography or using a child for sexual pleasure
- **Failure to protect:** Willfully harming or putting a child in danger, including leaving a child in a hot car
- **Shaken baby syndrome:** Shaking that causes death or permanent brain damage
- **Domestic violence:** Exposing a child to a violent home or family
- **Substance abuse:** Exposing a child to a parent or caregiver's personal drug and alcohol abuse
- **Abandonment:** Leaving a child without care and support

That's a hard list to read. Yet, it's critical to know that child abuse exists, takes many forms and is common. If someone you know may be harming a child, remember there is help for both adults and children.

¹[What is Child Abuse?](#) American Society for the Positive Care of Children. Accessed January 2018.

What can you do to help?

If you want to be part of the solution, start with awareness. After that, be watchful and brave. If you see or sense something “off” with a child or situation, go with your gut and speak up. Ask questions. Or call the Child Protective Services or police in your area.

Need more information?

Learn more about child abuse and what you can do by getting in touch with the National Child Abuse Hotline. Call **1-800-4-A-CHILD (1-800-422-4453)** or visit them online at [childhelp.org](https://www.childhelp.org).² By contacting this group, you can report abuse, find your local children’s services, donate to the cause and more.

As the saying goes: “See something, say something.”



[Back to top](#)

²[The Issue of Child Abuse](#). Childhelp. Accessed January 2018.

The EAP is administered by Resources For Living, LLC.

All EAP 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.

Resources *for* Living[®]

Family fun ideas

Having fun as a family doesn't have to break the budget. Here are just a few ways to have easy, low-cost fun:



Picnic
in the park



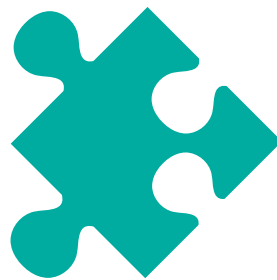
Volunteer for
a local cause



Try a new
outdoor sport



Watch a movie
together



Play a board
game



Make fun
a priority

[Back to top](#)