

Enjoy the ride

Time to play

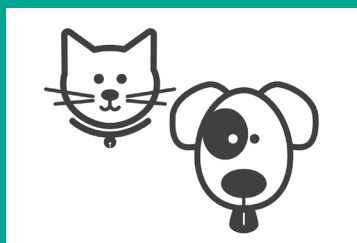
July 2018 Newsletter

Featured Article:
**Want less stress
and more fun?
Start today**

Monthly Awareness:
**Purposeful
parenting: Helping
kids be their best**

Infographic:
**Keeping your pet
healthy**

Let's Talk video:
**When your family
is touched by
tragedy**



You may work, run a household, parent and care for family members. Who even has time for themselves or friends? **Find tips to boost your mood.**

Most parents would likely agree they want their kids to grow up to be happy, productive adults. **Learn more about purposeful parenting.**

Your pet's health is in your hands. **Find ways to stay on top of your pet's health.**

When crises happen to someone in a family, it impacts the whole family. **Watch this video for tips on helping the family cope.**

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!

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Want less stress and more fun? Start today



[Return to top](#)

Today's lifestyles are hard. You may work, run a household, parent and care for family members. Who even has time for themselves or friends? Many people feel physically, mentally and emotionally drained.

Now imagine waking up feeling refreshed, renewed and ready to go. It's not a dream — it's possible. Here are three ideas that may help you:

- 1. Be kind to yourself.** Do you feel guilty about what you can't get done or worry about letting people down? Guilt is non-productive and uses up energy. Instead of getting stuck on what you can't get done, focus on what you are accomplishing and who you are pleasing (including you!)
- 2. Focus on what's really important to you.** What matters most to you? Do you love animals, care deeply about education or the needs of less fortunate people? Use a bit of your time to volunteer for organizations that address your concerns and passions. This can fulfill and energize you.
- 3. Carve out time for fun.** Many adults are fun-deprived. We have so much on our minds that it's easy to lose sight of how important fun is to feeling upbeat and alive.

Use these tips to boost your mood, create energy and inject more fun into your life. It's well worth it.

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Purposeful parenting: Helping kids be their best



[Return to top](#)

What do parents want for their children? Most would likely agree they want their kids to grow up to be happy, productive adults. Purposeful parenting is a child-rearing approach that starts with that long-term goal — and helps parents make it happen.

Some basics of purposeful parenting

No one can be a “perfect parent” all the time. But these basic behaviors can help you practice purposeful parenting:

- **Listen.** When you really listen to your children, you learn a lot about them. You also boost their self-esteem.
- **Be honest.** When you’re open and truthful, your kids can learn from you.
- **Reward good behavior.** If your kids do something good, let them know you like it. It’s better to reinforce the positives than to punish the negatives.

- **Be playful.** Engage in sports, games and other activities to bond and burn off energy together.
- **Spend one-on-one time each day.** Give each child “alone time” with you every day. Even if it’s only fifteen minutes, you can use the time to read together, go for a walk or just talk about the day. This helps strengthen the relationship and builds self-worth.

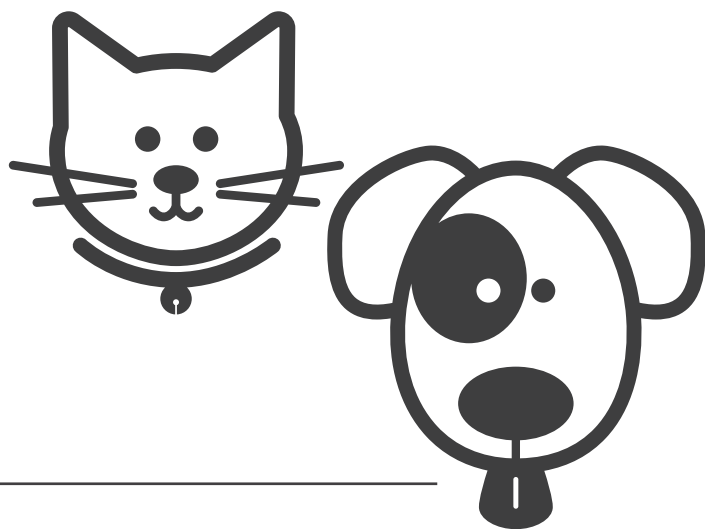
Parenting may be the most challenging job on earth. But if you raise responsible and well-adjusted adults, your entire family will benefit.

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Keeping your pet healthy



Your pet's health is in your hands. Find a veterinary office you trust. You should also know where you can take your pet for emergencies after hours.

Be sure to stay on top of:



Routine exams, vaccinations and dental care



Keeping dangerous foods or objects out of your pet's reach



Changes in hunger, thirst or "bathroom" habits



Behavior changes such as sleeping more or limping



Sneezing, coughing or vomiting



Any other signs that worry you



[Return to top](#)

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