

Surprise yourself

June 2018 Newsletter

Featured Article:
The benefits of saying “no”

Monthly Awareness:
Keeping our kids safe at school

e-Health video:
The power of a smile

Let's Talk video:
How to be on time



There are times when you can — and perhaps should — say “no.” **Learn how and when to say no.**

Safety is a realistic worry for parents, teachers, students and communities. **Find ways to help keep your kids safe at school.**

Believe it or not, you've got the power to give yourself and others a quick mood boost. **Learn more about the benefits of smiling.**

Are you regularly late? You may be sending the wrong message. **Watch this video for a simple tip to help you be on time.**

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®

The benefits of saying “no”



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There are many everyday situations in which you simply can't say “no.” But there are also times when you can — and perhaps should — say “no.” After all, if you say “yes” to every demand or favor, you'll be so busy pleasing others that you may forget to take care of yourself!

Saying “no” takes courage and skill

Here are some times when saying “no” can be a healthy choice:

- **Your calendar is already full.** There's no wiggle room at all. If you take on even one more task, it'll be at the expense of something else you really want or need to do.
- **You're already stressed out.** If you don't say “no,” you'll put even more pressure on yourself and others in your life, too.
- **If you say “yes,” it's just out of guilt.** If you want to feel angry and resentful much of your life, just keep on saying “yes” when you mean “no.”

Tips on how to say “no”

- **Be honest and brief.** Long-winded explanations can sound and feel awkward.
- **Be firm but nice.** You can sweeten up a “no” with something like: “Thank you for asking me but I just don't have time right now.”
- **Leave the door open.** Perhaps you're too busy now but would like to help out. Consider offering to pitch in at some other time.

“No” helps you control your life

Learning to say “no” can help you build self-confidence and keep a healthy balance in your every day. You may be surprised to see how much better you feel by taking more control of your life in this simple — but powerful — way.

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Keeping our kids safe at school



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These days, drugs, bullying and school violence have changed from being topics of concern to news. Safety is a realistic worry for parents, teachers, students and communities.

As a parent, you're not helpless when it comes to your kids' safety. There are actions you can take to help. Here are just a few examples:

- 1. Read your school's handbook to learn about policies and procedures.** Every school should have a school handbook. It should include information on how the school deals with bullying, campus visitors and emergencies. Read this information and, if you have questions, call your school's principal.
- 2. Keep your child's personal information up-to-date.** If you change jobs or phone numbers, make sure the school gets the new contact details. If your child develops a new health concern or allergy, notify the school too. Also make sure your child's emergency contacts are accessible and you've listed the most current ways to reach them. Be sure your children and the school know who's authorized to pick them up from school if you're not available.

- 3. Communicate.** Talk with your kids every single day. Ask what they learned at school, how things went on the playground and anything else they'll share.
- 4. "See something, say something."** Teach your kids to be aware of changes in others' behaviors or anything that makes them uncomfortable. Let them know they can tell you. Remind them it's your job to help them feel and stay safe.
- 5. Speak up.** There's no concern too small to bring to a school's attention today. Never feel "funny" about calling the school to let them know something you or your student have heard or observed.

Keeping our kids secure is a group effort. And we're all part of the safety net we need to put around our children so they can learn, grow and succeed in school.

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