

Make it happen



Team up

July 2019 Newsletter

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are a team
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You may have people in your life that are more difficult to communicate with than others. **Watch this video for tips on managing these interactions in the moment...**

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®

Relationships are a team sport



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What does it take to make and keep a couple's relationship strong? One factor is each person's ability to be a team player. To keep relationships strong and alive, both partners need to play for the same team — theirs.

Roll up your sleeves and be ready to work at it

Do some relationships look effortless to you? Don't be fooled. A lasting relationship takes ongoing effort. Why? We're all changing constantly. Partners need to be resilient, dedicated and open to growth.

What else can you do to keep your team strong? Here are some tips:

- **Be flexible.** Forget about winning and losing when it comes to disagreements. Instead, be willing to give a little and get a little so you and your loved one can both be happy.
- **Expect ups and downs.** No relationship is 100% thrilling — or 100% boring. Expect times that are good, bad and just okay.
- **Learn to forgive.** Grudges are toxic. They infect relationships with anger and resentment. Forgiveness releases bad feelings and allows for a fresh start. And remember, it's okay to ask for forgiveness when you need it, too.

- **Connect with others.** Boost your skills and strengths as a couple by socializing with other couples, family and friends.
- **Break out of the norm.** Give yourselves the gift of spontaneous fun. Try a new activity together or enjoy a spur-of-the-moment adventure.
- **Make time for each other.** Set aside time every day when you can tell each other about your experiences and feelings. Even if you have kids — or, rather, especially if you have kids — carve out some adult time. As a couple, you're key to keeping the family stable. Make sure you give and get the attention you deserve as often as possible.
- **Be a safety zone for growth.** Allow yourself and your partner the freedom to pursue individual activities and goals. This won't detract from your relationship. It'll add to it. As each of you grow, you'll have more to share and give to the team.
- **Show your love.** Tell and show your loved one that you care every day.

Go team, go!

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Disability awareness update



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More than one in eight Americans lives with a severe disability¹. These may include challenges with hearing, vision, reasoning, understanding, walking, climbing stairs, self-care or living independently.

Some disabilities are obvious — but others are not. Disabilities can include:

- Injuries like a broken arm or leg
- Traumatic brain injury (TBI)
- Learning issues like dyslexia, auditory or visual processing
- Loss of vision or hearing
- Chronic illness such as diabetes, heart disease or asthma
- Mental illness such as depression or bipolar disorder

Ways to help

Many people want to assist those with disabilities but may not know how to offer help. Here are some suggestions:

- 1. Use proper words and phrases.** Remember that a person has a disability – he or she is not the disability. For example, you'd say "John has epilepsy" rather than "John is epileptic."
- 2. Ask before helping.** People with disabilities are often quite independent. Don't assume they need your help. Never grab or touch them without asking. You may catch them off guard or even get in their way.
- 3. Show respect.** If someone is in a wheelchair or has a service dog, be respectful of boundaries. Don't pet the dog or interfere with the person's movement. Also, they may have an aide with them. If you want to ask or say something, remember to address the person, not his or her helper.

Treat people with disabilities as you'd like to be treated — with kindness, consideration and respect.

¹Mercado, Mia. [How Many Americans Have A Disability? A New Survey Indicates the Number Is Higher Than You Think.](#) Bustle. Accessed May 2019.

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You never get a second chance to make a first impression¹

1

Show up on time

2

Be polite and attentive

3

Smile and be positive



4

Be confident

5

Dress and groom nicely

6

Be yourself

¹Rogers, Will. Accessed April 2019.

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