

Just
because...



Be a friend

October 2020 Newsletter



*Featured
Article:*

Are you an introvert, extravert or ambivert? | Friends are all different in their own special ways. [Learn more here...](#)



*Monthly
Awareness:*

Love shouldn't hurt | Relationships shouldn't include abuse or control by one partner. [Read here about domestic violence...](#)



*Let's Talk
video:*

Helping kids manage their anger | Everyone gets angry. But kids may not have the tools to calm down. [Watch this video to learn how you can help your kids manage their anger...](#)



Podcast:

Think Tank — Bridging the generation gaps | There are four generations currently in the workplace. This creates a lot of opportunities to learn and grow. But it can also cause frustration. Listen to the series: [Boomers](#) | [Generation X](#) | [Generation Y](#) | [Generation Z](#)



Infographic:

Ways to apologize | We all make mistakes. And ad-libbing an "I'm sorry" can sometimes add insult to injury. [Here are some tips for offering a heartfelt apology...](#)

Getting help | Get confidential support, information and referrals for work or personal concerns. We can help you, your household members or your adult children under 26, even if they live away from home. Call or visit us online today!

Are you an introvert, extravert or ambivert?



Did you ever notice that some people love the spotlight while others are happier in the background? Neither is wrong or right. We all have different personality types that shape how we behave, communicate and interact. Check out some of the basic differences below. You may find you favor one type or have some features of each.

Introvert	<ul style="list-style-type: none">• Enjoys solo time• Good listener	<ul style="list-style-type: none">• Likes thinking things over alone
Ambivert	<ul style="list-style-type: none">• Likes both alone & social time• Good listener & talker	<ul style="list-style-type: none">• Can process alone or on a team
Extravert	<ul style="list-style-type: none">• Gets energy from being with others• Likes to talk	<ul style="list-style-type: none">• Likes talking things out with others

Whichever personality type you seem to be, you can be a good friend and valuable team member. The beauty of differences is how we complement each other. Remember, we're all unique and have something special to offer.

[Return to Index](#)

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Love shouldn't hurt

If you have a partner who abuses or controls you, it can be scary and dangerous. Many people don't realize that domestic violence or abuse can take many forms.

- **It can be physical.** An abuser may punch, push, bite, slap and do other physical harm.
- **It can be sexual.** An abuser may force sex or falsely accuse you of flirting or cheating with someone else.
- **It can be financial.** An abuser may take all the cash and credit cards, leaving you to beg for money.
- **It can be psychological and emotional.** An abuser may threaten you, family members and even the family pet. He or she may call you names, criticize constantly and give you the silent treatment. Abusers tend to isolate their victims and create anxiety.

It won't get better if you stay

You may be afraid to reach out for help. You may be afraid to leave. You may have nowhere else to go. Your abuser may convince you you'll create more problems if you "make waves."

But here's the thing: It won't get better because you stay. And it won't get better if you give an abuser another chance — unless the abuser gets help to stop his or her behavior.

Easier said than done

Leaving an abuser is very hard. But it can be a matter of life and death. If you need help to get out of an abusive situation, we're here for your 24/7. You can also call the **Domestic Violence Hotline (1-800-799-7233)**. Call 911 if you're in imminent danger.

[Return to Index](#)

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Ways to apologize

No one's perfect. Sometimes you may do something that hurts someone you care about. Apologizing is often the best way to mend the relationship. Sure, you can try to avoid saying you're sorry by being extra nice or giving lavish gifts. But that may not restore a sense of trust. The key to a meaningful apology is to take responsibility. Assure the person that you know what you did wrong and that you're open to changing the ways you act and react.

Say something like:


I'm sorry that... 

I did/ didn't _____ 

and your feelings got hurt. 


I'll make sure it doesn't happen again by _____ 

Not something like:

 I'm sorry if...

 you thought that I _____

 and you're sensitive.

 I might do it again, but don't take it personally, okay?

Remember: An apology requires you to be vulnerable. It's normal to feel uncomfortable apologizing. That's because you're asking the other person to forgive something you may already regret having done. If it's well-received, though, it can be worth any trouble.

[Return to Index](#)

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