



# Balance

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 APS Healthcare

## Family Fitness Get Moving!

Exercise teaches family members about healthy behavior. It also provides an opportunity to spend time with each other. Not sure where to start? First, have the family decide on an activity that includes the whole family. Consider intramural sports leagues, nearby hikes, or local fun-runs. Then, set aside family time each day or each week to participate in the activity. Make a chart to measure the family's progress...stickers and all! Below are some no or low-cost ideas to get your family moving:

- Limit the time spent in front of a screen (outside of work and school). Screens include televisions, computers, video games, and cell phones.
- Plant a family garden.
- Plan vacations around an activity. Look for family-friendly hikes, find a place to swim, or consider biking to a destination.
- Celebrate the seasons and go sledding, swimming, rake the leaves, or fly a kite.
- Start a family tradition. Take a daily walk together after dinner, or plan a monthly basketball tournament with family and friends.
- Divide and rotate physical chores among all members of the family.
- Participate in community events. Look for benefit runs/walks, litter patrol, farmer's markets, and art walks.



## Boost Creativity with a Positive Mood

If you feel like you are lacking in the creativity department, it could be because of your mood. Research suggests that being in a positive mood can increase creativity, which frequently leads to creative problem solving and innovative ideas. Changing your mood is not as difficult or time consuming as you may think. Listen to upbeat music, watch a funny video, talk to a cheery coworker, or go to lunch at your favorite restaurant near work. When you achieve a brighter outlook, return to the task that requires your creative touch.



## Scheduling Me Time

Finding private time each day for a healthy activity that helps you unwind is a powerful stress management and productivity enhancement technique. You may feel a little guilty at the thought of scheduling “me” time, but being “self-attentive” in this manner can reap huge rewards for you and others who love and depend on you. Whether you take a quiet bath or simply detach to read a favorite book for 15 to 30 minutes, you will rejuvenate yourself, find more creativity, gain motivation, and most importantly, dump that “I’m trapped” feeling. Find a healthy way to unwind and plan it into your day just like a business appointment. You’ll feel good about finding balance, and you’ll look forward to your next “me” time appointment.

## Fixing Broken Relationships at Work

Relationships at work are one of your most valuable resources. So when problems emerge with one of them and you’re losing sleep, feeling angry, or building resentments, it’s time for a fix. Here’s how: Make a call to your coworker and ask for time to sit down and discuss your mutual point of conflict. Plan a meeting in a place where you both will feel comfortable and relaxed, and where you will not be interrupted. Give yourselves enough time to discuss issues. Before starting, take a minute to discuss your goal—what you will gain from resolution of the conflict. Be sure to discuss how not having the conflict on your minds will reduce tension and help you both feel better. This creates a “teaming” effect for your meeting. Now, talk it out. Watch for any statement or gesture made by your coworker that demonstrates conciliation or positive contribution to the discussion, and acknowledge it. By using this process, you will eventually arrive at an agreement or understanding that advances your relationship. Agree to meet early to resolve differences and not let issues simmer between you and your coworker. For more information about conflict resolution, contact your Employee Assistance Program.

## Is Seeking Happiness Preventive Health Care?

A recent study found that survey participants who reported being happy all or most of the time were 1.5 times more likely to report good health. Seeking happiness is a preventative healthcare strategy. Awareness of your mind-body link can help prevent issues such as depression, anger, and stress from compounding into greater problems. If you just haven’t felt like yourself lately, don’t hesitate to visit your Employee Assistance Program for resources.

## Keep Exercising

Struggle with sticking to an exercise schedule? Focus on these four tips to maintain your drive:

1. View workouts as time for yourself, rather than as a chore. On days that you’re unmotivated, promise to do just five minutes of exercise. After getting started, you’ll probably do much more.
2. Whether it’s pounds or performance, set yourself up for morale-building victories by establishing short-term goals and rewarding yourself after achieving each one.
3. Vary your workouts occasionally by trying different exercises.
4. Take pictures along the way to document your progress.

# Overcoming Alienation

Are you feeling detached with fewer quality relationships because of a fast-paced, overworked lifestyle that never seems to let you take a breath? Are the neighbors next door still strangers? This phenomenon is called "alienation." The concept of alienation is not new, but it's getting more attention from sociologists because more people are complaining about it. Before the years slip by, take steps to intervene. Start by taking steps to decrease isolating activities, such as internet use, and increase face-to-face interactions. Try taking an art class, joining a gym, going for a walk, or volunteering in your community.



**APS Healthcare's Employee Assistance Program.** The EAP program through APS Healthcare assists organizations and their workforce in managing the personal challenges that impact employee well-being, performance and effectiveness. APS' life management consultants employ a comprehensive approach that identifies issues impacting the employee and assists them in developing meaningful solutions.

Please call the phone number below for more information about your Employee Assistance Program and the services available to you.

 1-866-271-4718

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