

The Continuum Edge

RESOURCES FOR EVERYONE

3401 Village Dr, Ste 210, Lincoln, NE 68516 • 402.476.0186 / 800.755.7636 • 4continuum.com • easpecialist@4continuum.com



October 2024



WHAT IS THE “NATIONAL LONELINESS EPIDEMIC” ALL ABOUT?

Digital communication, remote work, the isolation of the elderly — the time people spend socializing in person has dropped over 70% in the past 20 years. Among its ripple effects is the impact on health. Loneliness — and not just the subjective feeling of being sad from lack of social contact with friends, family and meaningful relationships — has been linked to mental health disorders, cardiovascular disease and decreased life expectancy.

Be proactive and intentional in maintaining social connections. Relationships are resources you build for a lifetime — your future “social IRA.”



Counter loneliness by focusing on meaningful relationships rather than numerous casual connections.



Assess your social media use — ensure it enhances, not replaces, real-life interactions.



If you're concerned about isolation, whether your own or someone else's, reach out to Continuum EAP for support.

Learn more at <https://www.hhs.gov/surgeongeneral/priorities/connection/index.html>.

CONQUER YOUR MONDAY MORNING BLUES

Feeling the Monday morning blues is common. Very simply, weekends give you control over your time and choices. It's almost like retirement for 48 hours. But the script flips on Monday, and demands you don't control take over. Overcome this overwhelming feeling by spending 10 to 15 minutes on Sunday night writing down your goals and organizing your personal to-do list for the week.



This way, you can start the week feeling more in charge rather than suddenly “dictated to” by work.

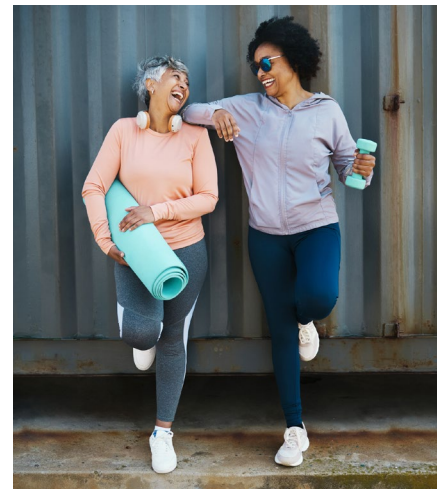


CREATE A SUSTAINABLE EXERCISE ROUTINE



Exercisers experience fewer illnesses like diabetes, cancer and cardiovascular disease and have improved mood, cognitive ability and reduced systemic inflammation. New research also shows a 30%–35% reduction in their mortality compared to non-exercisers. Despite the benefits, more is needed to inspire many people to engage in regular exercise.

Roadblocks include inconvenience, pain, boredom, failure to see fast results, having unrealistic expectations, or even seeing people at the gym looking healthier than oneself.



GET MOTIVATED BY ANSWERING THESE QUESTIONS ABOUT YOUR EXERCISE PROGRAM AND GOALS:

- What tangible benefits would regular exercise bring to your life?
- What physical activity will you truly enjoy?
- How can you integrate exercise into your daily routine in a way that feels manageable and not overwhelming?
- What small, achievable goals can you set for yourself to measure progress and stay motivated?
- Who in your life can be your “accountability partner” if your motivation wanes?
- How will you reward yourself for staying consistent with your exercise routine?

If you are ready to live a healthier, more balanced life but haven't been successful making changes on your own, consider giving Continuum EAP's wellness coaching a try. Services are free and confidential.

Source on “all cause mortality”: pubmed.ncbi.nlm.nih.gov (Search 18525377)

ANXIETY: IT'S NOW #1

The 2024 results of the American Psychiatric Association's annual mental health poll show that U.S. adults are feeling increasingly anxious.

In 2024, 43% of adults say they feel more anxious than they did the previous year, up from 37% in 2023 and 32% in 2022. This problem surpasses depression, stress and relationship issues.

Key concerns include the economy, the upcoming presidential election and gun violence. There are many anxiety triggers, including personal economic instability, health concerns and fear of war. Immediate personal steps you can take to manage (reduce) anxiety include setting boundaries on news consumption, writing action steps you will take to have better control over direction in your life, and using the support services available through Continuum EAP.