

# The Continuum Edge

RESOURCES FOR EVERYONE

3401 Village Dr, Ste 210, Lincoln, NE 68516 • 402.476.0186 / 800.755.7636 • [4continuum.com](http://4continuum.com) • [easpecialist@4continuum.com](mailto:easpecialist@4continuum.com)



January 2024

## CONTINUUM EAP IS TURNING 50!

Born from the innovation of a group of business leaders in Lincoln, Neb. who desired to help their employees overcome alcoholism, Continuum quickly grew into the comprehensive employee assistance program it is today. To help us commemorate this incredible milestone, we are unveiling a fresh look, complete with a new logo and color palette. Just like you, Continuum has continued to evolve over the years, and we want our brand to reflect that evolution.

While our look may have changed a bit, rest assured that our core values have not. We remain dedicated to helping you — and your family — grow, heal and thrive in this complex and ever-changing world. Learn more about us and the services available to you at [4continuum.com](http://4continuum.com) or and connect with us on Facebook, Instagram and LinkedIn for tips and information to help you on, and off, the job.



## BUILD YOUR PERSONAL BRAND IN THE WORKPLACE



Entrepreneur Elon Musk is known for taking risks, having big ideas and visionary leadership. This describes his “brand.” A personal brand in the workplace reflects your unique strengths and values, but this image shouldn’t be accidental. Decide how you want to be viewed by your organization. Identify the values that



underlie the vision you hold for yourself, and then remain consistent with your vision in everything you do. Your visibility, recognition, career opportunities, stronger relationships, and ability to be a positive influence will likely follow, and along with them will come more doors open to more opportunities.

# VOLUNTEERISM: THE PERFECT PICK-ME-UP

The positive effects of volunteering to help others have been demonstrated in many research studies. These include improved feelings of well-being and positive effects on a person's mood and general happiness. Research has also shown that volunteering can have positive effects on physical health, including lowered blood pressure, reduced risk of heart disease and increased longevity. Could you use some of the good things that flow from volunteering? To find thousands of options, try [www.idealists.org](http://www.idealists.org) or [www.volunteermatch.org](http://www.volunteermatch.org) and click on "find opportunities."

Source: [psycnet.apa.org/record/2013-21685-006](https://psycnet.apa.org/record/2013-21685-006)



## ADULT CHILD INDEPENDENCE AND FAILURE TO LAUNCH

The term "failure to launch" describes young adults who are still living at home with their parents and not taking on the responsibilities of adulthood. This can be distressing for parents, and it can create marital conflict over how to intervene and a cycle of enabling if they are fearful that the adult child cannot successfully grasp these responsibilities.

Although there are steps along with many parenting resources for helping resolve failure-to-launch syndrome, a Continuum EAP counselor can be of enormous benefit if the crisis has existed long term without resolution after many intervention attempts.

### REASONS WHY



While mental health issues like anxiety and depression can make it difficult to transition into adulthood, often parental overprotection (doing too much for too long) can make it difficult for some adult children to learn the skills they need in order to become independent.

### CHALLENGES



Your path to resolving failure-to-launch syndrome will include challenges like setting clear expectations and responsibilities, creating new rules regarding financial support that encourage independence, and working through the natural resistance to change that can be expected.

### PATH FORWARD



You are not alone in this struggle, and with patience, understanding and support, you can help your child overcome the challenge of becoming an independent adult and help yourself from returning to a cycle of enabling. Don't hesitate to reach out to Continuum EAP for assistance.