

The Continuum Edge

RESOURCES FOR EVERYONE

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MANAGE STRESS WITH THE 24-HOUR RULE



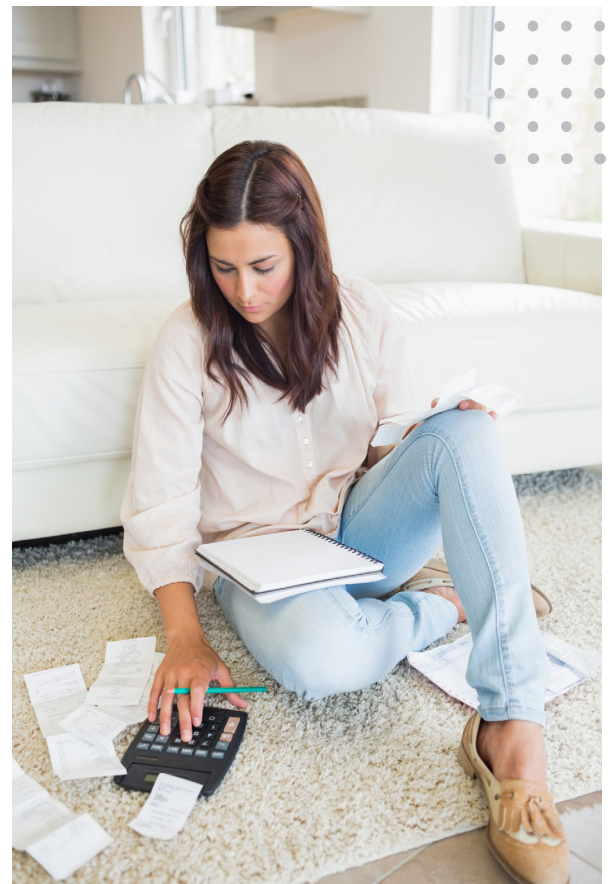
The “24-Hour Rule” is one of the most powerful stress management techniques. When stress is overwhelming, this mindset encourages you to focus only on what you can handle or control right now and avoid focusing on worries until tomorrow. This approach allows you to compartmentalize your concerns, giving your mind the space to process immediate challenges without the added burden of future uncertainties. By limiting your worry to a specific timeframe, you create a psychological buffer that can significantly reduce anxiety and improve your overall well-being.

Consider your past; how many times have you experienced extreme worry over a moment or set of circumstances about which you had no control? And still, here you are today with those things now in the distant past — many of which you can't even recall! In the moment, it is easy to forget this stress management technique that relies on the reality that circumstances change, solutions emerge and perspective shifts. And if one day at a time feels too tough, try taking it one hour at a time.

GET A POST-HOLIDAY FINANCIAL REHAB STRATEGY

Rather than experience the dread that comes with knowing bills are coming due soon, get proactive with a post-holiday financial rehab strategy plan. Take charge now to regain control over your finances and set a positive tone for the year ahead. Focus on creating a realistic budget, track expenses and decide on financial goals.

Get debt repayment strategies, if needed, from online or community resources like the National Foundation for Credit Counseling, where lots of resources have recently been established online to help you. Just visit nfcc.org. And don't forget that Continuum EAP's financial coaches can help, too!



Scan the QR code or visit 4continuum.com to learn about all of the free financial-related resources available to you.





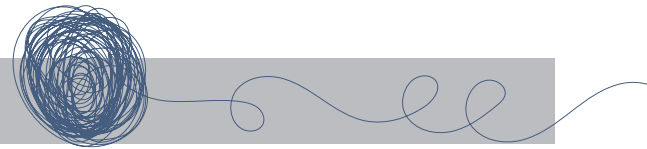
PARENTING TIPS TO HELP TEENS AVOID SEXUAL ASSAULT

If your kids have started dating, have you had a conversation with them about staying safe and reducing the risk of sexual assault?

Don't assume they will come to you after facing a situation they weren't prepared to handle. Even if you believe your relationship with your child is close and trusting, they may be uncomfortable sharing with you because they feel guilt or embarrassment, are afraid of upsetting or angering the assailant and/or fear losing friends, or want to shield you from worry.

PROACTIVE COMMUNICATION IS ESSENTIAL in ensuring your child understands how to navigate dating safely and recognize potentially dangerous situations. Many advocacy organizations offer parental education and teen guidance for safe dating. Start with the Centers for Disease Control and Prevention's Preventing Teen Dating Violence page. (*Link: [cdc.gov/intimate-partner-violence/about/about-teen-dating-violence.html](https://www.cdc.gov/intimate-partner-violence/about/about-teen-dating-violence.html)*)

GETTING UNSTUCK FROM A RUT



The majority of employees feel secure in their jobs but also stuck and unable to move up. Feeling stuck can be emotionally draining, reduce productivity and negatively affect your life outside of work. Don't stay in this indeterminate state, because it can lead to long-term dissatisfaction and even health consequences. Take proactive steps to get some happiness back and overcome your feelings of stagnation. Set goals for yourself despite

your current status. Identify what part of your job you like best and focus on building your expertise there, or even focus on courses to develop additional skills, volunteer opportunities and mentorship. Connect with co-workers with whom you have good chemistry. These positive interactions can give your job more meaning. Pursue hobbies, side projects or community involvement initiatives that bring you joy and a sense of achievement.



Don't just leave work, go home and hit the couch. Instead, take action to cultivate a fulfilling and more dynamic life. If you need help getting started, Continuum EAP is here for you.

Source: www.glassdoor.com/blog/worklife-trends-2025/#Trend1

Information in The Continuum Edge is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. Add "https://" to source links to follow. Link titles are always case sensitive.