

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



March 2024



GETTING YOUR IDEA CONSIDERED

Rather than having your idea only heard, get it considered. This goal involves a few steps, but they offer the possibility of more success.

Don't share your ideas yet but gather information about the problem you are trying to solve.

Learn the how, when, why, who, what, where and causes of the problem.

Write down your idea for solving the problem; it may now be more precise, which is even better.

Sum up the benefits of your solution and its downsides, risk, interruptions, or stressors. Can't think of any? Try harder.

Change creates stress, so your chances of success increase dramatically if you appear balanced in your proposal.

Add a suggested plan for implementing your solution.

STRESS TIPS FROM THE FIELD

TAKE IT ONE DAY AT A TIME

"Taking life one day at a time" is a common saying, meaning to deal with each day's problems as they come instead of worrying about the future. But it means much more, like pausing and engaging with what is happening right now, thereby appreciating the present moment.

This reduces anxiety, produces a calming effect, and puts the brakes on catastrophizing. Instantly, you cease magnifying potential negative outcomes of a stressor, crisis or concern that you face. You discover that you can control your responses to these things and not be swept up by them.

Consider using the "one day at a time" stress management strategy more often. It doesn't mean neglecting goals or plans or necessary interventions. It simply encourages balanced living right now and maintaining a perspective about concerns.



If your current stressors are making it difficult to cope, Continuum EAP can help!

SUPPORTING A LOVED ONE WHO HAS CANCER



Upon learning that a loved one has received a cancer diagnosis, you may find it challenging to determine the most supportive and comforting words to express or the best way to offer your support.

- Be positive and encouraging. Don't allow fear of unintentionally causing distress to keep you from this role.
- "Being there" — meaning listening — is your most crucial role.
- Discard the notion that you must produce a "right" answer or "solution" to what the person is experiencing.
- Don't back away or be avoidant, but make visits and contacts purposeful.
- Don't say, "If you need me for anything, just ask." Instead, offer what you can do to lessen a burden.

Use Continuum EAP for help in navigating your emotions about the diagnosis and you'll feel more empowered to be supportive during this critical time.

"DO IT NOW"

TIPS TO OVERCOME PROCRASTINATION

Procrastination would be a thing of the past if "do it now" were as easy as it sounds. To overcome procrastination, use baby steps. For example, need to finish a report?

- 1 Step one might be to turn on your computer. Even better, walk into your office with step two being to turn it on.
- 2 Look at the clock and promise one minute of dedication to the task. The idea is that one minute will turn into two, and before long you are done.
- 3 Promise a reward. ("If I finish this task, I am taking myself to a movie!") This is called a "pull strategy."
- 4 Get an accountability partner — ask a person to check in with you to see if you have completed the task. This is a powerful tactic, but avoid choosing those with whom you have strong emotional ties such as a spouse, another family member, or a close friend. Ironically, your relationship can reduce the urgency needed to complete the task if you don't fear their disappointment or reaction to your failure to follow through.

KEEP THE MOMENTUM GOING

The do-it-now mentality is a stepping stone to something even more powerful — a proactive mindset — which can significantly boost productivity and your ability to take immediate action. Experiment with strategies that work for you. Make it your goal to adopt a proactive mindset that instills an ability to take immediate action. Continuum EAP is a great resource to help you achieve this.