

The Continuum Edge

RESOURCES FOR EVERYONE

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WHAT A SMALL GARDEN CAN DO FOR WELLNESS

Spring is the perfect time to explore gardening — for both fresh produce and enhanced well-being. You can start with a single pot or a square foot of space, and with a bit of sunlight seize this wellness opportunity. Gardening promotes relaxation, relieves tension, enhances mood, improves emotional well-being and encourages mindfulness.



Gardening can also provide a sense of grounding, connection to world around you, awe of nature and achievement. A larger garden will give you loads of exercise too.

DOES MY FAMILY MEMBER HAVE A MENTAL HEALTH ISSUE?

Families may worry about a loved one's mental health when they witness changes in mood, personality differences, worries and fears, strange thoughts, anger issues, unusual habits, sleeping or eating too much, and more. Is it mental a mental health disorder? Not necessarily. Does their behavior interfere with their daily activities? Is their social life, school or occupational functioning adversely affected?

If you are concerned about another's mental health, the best first step is to speak with a Continuum EAP professional to discuss the issues. You can then determine appropriate next steps, including how to influence your loved one to get help. Mental health disorders are common, and one in five people will experience one in any given year, but a supportive loved one is often the path to early and successful help.



AVOID COUPLE TROUBLES OVER MONEY

Money troubles among couples are common, but resolving them is possible, or you can try avoiding them if your relationship is new.

TIPS FOR COUPLES:

- Communicate openly and honestly about financial goals, spending habits and values to reduce misunderstandings and disagreements.
- Set specific, achievable financial goals together so you work toward a common financial future.
- Avoid resentment and imbalance in your relationship caused by unequal contributions to your shared financial responsibilities.
- Few things will cause more stress than debt, so create a budget and stick to it to avoid overspending. *(Many couples attempt this task, but they are undermined by not starting with the first tip above.)*
- Avoid secrets or hiding financial information. Money has a powerful impact. Don't underestimate it. Secrets can erode the essential trust needed to make your relationship thrive.
- Turn to expert sources, like Continuum EAP's professional counselors and financial coaches, to help improve strained relationships and strengthen your financial future.

Learn more: <https://www.investopedia.com> (Search "money marriage issues")

KEEP YOUR TEAM ALIGNED, ENGAGED & PRODUCTIVE

Don't overlook the importance of your team meeting regularly to deal with issues of communication, productivity and job satisfaction. Many employees are on teams, but months or years often go by with some teams never taking time to address issues that impact productivity and cohesion.

DO YOU
RECOGNIZE
ANY OF THESE
"OVERDUE FOR
A MEETING"
SIGNS AND
SYMPTOMS:



A perceived lack of trust among team members.



Unaddressed issues leading to misunderstandings or conflicts.



Team members demonstrating less initiative than in the past.



Cliques forming among employees to bond, vent frustrations and protect each other using a "we vs. them" view of the work unit.