

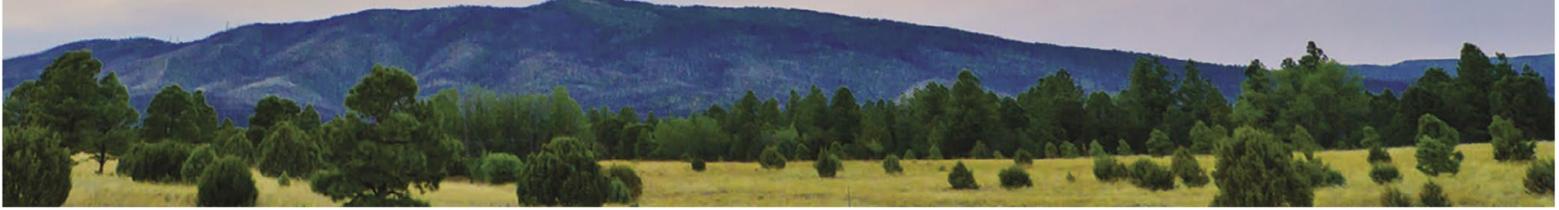


The  
Solutions  
Group

Making Great Companies  
Better Places to Work

# Work & Well-being

## February 2022



### Avoid Financial Health Denial

Are your money management habits leading to a financial crisis in the future? If you're thinking, "maybe, but it will all work out later," then you may be using financial health denial to avoid critical changes you need to make right now. See the EAP or get financial counseling if 1) credit card debt is growing, 2) you're unable to save up a small emergency fund, or 3) money worries are zapping your energy, interfering with sleep, or undermining happiness.



### Try the Advanced Heart Attack Risk Calculator

What are the chances you will have a heart attack in the next ten years? There is no certainty, but the Mayo Clinic has developed a sophisticated calculator that can be a strong reality check. It's based on 73 years of data closely following over 5,000 people and three generations. This is the Framingham Heart Study, the longest (ever) cardiovascular epidemiology research study, which began in 1948. Find the calculator at the link below. (The calculator is not a substitute for a professional diagnosis from a qualified medical doctor.)



Source: [www.mayoclinichealthsystem.org](http://www.mayoclinichealthsystem.org). [Search "cannon-falls heart calculator."]

### Teaching Children to Reach Out for Help

Consider imparting an important life skill to children— understanding how and when to ask for help from professionals with expertise that can help them with life's challenges, including mental health professionals. Psychotherapy, mental health services, and support groups still carry some stigma, so helping kids overcome resistance early can help them save years of struggle and pain when the going gets tough. Discuss myths and misconceptions about mental illness, what professional counselors do, and how to encourage others to reach out. Call The Solutions Group EAP for further help and information.



### Foods That Slow Alcohol Absorption

Some foods can reduce or slow the body's absorption of alcohol into the bloodstream, thereby minimizing alcohol's effects on the nervous system. Foods high in protein or fat do the best job, but others may lessen your desire to pick up a drink as well, thereby reducing the risk of overconsumption.



Consider the following food choices if you are trying to avoid or reduce the effects of alcohol at a social event: eggs, oats, bananas, salmon, Greek yogurt, chia pudding, berries, whole wheat crackers, grapefruit, melon, avocado, quinoa, beets, sweet potatoes, and trail mix.

Source: [Healthline.com](http://Healthline.com). [Search "15 foods drinking."]

**Work and Wellbeing is a monthly publication for employees and their family members**

Visit our website: [www.solutionsbiz.com](http://www.solutionsbiz.com)  
Call our toll-free number: 1-866-254-3555



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## National News, Crisis, and Effects on Children



Children are easily affected by catastrophes and national crises like the COVID-19 pandemic, but they do not exhibit symptoms of anxiety and trauma that are commonly seen in adults. If you're confused or unsure about whether your child needs additional support, psychotherapy, or even care for a psychiatric emergency, consider the following list below from the Association for Children's Mental Health. Trust your gut as a parent and seek help if these symptoms or a combination thereof signal you that it's time to get help. Some signs that your child may be experiencing a mental health crisis include: rapid mood swings; extreme energy or lack of it; sleeping all the time or being unable to sleep; severe agitation, pacing; talking very rapidly or non-stop; confused thinking or irrational thoughts; thinking everyone is out to get them or seeming to lose touch with reality; experiencing hallucinations or delusions; making threats to others or themselves; isolating themselves from friends and family, not coming out of their room; not eating or eating all the time, rapid weight loss or gain; suicidal thoughts and statements such as "I want to die" or even possible vague statements such as "I don't want to be here anymore." Learn more: [www.acmh-mi.org](http://www.acmh-mi.org) or call your EAP for further help and support.

## Relentlessly Bullied, but No One Knew It



Being bullied at school can create enormous anguish for young people, but many parents remain completely unaware of their child's victimization. This is especially true in adolescence when peers wield powerful influence concerning values and self-worth. This dynamic can cause denial or hiding of victimization—even covering for the bully whose approval the victim may still crave. Desire for peer validation can be stronger than the need to share the victimization. Having meaningful engagement with your child (although more difficult as their time and attention becomes more devoted to friends) can help you become aware of signs of bullying, which can include somatic complaints like headaches and stomachaches or irritability and moodiness after school. Other signs of bullying include reduced interest in school, missing or damaged personal belongings, and avoidance of talking about "how things are going at school." Please call The Solutions Group for help and support around this very important topic.

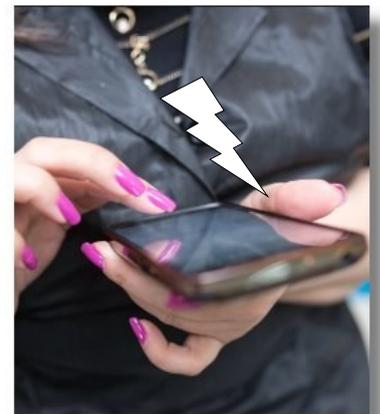
## Stay Healthy Working from Home



Is working remotely from home not as joyful as it first seemed? Four out of five remote workers struggle with "shutting off" work at the end of the day. About half believe their mental health has suffered. If this sounds familiar, try these fixes: (1) Maintain a regular schedule and stick to it. Resist temptations like sleeping in, doing chores, and participating in distractions that drag out an eight-hour day to 12 hours. (2) Take breaks, but when you do, connect with family and friends, not TV or social media. This will help you avoid burnout. If you can meet outside your home for coffee or lunch, this is even better. (3) Burnout prevention is about awareness and setting boundaries. At the end of the day, leave the smartphone behind. Don't stay connected, if possible. (4) Regular physical activity is essential to boost mental and physical health, so get up, stretch, walk, do jumping jacks. Discover what works best for you.

Learn more: [www.buffer.com/2021-state-of-remote-work](http://www.buffer.com/2021-state-of-remote-work).

## Apps that Rescue You from Lost Time



If willpower seems futile to stop overuse of social media or web surfing, try an app to regain control. Some apps lock you out of what distracts you most. Others set limits on the time you can use. A few will confront you with how much time you've spent online, which allows you to calculate the cost of lost time. (Ouch.) Some apps send annoying messages that don't stop until you log off. The above options scratch the surface of what's out there, but a tech solution awaits you that might raise your personal and employment productivity.

Apps: [www.reviewed.com](http://www.reviewed.com) [Search "social media stay focused."]



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