How do I practice detachment so when I go home at the end of the day I am able to focus on home life, sleep better, and not be overly concerned about employee issues at work? Is this a learned skill or an ability a few lucky supervisors are born with?

Detachment is more of an art than a skill. It comes with practice, and you get better over time by practicing letting go, observing your resistance, and making adjustments to improve your ability. Detachment allows you to become a more accomplished worker and contented, happy family member. There is always more to learn about detachment. You will not succeed all the time. No job that entails interacting with the human condition enjoys complete and utter detachment, because a continuum of problems guarantees new acute experiences will test your ability to let go. Imagine an emergency operating room physician who could not detach from work. Stress and its ultimate effects would incapacitate even the most skilled doctor. If you struggle with detachment, talk to your EAP by calling IMPACT at 800-227-6007. They will help and guide you toward discovering a more happy personal and professional life.

You are correct. You won’t be able to intervene in every issue, but there are broad categories of stress worth knowing about that can help you stay attuned to relationship and workplace dynamics with which interventions could reduce the impact of stress. Stress research usually focuses on 1) conflicts with supervisors, 2) complaints about the work culture and factors associated with it, and 3) dissatisfaction with making too minimal a contribution, not feeling like one belongs, is included, or fits in. This includes a feeling of not being valued for one’s contributions to the achievements of the work unit. Keep these categories in mind in conversations with employees and when dealing with normal workplace conflict. They can alert you to take action, and this can reduce turnover if you jump on problems quickly and resolve them. Turn to your EAP, IMPACT Solutions, to help you with any of them. Also consider visiting www.myIMPACTsolution.com and reviewing the article “Managing Employee Stress” for more information on common employee stressors and strategies for eliminating stressful problems or at least reducing their negative impact as well as building a team that is resilient to stress.
**Employees who are** no-call/no-show may have severe personal problems, have other sources of financial support making the job unimportant, or have extreme ambivalence about the job for some reason. If you offer a second chance, ask your employee about his or her goals for the future with the company. Referral to the EAP was an important step. Realize however that you may never discover the explanation for the behavior. Fear of job loss appears to be of no importance to your employee. EAPs have observed that employees with narcotic addictions can sometimes be no-call/no-shows. While the employee is under the influence and incapacitated, any sense of urgency or concern about the job may disappear. When the person is detoxified, remorse and a desire to keep the job may then become immense. This pattern then becomes cyclical.

**Proactive means** “anticipatory.” Management wants your energies and resources used to think ahead, anticipate problems and issues, and do less “reacting” to problems your work unit experiences. Here’s the key: When managing proactively, you strategize and target problems that have not happened yet in an effort to prevent them. You cannot just “think” proactively. Instead, you target the risk with interventions to reduce or eliminate them. The EAP is not an expert on your specific functions, but is experienced at coaching, analyzing, and examining the mandate you’ve been given. That assistance can help you keep on track and help ensure that you follow through on management’s directive. For more insight, consider a book dedicated to this topic, *Proactive Personality and Behavior for Individual and Organizational Productivity* (New Horizons in Management series) by Andrew J. DuBrin.