Subtle Clues to Suicidal Risk

A depressed friend who talks about “ending it all” is not being secretive about the desire to commit suicide, but would you notice more subtle signs of suicidal risk in a friend who wasn’t as open about thoughts and feelings or who felt it was a sign of weakness to ask for help? Untreated depression is the most common cause of suicide, so the more you know about it, the easier it is to spot. You don’t have to be a mental health professional to understand signs of depression. You need to know only what the signs are to have an edge in knowing whether to ask your friend if he or she is feeling suicidal. (Never shy away from this question. It’s the #1 rule in helping prevent suicide.) Go to www.nimh.nih.gov, and search for signs and symptoms of depression. You will see there are many signs—not just sadness, but also changes in eating, sleeping, or working habits; severe weight loss or gain; changes in mood or self-image; or excessively talking about guilt or other negative feelings and thoughts. Having a greater knowledge of depression symptoms will help you gauge your concern, so you can urge your friend to consult with a medical doctor or mental health professional. If you are concerned for someone’s safety, call the 24/7 IMPACT hotline at 800-227-6007 and the clinician answering will be able to provide immediate support and assistance.

Multitasking Versus Chunking

The younger you are the more unlimited time seems. Appreciate the finite nature of time and you’ll achieve goals faster and more abundantly. “Chunking” is one way to do it. Chunking is a time management tool for getting more done with fewer interruptions, starts, and stops and without the requirement to repeatedly refocus your efforts on competing tasks, which are multitasking’s flaws. Chunking focuses on completing one thing and then moving onto the next. Chunking will astonish you with its impact. Visit the Working module online at www.MyIMPACTSolution.com to learn other time management techniques.
Don’t Let Mental Health Get “Flabby”

Without physical exercise, physical health suffers. Symptoms might be weight gain, heart disease, or a host of other maladies such as diabetes. Don’t let your mental health get flabby, either. The symptoms include negativity, fear, and overreaction to unpleasant daily stressors or undesirable events. Mental health fitness isn’t a willpower thing. It is the result of engaging purposefully in positive thinking exercises for improved mental health. What cognitive exercise or uplifting activity for a positive mental attitude will work for you? Visit the Balancing module online at www.MyIMPACTSolution.com for assessments, articles and resources around staying positive and developing a healthy outlook.

The Performance Discussion

Being happy on the job and engaged, productive, and feeling “at one” with your supervisor is about as good as it gets. One more thing will make it perfect—no surprises at your annual review. Plan upstream to prevent this problem by having a discussion about your performance. The “performance discussion” is about getting feedback on how well you’re doing your job, but you don’t have to wait for your supervisor to initiate it. It can start with you. If you’re beginning to feel unsure about your performance and a little detached and can’t say for certain what your supervisor thinks about how you’re doing, you’re overdue for a performance discussion appointment. Don’t forget to discuss when the next one will be. Prepare for your follow up performance discussion by visiting the Accomplished Employee section of the Working module at www.MyIMPACTSolution.com and identifying an articles or skill builders to complete that you can discuss with your manager to show your dedication to improvement in your role.

IMPACT Solutions—We Are Here For You!

Remember—your IMPACT Solutions Employee Assistance & Work/Life Program is available to you, your household members, dependents, parents and parents-in-law 24 hours a day, every day of the year in over 140 languages! Qualified mental health professionals are always ready to help you with everyday life issues like stress, problems with teens, conflicts with co-workers, marital strife and so much more. Whenever you need assistance, all you need to do is call 800-227-6007 and we’ll be here to help.

Improve Your Emotional Intelligence

Emotional intelligence is the ability to monitor one’s own and others’ feelings and emotions and to use this understanding to have more satisfying and productive relationships. Anyone can have a better “EI” by practicing a few skills. Here are some: (1) Try encouraging others to speak first and give them your full attention. (2) Eliminate the idea of good and bad personality types at work. Instead, look for the part of their personality that represents positivity and is well-meaning. (3) If there’s friction between you and a coworker, look at where you may be coming up short in communicating and address that first. (4) The next time you find yourself focused solely on winning or on retribution, take a step back and look for ways to achieve your goal that also benefit others. Search the term “emotional intelligence” online at www.MyIMPACTSolution.com and complete the Emotional IQ Test to evaluate your EI.
Did You Know…

**IMPACT provides Identity Theft Prevention and Recovery Assistance?**

Identity theft harms its victims on many levels: the emotional duress of having one’s financial security compromised, damaged credit and reputation and the time required to prove the crime and one’s innocence. On average, identity theft costs its victims 60 hours and $1,000 to recover their identity and credit record.

Taking common-sense, preventive measures can help you avoid identity theft. However, even the best laid security measures can be foiled by a clever thief. That’s when IMPACT’s Identity Theft Prevention and Recovery services become an essential benefit.

In addition to a wealth of information on the website, your IMPACT Employee Assistance & Work/Life Program providers you with free identity monitoring and theft resolution services.

To talk with an Identity Theft Prevention & Recovery professional call 800-227-6007. To register for the free identity monitoring through Control Your ID or to access other information visit www.myimpactsolution.com and click on “Go To Member Login” and enter your Username. Then click on the Legal & Financial Center on the right.

Want Additional Information?  Forgot your username? Having trouble logging in?
No problem, give us a call at IMPACT Solutions, 800-227-6007.
Taking on a new role can be challenging. Maybe you’re starting a new job or having your first child. Maybe you’re a first time homeowner. We can assist you make the transition to your new role with informational resources and helpful referrals.

Call or visit us online to get help meeting the challenges of your new role.

TOLL-FREE: 800-227-6007
WEBSITE: www.MyIMPACTSolution.com

Available anytime, any day, your employee support program is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR
Suddenly You’re a Caregiver
SEPT 17 — 12 pm, 2 pm ET

Becoming a caregiver for a dependent adult can happen in the blink of an eye. Learn how to prepare yourself for action when faced with this challenge.