Sleep Better by Breaking
Waiting until you feel sleepy working at the computer late at night before going to bed is not a dreamy idea. Ditto, taking a laptop to bed and falling asleep. These behaviors (and others like them) ruin sleep quality. Repeated research has warned that lack of sleep increases your risk of health problems such as cancer, heart disease, type 2 diabetes, and even obesity. Recommendations from the National Sleep Foundation you may want to practice include the following: 1) participating in a ritual of preparing for sleep each night before climbing into bed, and 2) going to bed at the same time each night, even on weekends or days off. Also, have a routine in the morning when you wake up. Start tonight, and see if these suggestions don’t improve your sleep quality. See an M.D. if sleep issues persist.

Go Ahead, Admit You’re Wrong
If you have a reputation for reluctance to admit you’re wrong, a few insights can motivate you to improve your ability to practice this acquired skill. You’ll also enhance your workplace relationships. The key for what some feel is a seemingly impossible task is recognizing the benefits you derive from it. Admitting you’re wrong when necessary demonstrates guts and willingness to be vulnerable. Practicing the skill also demonstrates high self-esteem and lack of a need to cling to something to protect yourself from an imaginary fear. Those in supervisory or management roles instantly recognize your capacity for being a team player. No one likes to admit they are wrong, but those who can do so with class are recognized as valuable workers and desirable work partners. They also can be counted on to be better communicators. Admitting you’re wrong facilitates the willingness of others with whom you associate to also be more open and forgiving, all of which contributes to the creation of better problem-solving scenarios and the accomplishment of the mission in your workplace.

Parents’ Power to Prevent Drug Abuse
Parents who disapprove of drug abuse and put their foot down are more likely to have teens who don’t abuse drugs. Suffolk University (Boston, MA) researchers examined a national survey of more than 18,000 adolescents, and found that teens whose parents expressed strong disapproval of all types of substances (prescription drugs, alcohol, tobacco, and marijuana) were least likely to misuse prescription medicine—a growing teen problem. Combine disapproval with steering your teenager toward healthy behavioral choices. Talk about resisting peer pressure and discuss consequences. Encourage questions and dialogue. Research argues this approach will work better than “hoping for the best” or thinking you have no influence.
Success Breeds Success

You've heard the phrase “success breeds success.” Is it true? Yes, say academic researchers who showed that a small positive reward or support for those starting businesses reinforced measurably their success—by 30%—over those who got no reward. Small and quick rewards made the difference, not the size. The dynamic may carry over to any goal-oriented endeavor. Make small and quick rewards a part of any achievement strategy like learning new tasks, skills, habits, or instruments, and you’ll maximize the power of this phenomenon.

Help Prevent Diabetes in Two Minutes

Researchers at Abertay University (United Kingdom) say just two minutes of high-intensity exercise per week by middle-aged adults will lower blood glucose levels by 6% and increase skeletal muscle functioning after several weeks. Research showed that a series of ten six-second sprints with one minute of rest between each one, done twice per week, did the trick. A similar routine could help you ward off type 2 diabetes. Exercise only after getting a doctor’s approval. Exercise also helps older people remain independent and mobile. Now, that’s motivation!

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.

Stay in Emotional Control at Work

Control your emotions—don’t let them control you. It sounds simple, but it’s not. Still, it is one of the most important skills you can learn for managing workplace stress. Three feeling states dominate negativity at work: anger, disappointment, and frustration. When you experience any of these, be capable of practicing the art of detachment. Don’t lose patience, mope at your desk, give people the silent treatment, or withhold information—these are unhealthy coping tactics. Detachment may include taking a short hallway walk; counting to ten; changing your body posture to one that is erect and sure, with your chin up; doing slow, deep-breathing exercises; or taking a quick jog, if your work situation permits. Reinforce this overall new coping strategy by checking your progress after 30 days. Ask a friend if they’ve noticed your improved mood.

Information in IMPACT on Wellness is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional.

You can contact IMPACT Solutions for professional counseling and guidance 24 hours a day at 1-800-227-6007.

IMPACT on Wellness is copyright protected by DFA Publishing LLC, 2014.
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.
Healthy communication is vital in building and maintaining strong relationships between couples. Poor communication can lead to a lack of understanding, resentment, and anger. Your Employee Support Program is here to help you with tools and information to improve communication with your partner.

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
Keeping Your Love Alive
Jun 17 — 12 pm, 2 pm ET

Learn the 10 relational essentials, how to cope with challenges and conflict, and how to balance communication styles, while keeping your relationship fresh, in this 60-minute webinar.