What’s New About Teen Stress?

Teens are about 33 percent more stressed than adults, according to an American Psychological Association “Stress in America Survey” that compared 1,000 teens to 2,000 adults. Teen complaints include a broad mix of school, work, family, and issues with friends. These issues aren’t new, but how teens cope with stress has changed. Unlike 30 years ago, fewer teens exercise regularly; they pick more unhealthy food choices, skip meals more often, and get less sleep. To de-stress, many are drawn to technology, video gaming, and the Internet. Adults practice these less healthy behaviors too, but poor coping skills are showing up earlier. Drugs of abuse are stronger and perceived prohibitions are fewer, adding to the problems teens face. Help your teen by offering coping strategies at an earlier age, when he or she may be more receptive. Invest time in your child regularly, early, and often, and participate in “process communication” so he or she learns and discovers the value of supportive quality relationships, which can help manage stress and solve problems. Visit the ‘Adolescent Health’ section of the Thriving tab and the Parenting tab online at www.MyIMPACTSolution.com for more tips to help your teen deal with stress. Source: www.apa.org

Any Risk Using E-Cigarettes?

By now, you have probably seen or heard of electronic cigarettes. A heating element in the device atomizes a liquid, transforming it into a vapor that looks like smoke. The vapor usually contains flavoring and nicotine. The smoker can get the benefit of smoking without the risk of carcinogens from tobacco smoke. E-cigarettes are receiving closer scrutiny because they are unregulated; adolescent use has doubled in the past year, and nicotine addiction can still occur. No research shows that e-cigarettes aid in smoking cessation or that the chemicals used in them are without risk. The FDA has no regulations governing e-cigarettes but intends to regulate them. Log in online at www.MyIMPACTSolution.com and visit the Quit Center to access tools and resources if you’d like support with tobacco cessation. Source: www.fda.gov

Violence: #1 Cause of Workplace Fatalities for Women

Don’t think that workplace violence is primarily a problem that affects men. The latest statistics show that the leading cause of death for women in the workplace is not accidents or falls, but homicide. Sound hard to believe? In 2012, 463 workers in the U.S. were killed as a result of violence in the workplace (that’s actually fewer than normal). Of the 338 fatal injuries involving women, no cause of death was higher than homicide (29%). Still, only sensational acts garner attention in the news. Generally, women are more vulnerable than men to violence from acquaintances, former spouses or partners. Many domestic abuse incidents carry over to the workplace, and workplaces prone to higher rates of violence are often medical and health care, social service, or personal care settings, where a higher percentage of women tend to work. If you are concerned for a coworker’s, friend’s or your own safety, call IMPACT’s 24 hour hotline at 800-227-6007 for support and advice from a professional. Source: http://www.bls.gov
**Diet Hazards for Shift Workers**

If you’re a shift worker, new research shows that you may have a more inflammatory diet than employees who work regular hours. You may consume more fast foods, sugar, white bread, and high-fat nuts, and you may be more likely to grab cheeseburgers or donuts on the run. Inflammatory foods are harsher on your body, and researchers believe this irritation, when frequent or continual, can increase the risk of disease. Consider this: View the “personal protection” of a proper diet as important as a hard hat or other protective clothing or equipment. Watch the Online Seminar “Eating Your Way To Wellness” for additional healthy eating tips at www.MyIMPACTSolution.com. Source: American College of Occupational and Environmental Medicine, www.ACOEM.org

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**What You Can Do About Heroin**

Heroin is an opioid drug derived from morphine, a naturally occurring substance extracted from the opium poppy plant. Heroin is illegal, with no medicinal purpose and its number of regular users has doubled since 2007. Heroin is cheaper and purer now, which has contributed to the number of overdoses. Nearly 30% of people who use heroin will become addicted to it and develop the urge to seek out and continue using the drug. This gives heroin its reputation as the “hardest” of hard drugs. According to the DEA, as of 2011, nearly 4.2 million people nationwide are believed to have tried heroin. You can help play a prevention role, starting with awareness. Many heroin addicts report using drugs like Oxycontin and Vicodin prior to ever using heroin. Both have heroin-like effects when abused. Protect any prescription painkillers from theft, and dispose of old prescriptions properly. Never share them. Do you know a drug addict? Avoid enabling, and act quickly to insist on treatment; arrange for help at a point of crisis, when the addict’s interest and motivation to accept help usually peak. If you miss the opportunity, try again at the next crisis point. Read the article “How to Find Substance Abuse Treatment” online at www.MyIMPACTSolution.com or call IMPACT to speak with a professional. Source: www.drugabuse.gov.

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**Psychological Treatment of Chronic Pain**

Are you one of the 116 million Americans who experience chronic pain? Pain costs the country up to $600 billion per year, according the American Academy of Pain Medicine. That includes personal and workplace productivity losses, financial costs, and untold secondary impacts. Finding pain relief can be elusive for many; the answer may not always be a prescription. Less attempted, but often as effective, are psychological interventions. Did you know that some psychologists specialize in pain management? If you experience chronic pain, could your solution lie here? Speak with your health provider or EAP to explore qualified psychological services available for pain management. You may not have tried everything yet. Log in to www.MyIMPACTSolution.com and read the article “Coping with Chronic Pain” for additional tips on coping with pain.

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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.

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Did you know that your IMPACT Employee Assistance & Work/Life Program provides elder care assistance?

Have you ever asked:

- What kind of care does my relative need now, and is that likely to change in the future?
- Could my relative be taken care of at home if he or she had some help from a skilled nurse and/or a health aide?
- Would assisted living be appropriate for my relative?
- Will he or she require a skilled nursing facility, now or in the future?
- Does my loved one’s mental condition require him or her to have special care and housing?

IMPACT’s Elder Care Services provide employees, household members, dependents, parents and parents-in-law with the answer to these and many other questions and includes:

- Referral to an Elder Care Specialist
- Unlimited Phone support through IMPACT at 800-227-6007
- Resources online at www.myimpactsolution.com
- Complimentary counseling sessions
- Resources on:
  - Retirement Planning
  - Caring for the Elderly
  - Caring for Caregivers
  - Alzheimer's and Dementia
  - Education and Support
  - Networking
  - And much more!

If you would like additional information, resources, or referrals for elder care
Call IMPACT Solutions at
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Visit IMPACT on the Web at
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A goal without a plan is just a wish.
Antoine de Saint-Exupery

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

WEBINAR
Celebrating Midlife
Mar 18 — 12 pm, 2 pm ET

Midlife can be the best time of your life. Learn how to find your passion, explore encore careers, consider dating, and deal with Empty Nest Syndrome and Boomerang Kids—all in an effort to prepare yourself for this exciting time.