Avoid email blunders that can accidentally send the wrong message, communicate aggression, or demonstrate emotions you do not intend to send by steering clear of these “digital do not’s”: 1) Unless explained clearly, do not use “ASAP.” It reads like a barked order. 2) Do not use “reply all” unless the topic concerns all recipients. 3) Do not use all uppercase letters—this is perceived as SHOUTING. 4) Do not use chat and texting acronyms. “LOL” is an example that most people understand, but there are hundreds of other mind-teasing examples. See a list at www.netlingo.com/acronyms.php. 5) Do not send an email when you are upset; send it to yourself first. After you calm down and then read it, you will likely change it.

Coping with Change: Avoid “the Big Picture”

It’s important to see the big picture!” This common saying applies to understanding many types of problems, but not necessarily to coping with change. When you are suddenly faced with stressful change, focusing on the “big picture” can feed your anxiety and fear. To cope better, whether with workplace or personal change, break change into realistic action steps, and possible decisions and potential solutions to specific difficulties you imagine will arise. Committing these things to paper allows you to see a personal plan to manage change come into view. Get a friend to help you brainstorm ideas and solutions, and the support will help you feel in control even faster. Panic and dread of change come not only from the stress of forced alterations to our lives, but also from trying to grasp the magnitude of the event. To reduce this distress, break change into manageable, actionable steps. For more information on this subject, please visit www.myIMPACTsolution.com and review the article, “Coping with Change.”

E-Cigarettes Less Than Helpful

E-cigarettes (electronic vapor nicotine devices) probably won’t help you quit smoking tobacco, according to a recent study that found e-cigarette users 49 percent less likely to decrease cigarette use and 59 percent less likely to quit smoking compared with tobacco smokers who try to quit. One prediction did come true: Adolescents using e-cigarettes get hooked, and one third of them have never smoked real tobacco. Teen use of e-cigarettes rose 300% between 2013 and 2014. (4-16-15; New York Times) Source: health.ucsd.edu (Search: “e-cigarettes”) For more information on e-cigarettes, visit www.myIMPACTsolution.com and review the article “E-Cigarettes: Questions and Answers.”
Facebook Making You Depressed?

Sometimes we compare our lives with others around us to gauge how we’re doing. This is no big deal, but when you combine this with a lot of time on Facebook, you may feel depressed. That’s what researchers at the University of Houston discovered. After using Facebook, those users who spent more time online felt more symptoms of depression. Facebook doesn’t cause depression, but comparison behavior can leave you feeling in the dumps. One survey found that nearly 70 percent of Facebook users felt somewhat depressed or depressed all the time after spending time online. Limit your exposure to all the excitement, vacationing, parties, and endless fun photos. Fill that time with more things you want to do, and recognize that online you’re seeing only one side of people’s lives. Source: www.uh.edu (Search “Facebook depression”)

Green Vegetables for a Sharper Mind

Cognitive decline in older adults may be slowed through their consumption of green leafy vegetables, according to new research. Nine hundred and fifty-four participants averaging 81 years old took part in a Rush Hospital Memory and Aging Project. Over approximately 4.5 years, their cognitive faculties were closely measured. The goal was to discover whether nutrients found in green leafy vegetables reduced cognitive decline. Solid evidence, after other factors were accounted for, showed that cognitive decline in older adults was indeed slowed in those who consumed green leafy vegetables. These vegetables are rich in folate, phyloquinone, lutein, and beta carotene, which are found in arugula, romaine lettuce, “spring mix”, spinach, kale, collard, turnip, and mustard greens; watercress, chard, broccoli rabe, and Chinese broccoli. Source: www.fasebj.org (Search: “green leafy”)

Seek Couples Counseling Early

Long delays in your decision to seek couples counseling can make counseling less likely to be effective. The reason is simple: As time passes you adapt to and cope with unhealthy relationship patterns. Eventually, your reflexes will go on autopilot. You can change reflexes, and the methods for doing so are time-tested, but delay will require more effort, time, and cost. To make needed changes, you will experience more setbacks. This frustration means more thoughts about giving up, increasing risk for dropping out. Marital conflict doesn’t mean failure. Two brilliant, mentally healthy people in a relationship can have tough conflict. Couples counseling is about satisfying, enriching, and building back up a cooperative relationship. There’s psychology involved, sure, but there’s no mystery. Start honestly and avoid using couples counseling as a last-resort or as a half-hearted way to validate a decision you’ve already made to leave. You’ll then do the hard work for the big reward of making the changes needed and acquiring the relationship you desire.

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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Whether you are in the process of growing your family, or are thinking about it for the future, take advantage of the free, confidential resources and referrals provided by IMPACT. Families and parents can benefit from our resources on the web regarding these and other topics:

- Adoption
- Pregnancy and infertility
- Special needs
- Nursing your infant
- Family leave and returning to work
- Child care, back-up care, and sick child care locators
- Resources for all educational and developmental stages

24/7 support via the phone and face-to-face counseling by appointment, both with mental health professionals, are also available.

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

TOLL-FREE: 800-227-6007
WEBSITE: www.MyIMPACTSolution.com
Do you have a will? 50 percent of all adults, even those with children, don't have one. Wills and other essential estate planning documents let you determine who receives your assets, cares for your children, or makes medical decisions for you if you can’t. Your Employee Assistance Program can help with the resources and information you need about these important documents.

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

WEBINAR
Estate Planning-Five Essential Documents
May 19th — 12 pm, 2 pm ET
Learn the key documents everyone over 18 should have prepared so your family understands your wishes regarding your health, money, and property.

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