

TEAMWORK

A publication of



Total Employee Assistance & Management, Inc.

A T.E.A.M. NEWSLETTER FROM YOUR EMPLOYEE ASSISTANCE PROGRAM

Relationships

Frequently, it seems there are magazine articles on how to make a marriage last, talk shows about couples on the brink of divorce, and numerous statistics about the poor chances of a marriage lasting a lifetime.

Certainly, one of the most devastating issues that a marriage can face is an affair. Despite the damage that an affair can cause in a marriage, it is possible to rebuild a relationship if both people decide to do so. The following are key elements that will allow a couple to heal from an affair:

- ❖ The offender must be able to accept responsibility for his or her actions, express genuine sorrow for having caused the other such pain, understand how damaging the affair has been to the spirit of the partner, and work on rebuilding trust;
- ❖ The hurt partner must have an attitude that enables him or her to forgive in time and be able to move on;
- ❖ The couple must develop problem-solving skills that enable them to get through the healing process, and later when tough moments get stirred up;
- ❖ The relationship must have had enough good times and satisfying times that the couple can draw upon and not want to lose;
- ❖ The couple must have the ability to learn from what went wrong and to look at themselves and at each other honestly;
- ❖ The couple must agree to participate in counseling with someone who can guide them through the process of rebuilding their relationship.

Rebuilding the relationship will not happen overnight and it is usually something that requires professional involvement. At T.E.A.M., counselors can provide direction and resources to couples experiencing any type of relationship issue. □

Life Issues

Expectations and Appreciation

It is normal to have expectations about your life, your marriage, and your job, but

we get in trouble when those expectations are unspoken, and sometimes even subconscious! It's a good idea to take a look at our expectations and determine if they are achievable, and if we have communicated those expectations to our children, spouse, or others. If our expectations are not achievable or realistic then we can become disillusioned and despair over the state of our life. Our children are not perfect, marriages will always involve disagreements and conflicts, and jobs will always have some challenges. Talking about what we expect, and how we feel when others don't meet our expectation, can help improve relationships and lower stress levels. Instead of focusing on what may be an unreasonable expectation, take some time to appreciate what you have accomplished. If you would like help examining your expectations and deciding whether they are realistic, give us a call at T.E.A.M. □

Family

During the holiday season, there is renewed focus on family. For those persons fortunate enough to have a happy, healthy and close family, it makes for a joyful time of the year. But for many of us that is not the case.

In fact, it is the disparity of what the holidays are "supposed" to be like, and "reality", that leads many to be stressed. Whether you are reading this before or after the holidays, there are things you can do to make the holidays more enjoyable. While you cannot choose your family, you can use several of the suggestions below to limit your stress level:

- ❖ It is okay to limit the amount of time you visit your relatives. It may mean setting aside several hours to visit family, rather than an entire day, or several days.
- ❖ It is okay to schedule visits in January or February to manage your time better and not be overscheduled.
- ❖ You can alternate which relatives that you visit in any given year. For example, visit

your significant other's relatives one year and your relatives the next.

- ❖ Do not expect your relatives to be anything other than their normal selves. Be realistic: if they are annoying every other time of the year, they will be over the holidays too. Expecting people to change or be "filled with the holiday spirit" can set you up for disappointment.
- ❖ Think of starting your own holiday tradition, where you spend time at home with your spouse, children, or significant other.
- ❖ Most important of all, care for and nurture yourself, focusing on balance, rejuvenation, and reducing stress. Make sure you get proper sleep, nutrition, and exercise.

If you find that you are having a difficult time coping, please do not hesitate to call T.E.A.M. Employee Assistance at 1-800-448-8326, to set up a time to speak with a counselor. □

Welcome to the Team

Total Employee Assistance and Management, Inc. continues to grow. We would like to welcome the following organizations that have recently become part of our team.

Christy Industries, LLC
 College for Creative Studies
 Faurecia
 Flat Rock Metal
 Orbis Management Group
 SEWS-DTC
 Total Interior Systems- America (TISA)
 Taylor Building Products
 Wright Plastic Products LLC

Welcome aboard! We look forward to working with you. Thank you for joining T.E.A.M.

Our Emotions

Battling the Winter Blues

Many of us dread the cold weather and dreary days accompanying winter. The extra hours of darkness can make the days feel shorter and less enjoyable. The decrease in activity after the holiday may leave us feeling more idle, lonely and unfulfilled than before. While many of us may experience a mild case of the "winter blues," some may become seriously depressed.

Common symptoms of winter depression may include social withdrawal, irritability, disturbances in appetite, disturbances in sleep, low mood, and feelings of helplessness. These symptoms may contribute to problems at work and at home, worsening the winter experience. Sometimes knowing that winter will eventually pass is not enough motivation to keep us going.

For some people affected by winter depression, simple techniques may help lessen the negative feelings. For example, replacing negative self-talk with positive self-talk may improve mood levels. Setting winter goals, such as a project in the home, or an activity to finish before spring may lead to a greater sense of achievement and worth. Enjoying activities unique to winter such as sledding or sitting in front of the fireplace may make the cold months more bearable. Therapeutic lights, available in many stores, may also help. If your depression has worsened over the winter months and simple techniques are not enough to keep you going, please contact T.E.A.M. for further assistance. □



Your T.E.A.M. EAP benefit is a counseling, coaching and referral service provided by your employer to you and the members of your family. This is a free benefit, and it is strictly confidential!

Neither your employer nor your coworkers will have any knowledge of your use of the EAP.

We have offices conveniently located to serve you. No matter how big or small the reason is for calling us, give us a call and let us help. We assist people every day with a wide variety of personal problems, including marital difficulties, financial or legal concerns, emotional problems, family difficulties, grief, loss, death and personal or work crisis.

If you have a problem with which you need help, please give us a call.

We are only a phone call or mouse click away!

1-800-448-TEAM
www.team-eap.com

~QUARTERLY QUOTE~

"No one can make you feel inferior without your consent."

~ Eleanor Roosevelt

Health

What you need to know about Food Poisoning

Food poisoning is more common than you might think. An estimated 76 million people get it each year. Although its symptoms mimic the stomach flu, food poisoning can be quite severe. Food poisoning results when you eat foods contaminated by harmful organisms, such as bacteria, parasites or viruses. The first symptoms will usually include nausea, vomiting and diarrhea.

Most cases of food poisoning are mild and pass within a few days. However, there are more severe types including salmonella, botulism, E. coli and toxoplasma. These types can cause serious complications and may require hospitalization. Children, older adults, pregnant women and individuals with weakened immune systems are particularly vulnerable to food poisoning.

Food can be contaminated during food processing, cultivation, or food handling and through the environment. You can take an active role in the prevention of food poisoning. Such precautions as washing your hands and working surfaces, separating raw, cooked and ready-to-eat foods while shopping, preparing and storing food, cooking foods to safe temperatures, refrigerating foods promptly and following labels on food packaging can help. Perishable foods, such as eggs, meats, poultry, fish, shellfish, milk and milk products should be treated with extra care. Avoid eating or drinking unpasteurized juices, raw sprouts, unpasteurized milk and milk products; raw or undercooked meat, poultry, eggs, fish and shellfish; and food that has been contaminated through careless food procession or handling.

Seek consultation from medical personnel if you have questions about food poisoning. □

It's Been Studied!

Commuters can experience greater stress than fighter pilots going into battle or riot policemen, a new study says. Stress expert Dr David Lewis compared the heart rate and blood pressure of 125 commuters with those of pilots and police officers in training exercises.

The study, part-funded by technology firm Hewlett Packard, found the stress levels of commuters were higher in

extreme circumstances. Workers' stress is exacerbated by their inability to control their situation. Dr Lewis, a fellow of the International Stress Management Association, said: "The difference is that a riot policeman or combat pilot have things they can do to combat the stress that is being triggered by the event. But the commuter usually cannot do anything about it at all." □