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Fighting Fair

Everyone argues, it is a natural and unavoidable part of any relationship. There are, however tips to follow to avoid arguments from getting out of control...

DO:

- **Use ‘I’ statements:** using ‘you’ statements puts others on the defense.
- **Listen:** Allow each person involved 10 minutes of uninterrupted time to say what’s on their mind.
- **Summarize:** By summarizing or repeating what the other person said, misunderstandings can be avoided.

DON’T:

- **Name call, yell, blame, batter, or make fun:** This will only serve to control, frighten, and hurt.
- **Interrupt:** Allow each person to say what they are feeling, then repeat for clarification.
- **Bring up past issues:** Stick to the problem at hand. Re-hashing will only prolong the problem.

“By summarizing or repeating what the other person said, misunderstandings can be avoided”

Message from Your EAP

Bon Secours EAP offers short-term counseling services to you and your immediate family members by trained professionals that specialize in a wide range of personal and job related issues. It’s our main goal to keep your lives balanced so your personal stressors do not impact your job performance. Services are confidential and provided at no cost as a benefit of your employment. To utilize your EAP benefit, call our main office at 757.398.2374 Monday-Friday from 8:30 a.m. to 5 p.m. or visit us on the web: www.eap-hamptonroads.org

Stress Tip Meeting Goals- The Fail-Proof Way



1. **Be specific about goals!** Vague- “I must lose weight”. Specific- “2lbs a week until I lose 10lbs”
2. **Write down how to do it!** “Weigh myself each day. Plan each meal one at a time, etc.”
3. **Don’t set too many goals!** Concentrate on one or two areas of improvement
4. **Keep goals realistic!** Bite-size goals help make success
5. **Consider a partner!** Moral support helps
6. **Keep track of progress!** Record behaviors, reward your success, forgive failure
7. **One day at a time!** Each day is a new beginning
8. **Remind yourself!** Tell yourself why you are setting a goal

GET UP AND GO!

A Lazybones' Guide to Exercise

You can have a slimmer body, more energy, better appetite control, better digestion, better stress control, great flexibility and agility, stronger muscles and bones, better concentration, more self confidence, more restful sleep. Don't make excuses—just MOVE, MOVE, MOVE whenever you can! If you've had trouble succeeding in fitness follow these simple tips:

- Choose modest goals
- Be flexible
- Distract yourself when exercise gets boring
- Vary your activity
- Reward yourself when you reach your goal
- Create a music playlist that pumps you up

Teamwork!

Are you having trouble working in a team? Experts identify these six qualities of being an effective member of a work group:

1. Willingness to sacrifice for the benefit of the team. Team players find joy when the entire team succeeds
2. Willingness to let the team leader lead.
3. The ability to contribute your best as a team member. Contributions should be in your specialized area(s).
4. A spirit of compromise. Once decisions are made, it's your responsibility to support it in public
5. Willingness to try something new.
6. The ability to see things clearly and to solve problems easily.

Education, Support & Upcoming Events

Stay aware and assess your health

Free online screening tools available at
www.mybonsecours.com

"It's all about eating right"

Understand the effects your diet has on your health
www.eatright.org

Bon Secours Sponsored events

Check out the latest events that are sponsored by Bon Secours by going to www.bshr.com and clicking the news and events tab

Always Helpful!

Want to Quit Smoking?

www.smokefreevirginia.org is a free government funded website that provides education, resources and updated smoke cessation product offers.

Alcoholics Anonymous (AA)

Local support groups can be found on the Virginia AA website at
<http://www.aavirginia.org/hp/meetings/waw.asp?search=true>

Good Help to Those In Need®



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