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Beat the Flu

The unavailability of flu shots is big news. Since you may be on your own when it comes to prevention, follow these tips to help ward off this seasonal malady: 1) Avoid getting run down and overtired from lack of sleep, and weakening your immune system by not getting the proper nutrition. 2) Wash your hands frequently, especially if you interact with the public. Flu germs can live for hours on surfaces people touch. Consider keeping a hand sanitizer nearby, and use it when soap and water aren't available. 3) Manage stress. It can weaken your immune system. 4) Get regular exercise. It will boost your immune system. 5) Avoid rubbing your face, eyes, and nose with your fingers. Do your coworkers a favor, and stay home from work if you are ill with the flu.

Do your co-workers a favor and stay home from work if you are ill with the flu.

Message from Your EAP

Bon Secours Employee Assistance Program 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 a.m. to 5 p.m. or visit us on the web: www.bshr.com/eap

How to Decrease Spending

Stress Tip

1. Carry small amounts of cash
2. Use direct deposit
3. Hold off on the credit card use (and availability)
4. Don't shop for fun
5. Carry your savings goals
6. Buy only what you need
7. Use coupons
8. Use a shopping list
9. Take your lunch to work
10. Shop around for the best deal
11. Pay your bills on time to avoid charges

Source: FDI C Money Smart- Financial Education Curriculum; Take-Home Guide

Communicate with New Technology

In a fast-paced workplace, communication is difficult enough so why not enhance efficiency through technology? Miscommunication and confusion! To help reduce the two, realize that the way you communicate over the Internet is different from face-to-face communication. You can't distinguish voice tones or body language through e-mail, so try rephrasing what was said in your reply, especially if it seems complex. This is called paraphrasing. Example: "Mary, you said you didn't make it to the meeting because you were 'sick and tired.' Were you physically ill, or were you disinterested in the subject of the meeting?" There are other protocols that can keep your communications smooth and prevent trouble with content and emotional e-mail. Find tips at: email.about.com/cs/netiquettetips

Just One Drink May Be Too Many

Moderate or "social" drinkers insist that they can consume a cocktail and drive safely—that they know "when to say when." But research indicates they may be wrong. Even with blood-alcohol levels well below the legal limit—from just one strong drink—you can still fail to see threats in your field of vision. So, holiday season drivers: a single alcoholic beverage can divert your attention and dull your alertness. After finishing a drink and driving, you may concentrate so intently on your speed that you neglect to notice road hazards and pedestrians. It's one more reason to pass up any alcohol before you get behind the wheel.

Source: Journal of Applied Cognitive Psychology, June 2006.

Education, Support & Upcoming Events

Feeling under the weather?

Look up symptoms, doctors and educational material at www.mybonsecours.com

Tips to prevent holiday stress
(article)

<http://www.macvpr.org/pdfs/articles/protecting-heart-from-holiday-stress.pdf>

Arthritis Foundation Exercise Program

This program is proven to decrease pain and fatigue. For information go to:

<http://www.bonsecourshamptonroads.com/classes/eventDetail.php?id=97>

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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