



ROAD RAGE

If you struggle to keep your cool behind the wheel, **LifeMatters®** by Empathia can help. Call 24/7/365.

1-800-367-7474

mylifematters.com

Assistance with Life, Work, Family, and Wellbeing

f facebook.com/lifematterseap

April Webinar: Strategies to Manage Frustration and Anger*
Wednesday, April 22, 2020 • 9-10 a.m. PDT • 12-1 p.m. PDT
Register at mylifematters.com

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.



*Space is limited. Register early!



HELPING HAND

If you or someone you love is struggling with alcohol or drug abuse, **LifeMatters®** by Empathia can help. Call 24/7/365.

1-800-367-7474

mylifematters.com

Assistance with Life, Work, Family, and Wellbeing

 facebook.com/lifematterseap

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.



Helping a Loved One Manage an Addiction

Many people have a family member or loved one with a substance abuse or addiction issue. A 2017 survey found that nearly half of Americans has a friend or family member with a current or past addiction to drugs. In addition, an estimated one in five adults lived with an alcoholic relative while growing up.

When a family member or friend is abusing or addicted to drugs or alcohol, these steps may be helpful:

- ▶ **Be honest.** If you are worried about a friend or family member's alcohol or drug use, tell them that the behavior makes you uncomfortable. Be prepared for the person to react negatively or be defensive. Telling the person that their behavior is affecting your relationship is a necessary step in helping them move toward recovery.
- ▶ **Set boundaries.** It can be difficult to maintain a good relationship with a person who is abusing drugs or alcohol. Lying about substance use, being unreliable or not living up to commitments, or financial issues are common, and may affect family, friends, and colleagues. Avoid enabling the person's behavior or trying to fix their problems. Instead, encourage the loved one to seek treatment.
- ▶ **Become educated.** Learn about substance abuse and addiction, as well as its effects on both the user and his or her family and friends.



- ▶ **Respect the reactions of others.** Some friends or family members may want to help the person in any way possible, while others may advocate "tough love" or cutting the person off until they get sober. Understand that people are affected in different ways by the behavior of a person who is abusing or addicted to alcohol or drugs, and there is no right response. If children are involved, listen to their worries and concerns and answer questions as honestly as you can.
- ▶ **Seek support.** Having a loved one with a substance abuse or addiction issue is stressful, and could put your own health and emotional wellbeing at risk. It's not unusual to feel frustrated or disappointed by the loved one's behavior. Guilt, fear, and self-blame are common too. Talking to a counselor or joining a support group may help you cope with your own feelings and strengthen your ability to support your loved one during recovery.

LifeMatters can provide resources and support for addressing the impact of alcohol and drug abuse on you and your loved ones. Call 24/7/365.

Source: Life Advantages

Call **LifeMatters®** by Empathia toll-free anytime. **1-800-367-7474**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

Call collect to **262-574-2509** if outside of North America

Visit **LifeMatters®** online at **mylifematters.com**

 **facebook.com/lifematterseap**

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.
The above information is for educational purposes only and is not intended to take the place of medical advice.





MENTAL WELLNESS

LifeMatters® by Empathia offers resources and support for maintaining your mental health. Call 24/7/365.

1-800-367-7474

mylifematters.com

Assistance with Life, Work, Family, and Wellbeing

f facebook.com/lifematterseap

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.



Mental Wellness



Mental health is a key factor in overall wellbeing. People who struggle with stress, anxiety, depression, or a diagnosed mental health condition may feel the impact on their physical health too. These tips may help alleviate physical symptoms, improve your mood, and increase your mental wellness:

- ▶ **Acknowledge your condition.** If you have been diagnosed with depression or another mental health condition, address it as you would any other medical issue. Stay on the recommended check-up schedule and take medications as prescribed. Ignoring a mental health condition won't make it go away and could make it worse.
- ▶ **Make choices.** Setting priorities is a good way to improve mental wellness. Make a list of goals, and then break them into small, achievable steps. If you feel stuck, talk to someone who can give you an objective opinion on your best path forward.
- ▶ **Take action.** Avoiding problems may contribute to or worsen mental health concerns. Instead of ignoring the things you don't want to deal with, try facing them head on. If you're in an unhealthy relationship or a difficult situation, reach out to trusted friends or loved ones. LifeMatters is also available to help.
- ▶ **Seek balance.** If you've been burning the candle at both ends, making some adjustments may lead to better mental wellness. For instance, if you haven't been sleeping well, cutting back on caffeine or exercising more may improve your sleep cycle. Small sacrifices in one area of your life may lead to big improvements in others.
- ▶ **Find an outlet.** Look for activities that will help you manage your emotions and increase feelings of wellbeing. Exercise, a hobby, meditation practice, or writing in a journal are all good outlets. Some people find that repetitive activities such as doing dishes, knitting, or folding laundry are a helpful way to burn off stress.
- ▶ **Seek assistance.** Mental health, like physical health, has its ups and downs. The loss of a loved one, uncertainty about your future, or an overloaded schedule are just some of the many reasons why you might experience a rough patch. If you are in need of assistance, talk to your doctor or contact LifeMatters. Help is available 24/7/365.

Source: Krames Staywell, LLC

Call **LifeMatters®** by Empathia toll-free anytime. **1-800-367-7474**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

Call collect to **262-574-2509** if outside of North America

Visit **LifeMatters®** online at **mylifematters.com**

 **facebook.com/lifematterseap**

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.
The above information is for educational purposes only and is not intended to take the place of medical advice.

