

Solutions

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Getting the Most Out of Online Counselling

Online counselling and coaching have gained popularity worldwide, but a few challenges exist compared to in-person sessions. These few tips will maximize the benefits of your experience: 1) Be sure to select a quiet and private space for your sessions so your confidentiality is ensured. You're likely to be more open about issues of concern. 2) Choose the video option so you can see your therapist. This facilitates better bonding necessary for the counseling process. 3) Remember to communicate openly. It's easier to hide feelings, thoughts, and reactions online, so try to be fully present—show the real you as you engage with the professional. This includes your tone of voice and emotional state. 4) After a session, journal issues you want to address next time while they are fresh in your mind.

Renewing Intimacy for Long-Term Couples

The spark of intimacy may need a gentle rekindling if you have weathered years in a relationship. Consider dedicating quality “intentional” time—purposeful and deliberate actions taken with the specific goal of bringing you closer together. The idea is to not wait until you “feel” like sharing time together, but engage in activity to rekindle the type of relationship you want. It follows the adage “bring the body and the mind will follow.” Note: Intentional activities involve conscious choices, communication, engagement, and a focus on building closeness.



End Your Day with a Transition Ritual

If you have struggled with work-life balance, try creating a “transition ritual”—a symbolic approach to ending your day that prompts a mental shift from your professional responsibilities to your personal life and responsibilities at home. For example, at each day's end, routinely turn off lights, straighten your desk, close the laptop, write tomorrow's to-do list, and/or take a short walk. You may soon experience a faster and healthier mental separation between work and leisure so you gain the full benefits of your time off.

Seek EAP Assistance for Tardiness

Employees being late to work are one of the most frustrating experiences for employers, but also for the tardy worker who pounds the steering wheel, angry at arriving to work late again. Get the fix by talking with the EAP if you struggle with this. Although most employees can point to what they believe is the reason for their chronic lateness, often the problem is more complex. Your EAP will help you find the solution to tardiness so you can experience the relief and satisfaction of getting to work on time.

Supporting a Loved One Who Has Cancer

Upon learning that a loved one has received a cancer diagnosis, you may find it challenging to determine the most supportive and comforting words to express or the best way to offer your support. 1) Be positive and encouraging. Don't allow fear of unintentionally causing distress to keep you from this role. 2) "Being there"—meaning listening—is your most crucial role. 3) Discard the notion that you must produce a "right" answer or "solution" to what the person is experiencing. 4) Don't back away or be avoidant, but make visits and contacts purposeful. 5) Don't say, "If you need me for anything, just ask." Instead, offer what you can do to lessen a burden. Use the EAP for help in navigating your emotions about the diagnosis and you'll feel more empowered to be supportive during this critical time.

Learn more: <https://www.cancer.org/cancer/caregivers/how-to-be-a-friend-to-someone-with-cancer.html>

Find Support with Health Coaching

At FSEAP, our Health Coaching service is all about connecting you with certified health coaches who truly embrace a holistic wellness philosophy. We believe in working with you from the inside out, focusing on your unique goals, readiness, values, beliefs, pace, and priorities to achieve small, meaningful steps.



Our coaches are here to guide you through positive lifestyle changes, whether it's diving into meditation, managing your weight, improving nutrition, or mastering stress management. We tailor our approach to you, combining assessments, health and wellness resources, exercises, and personalized one-on-one coaching. This special coaching experience, coupled with web-based resources and wellness workbooks, ensures not only a positive journey but also a lasting transformation. We're here to make your wellness journey uniquely yours! Contact your EAP today for more information.

