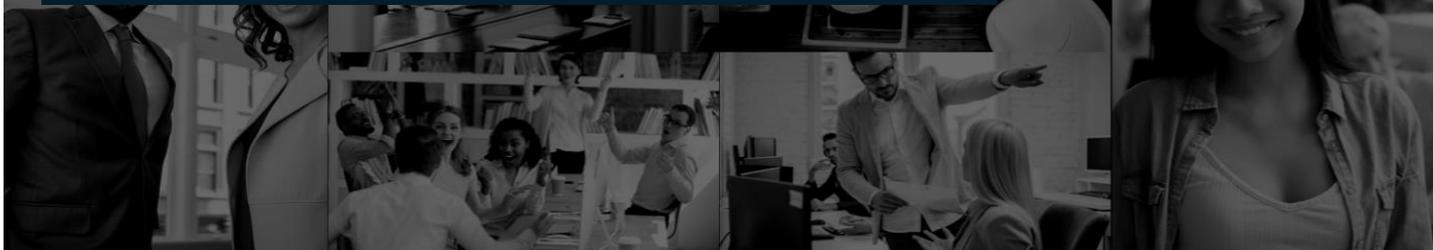


# FRONTLINE EMPLOYEE



## TRY A WINTER GARDEN TO IMPROVE MOOD

No need to wait for Spring to experience Mother Nature's greenery; savor the rewards now with an indoor garden. This mood enhancer and positive distraction is easy and inexpensive to create. A Google image-search of "indoor garden ideas" will make you excited about getting started. Winter, with its shorter and grayer days, can be a difficult time for those who

experience symptoms of depression. If that's you, the delight of a small indoor winter garden and watching sprouts go from turf to table may be the uplift you need.

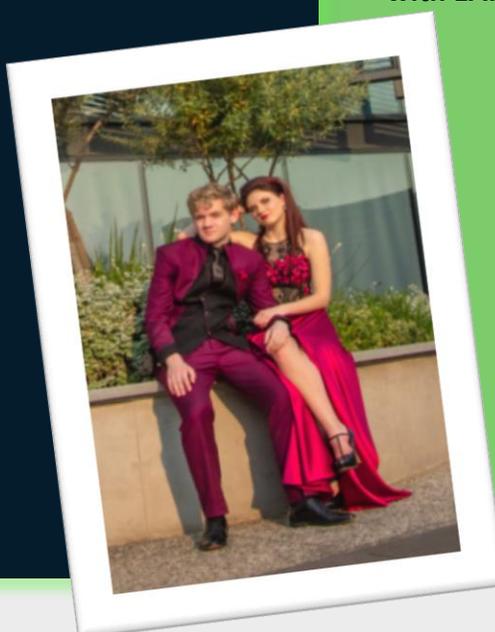
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## PARENT PREVENTION OF TEEN DATING VIOLENCE

*Don't have the talk about healthy relationships, mutual respect, manners, and appropriate behavior an hour before your teen's date arrives.*

*The American Academy of Pediatrics* recommends that these discussions begin when your child is in middle school, before dating begins. Modeling also helps young teens practice relationship health. Parents or guardians play a key role, so consider whether physical or verbal abuse poses a roadblock to your ability to communicate a credible message to your teen. A professional counselor or your EAP can help. If your child is *already* dating and you have not talked about healthy relationships, now is better than never! Learn more at [healthychildren.org](http://healthychildren.org).





## DON'T USE THE INTERNET AS A DOCTOR

*With Internet Access at our Fingertips, using on-line resources for answers to your health care concerns seems like a fast, reliable, and cheap solution.*

From the rash on your leg, to the swelling in your neck, “answers” to medical questions seem to be only a click away. But are they the right answers right now? If not, a delay in the right treatment could mean tragedy. With online self-diagnosis and treatment recommendations comes big risk. Does that odd-looking red spot really match the image on Google? Talk to your doctor, and don't let fear be a roadblock to making the call.

Doctors are trained in more than just examinations; they are trained in medical history, decision-making, pharmacology, psychology, prognostic indicators, and dozens of other factors. Many or all may be necessary to help you.



## STOP THE DOWNWARD SLIDE WITH EAP HELP

Even if you pride yourself on being an optimistic employee with a pleasant disposition, workplace negativity can still affect you in ways that you may not like. Negativity tends to be as contagious as a cold virus, and it can be a self-perpetuating force. The good news is that negativity in the workplace can be beaten. It has weaknesses, the most important of which is refusing to participate in it. This isn't easy, of course, and it requires education and individual employees willing to be change agents. ***Here's how: Speak up when you spot negativity, not by criticizing but by educating about its impact and suggesting a different approach to communication. Team up with a coworker to practice this same change-agent role. There is nothing more powerful than peer influence, and you have the right action on your side.*** Note: If you feel affected by negativity, turn to your EAP for guidance and support to build your resilience so you don't succumb to the limiting pattern around you and instead can be a positive force that influences others.

## DON'T MIX ALCOHOL WITH PSYCHOACTIVE DRUGS

*Everyone's heard it: "Don't mix alcohol with other drugs."*

Despite that being nearly universally understood, little research has existed on this topic until now. A recent study has shown that only one in five nonfatal alcohol overdoses involves only alcohol. The others combined alcohol with drug use. What's more, any psychoactive drug—marijuana, opioids, cocaine, heroin, and other illicit drugs—increases the likelihood of alcohol overdose, and these overdoses are more severe. That was the surprise to researchers.

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