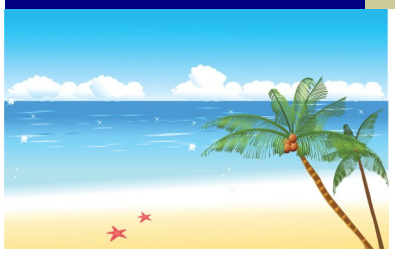
Fall 2009

Employee Assistance Program



Southwest Florida Employee Assistance Program

239-278-7435 or 800-226-7930

Resilience—Part II

This is the second in our series on resiliency. We established last time that resilience can be defined as the "self-righting" tendency of a person. In this issue, we will look at the primary factor that contributes to resiliency.

There are multiple factors that contribute to personal resiliency, but research has repeatedly shown having caring and supportive relationships within and outside the family is the primary one. These relationships create an atmosphere of love and trust, provide examples of how to manage through times of trial, and offer encouragement and reassurance. This environment bolsters a person's sense of hope for a better tomorrow, and a camaraderie to endure today.

> ***Resilience is bouncing back from difficult experiences***

Within a caring and supportive relationship, the sense of isolation that so often accompanies problems is abated. Within the safety of an existing relationship, the afflicted individual can express their concerns and fears, discuss alternatives for handling the current situation, and envision a more positive future.

To fully benefit from these caring and supportive relationships, we must be willing to ask for and accept help. The stoic independence that is shown in the movies as exemplifying the "American Way" is not beneficial in trying times. We must be willing to let others in, rather than bluffing it out, pretending that we are fine and need no assistance. Accepting encouragement and reassurance allows an individual to bounce back with more eagerness than a solo survivor.

In future issues we will examine some other factors that when incorporated into our lives, help promote the ability to be resilient. We will also look at some behaviors and attitudes that also help. For today, work on improving your relationships with your family and your friends. Call the EAP if you want help on figuring out how.

What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
  - Marital
  - Family
  - Stress
  - Financial
  - Legal
  - Anxiety
  - Depression, Etc...
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1-800-226-7930

www.swfeap.com

"QUOTATION" CORNER

I expect to pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.

William Penn

WASH HANDS FOR HEALTH

The Centers for Disease Control (CDC) states that the best defense against diseases, both common and rare, is good hand washing. With the upcoming flu season, and the common cold lurking on many surfaces, practicing good hand hygiene is the most important thing people of any age can do to protect themselves against disease. So, what are you waiting for—go wash up!

Always be kind!

Wouldn't it be fantastic to live in a world filled with kindness? Children who learn respect and empathy and turn those principles into words and acts of kindness can have a huge impact. They make their homes and schools better places. And studies show that kind kids are less likely to bully or be violent. It's not difficult to teach your children to be kind and that kindness has value.

"When you do something for others, it makes you feel good. It benefits both the giver and the receiver," says Julie Kaufman of the Random Acts of Kindness Foundation in Denver.

So how do you start? Here are some suggestions for bringing more kindness into your family:

1. Model it. The best way to teach your children kindness is not by explaining: it's by doing. Whether you do volunteer work, mow an elderly neighbor's lawn or just treat others with dignity and respect, kids pick up on this and want to emulate it. But your actions should match your words (that means no being nice to someone in person and then talking about them behind their back!)

2. Be kind to your kids. If you run a kind, respectful household, kids learn what it feels like to be treated kindly.

3. Reward kind acts. You know how kids love attention: so shower them with it, when they've done kind things. If you catch your child doing something kind, give them a star on the fridge, and have those build towards a treat such as a special dinner or an outing.

4. Give them tasks to do. One study out of the University of Minnesota showed that children who did housework had better feelings of responsibility and self-worth years later. And children who feel good about themselves are more respectful to others.

5. Help others. Organizations such as the Random Acts of Kindness Foundation and the Pay it Forward Foundation all suggest teaching children kindness by having them do kind acts.

6. Enjoy kindness. Finally, the whole point of being kind is to make the world a more fun, safe and happy place. So when your child does a kind act, when you witness something kind or even when you're the recipient of kindness, show your joy.

Keep an open discussion about your feelings around kind acts and let your child feel how wonderful it is to give — and receive — from others.

- *Just a phone call away*
- *Free, includes family*
- *Available 24/7*
- *Confidential assistance*

Southwest Florida SWFAS Employee Assistance Programs

Phone: 239-278-7435

Toll Free: 800-226-7930

E-mail: swfeap@swfeap.com

SOUTHWEST FLORIDA EMPLOYEE ASSISTANCE PROGRAMS

CHECK THESE OUT!!

WWW = WEB PAGES WORTH WATCHING

Centers for Disease Control & Prevention

http://www.cdc.gov/

Random acts of Kindness

This website promotes ideas and stories of those who practice random acts of kindness

http://www.actsofkindness.org/