



EAP: In Focus

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Newsletter of your Employee
Assistance Program

Summer, 2010

SOUTHWEST FLORIDA EMPLOYEE ASSISTANCE PROGRAMS



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...
- Just call

1-800-226-7930

Living with or without Technology

Technology is wonderful, over the last decade our society has embraced its latest advances. Today we have multimedia on the Internet, telecommunications, wireless applications, electronics, computers, e-mail and the Web. We can literally get real time updates on Twitter, connect with people through Face Book and remain updated on work issues even on vacation. While at work people use email to communicate with co-workers, employees and their superiors often in the same hallway. We carry our cell phones everywhere including the bathroom so that we don't miss an ever important call or a text. In meetings cell phones are being used somewhat discretely so we can reply to emails or texts that seem to be urgent. At home we are attached to our Blackberys and IPHones not getting to far away from them in case someone needs our immediate attention. This is all great, right? Before we were bombarded with technology in every aspect of our lives times were simpler. People actually communicated with one another

with their voices, showing facial expressions and using verbal and non-verbal cues to get the message across. We waited for a reply patiently when we left a message for someone instead of expecting an instant response. We were not connected to or dependent on an electronic device. Although it is difficult, living both with and without technology can be very beneficial. Take a self assessment to determine whether you depend

“challenge yourself to communicate through other means for an afternoon.”

too much on technology. If you do, challenge yourself to communicate through other means for an afternoon, unplug from the electronic world for a few hours a day. See if your relationships change for the better. At

home have a family game night, talk to your spouse and children about their day, take a walk, visit with your neighbors or do anything not involving an electronic piece of equipment. Technology is great and needed in our society but it is often over used and the simple act of communication is lost because of it.

Back to school

With the school year fast approaching it is important to begin getting ready. With the current economy it is crucial to give considerable forethought to purchases this year. Set a realistic budget for school supplies and clothing for each child.

Explore your home to see if you have any items from previous years your child could use. Research your area for events where school supplies are being provided, and shop the weekly specials as needed. Plan ahead and save!

“QUOTATION” CORNER

Tact is the ability to describe others as they see themselves.

Abraham Lincoln

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Phone: 239-278-7435
Toll Free: 800-226-7930
E-mail: swfeap@swfeap.com

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



CHECK THESE OUT!!

WWW = WEB PAGES
WORTH
WATCHING



Resource for Parents

Tips for parents to help plan your chores
<http://www.successfulfamilychores.com/>

Back to school

Page with ideas on how to save money on back to school stuff

<http://www.elearners.com/back-to-school/money-and-finances/back-to-school-bargain-hunting.asp>

The family that works together -

When it is summertime, it seems more difficult to stay indoors and do chores. Statistics tell us that an employed woman who works 40 hours outside of the home averages an additional 26 hours a week on housework. So in order to allow the family more time to have some outdoor fun together, including Mom, you can devise a family plan for housework that shares the responsibility for the chores among all family members. You can also keep it going throughout the year, recognizing the different demands on each others' time as the seasons change.

To give your plan the greatest chance of success, you must make sure that everyone understands that housework is a re-

sponsibility for all family members to tackle. Meet together, and see if individuals have specific chores that they enjoy doing and assign as much as possible this way. People always do a better job at something they enjoy. Be fair in dividing up the unwanted chores—perhaps a revolving schedule, so nobody gets stuck with cleaning toilets week after week. Plum jobs can be rewarded for extra efforts, and the



undesirable ones can be kept as consequences for poor efforts or other issues your family agrees on. Be certain to be very clear on what the consequences are for failure to perform to acceptable standards, and that the consequences are followed through for everyone. Younger children can participate in various supportive roles, recognizing both their limited abilities, but need to be a contributing member of the family. Set acceptable time frames for completion of chores, and then let everyone be responsible for their own jobs. Remember to recognize improvement as well as excellence in completing chores, and build in a fun family activity to celebrate.