

Working Hard Doesn't Mean You're a Workaholic

Here are a few gentle ways to check in with yourself:

1. Why do I work? If you're driven by passion and purpose, that's a good sign. Workaholics, on the other hand, often feel compelled to work, even when they don't want to.
2. Can I set boundaries? A healthy worker can say "enough for today." A workaholic might feel like they *can't stop*, even when they want to.
3. How does work make me feel? Joy and fulfillment are great indicators of balance. If work feels like a burden or something you must do, that could be a red flag.
4. Have I been maintaining my relationships? Are you staying connected with loved ones? Workaholics often find their relationships suffer because work takes over.
5. How do I feel when I'm not working? If downtime makes you anxious or guilty, or if your health is taking a hit, it might be time to reassess.



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If you spotted signs of unhealthy work habits or would like support setting limits, and prioritizing your well-being, counselors at EAP are available to help through individual counseling or request our team based wellness workshop [Rethinking Work Life Balance](#).

Working Well Under Pressure



Pressure may not be listed as a task, but it's woven into the fabric of the job. Employees often figure out how to handle pressure through trial and error, but that can lead to poor habits, chronic stress, burnout, or even resignation. If you're having a high pressure workday, try these five tips to help you finish the day with more energy and less stress.

- 1) **Say "I got this!"** Attitude is everything, even if it means faking it until you make it. Think of working under pressure as something to command of and not fear, you will feel more in control and resilient.
- 2) **Take intentional breaks** even if it's only for a few minutes, hydrate and move your body.
- 3) **Focus on one task at a time** by breaking big tasks into smaller steps. When stress builds, pause, breathe, and regain clarity.
- 4) **Ask for help.** Your supervisor is there to support you, so keep the lines of communication open and let them know what you need. You can also reach out to EAP to help you manage stress and stay focused.
- 5) **Reward yourself.** Plan an exciting personal reward you can look forward to when the work is completed.

Sunshine & Structure: Why a Family Meeting Matters This Summer

With summer already in full swing, your family is on a new routine and schedule. This is a great time to pause and reconnect as a family. One simple but powerful way to do that? A family meeting.

Family meetings can become a meaningful tradition that keeps everyone on the same page while strengthening your bond. It also helps kids build important life skills like communication, cooperation, and problem-solving.



Here's your family huddle playbook:

- Set the scene: Choose a relaxed, comfortable spot where everyone feels at ease.
- Look back: Briefly review any past topics or goals you've discussed as a family.
- Celebrate wins: Acknowledge what's going well no matter how big or small!
- Set goals: Talk about what you still want to do together with the summer that's left.
- Open the floor: Encourage everyone to respectfully and openly share ideas, concerns, or plans.
- Problem-solve together: Brainstorm solutions for things like chores, transportation, screen time, or vacation planning.
- End on a positive note: Share something fun or encouraging to keep the mood light and connected.

Drive Your Success: Habits of Self-Directed Employees



If you're known for anticipating needs, taking initiative, and solving problems independently, chances are you already have a reputation as a self-directed employee. Managers value these qualities because self-directed team members require less oversight and help lighten the overall workload.

Here are three practical tips to strengthen your professional credibility:

Tip#1: Offer Solutions, Not Just Questions

Instead of asking, "What do you want me to do?", come prepared with ideas or options for your supervisor to consider. This shows initiative and strategic thinking.

Tip#2: Be Proactive, Not Reactive

Don't wait to be told there's a problem. Stay alert, act early, and try to resolve issues as they arise. Aim to be seen as a problem-solver, not a passive participant.

Tip #3: Communicate Progress Without Being Prompted

Once you've completed a task or project, don't wait for your manager to follow up. Share your results, outcomes, or deliverables proactively.

By consistently applying these habits, you'll reinforce your image as a self-directed, reliable, and high-performing professional.

Aging Gracefully Starts with Muscle Power



Don't overlook strength training as you get older. It's just as important as aerobic exercise, especially when it comes to preventing injuries and maintaining independence. As we age, muscle mass and strength naturally decline. This can make everyday activities like lifting groceries, bending over, standing for long periods, or even pulling a window blind more difficult and potentially risky. Even with proper technique, weaker muscles are more prone to injury.

The good news? Regular strength training can help counteract this decline. Research shows that maintaining muscle mass can:

- Improve balance and coordination
- Boost metabolism
- Enhance mobility and flexibility
- Support bone density
- Reduce the risk of falls
- Help manage chronic conditions like arthritis and diabetes

If you're new to strength training or have any health concerns, it's a good idea to consult your doctor before starting. With a consistent routine, you'll be more likely to enjoy a healthier, more active future.

For more: [Watch EAP's Crushing Back Pain Seminar](#)