

## Parental Conflicts – Helping Kids Feel Safe



Everyone has disagreements at times. When there are children around during this time it is important to be aware that they are listening. First it is best to hold off and choose a private place and time to discuss sensitive issues.

The following are some tips to manage difficult communication or adult arguments to avoid the potential harmful effects on children if an argument arises when they are present.

- Avoid personal attacks by focusing on the issues and avoiding personal insults or name-calling.
- When disagreements are heated, strive for a calm and respectful tone.
- Demonstrate healthy ways of resolving conflicts (active listening, compromise, negotiating).
- Apologize and make amends if appropriate to show it's normal to end on a good note after a conflict.
- Offer reassurance to a child if they witness an argument. Convey to them that a conflict does not mean they are in any danger and they are loved.

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Learn more here: [Adult arguments and kids](#)

## Get an Energy Boost From Decluttering



Is your workspace cluttered and you can't focus? If you speak with coworkers who finally took the declutter plunge, most will tell you they experienced renewed energy, more excitement about coming to work, more creativity, and a mental release with an increased desire to engage with the work culture. If you are doubtful, try a decluttering experiment and see how it works for you!

First take a picture of your workspace as a "before picture". If it is overwhelming to declutter all your space at one time, take it in steps. Take an area of your workspace and simplify any decorations you have, straighten and line up folders by a method that will allow you to access the subject matter quickly. Put away all unnecessary items that do not contribute to the work projects you are on.

You may find that you have more focus with reduced visual distractions and your items organized. You may feel a sense of order that frees your mind for creativity and better control over your work accomplishments.

Take an "after picture" when you are done and compare how you feel looking at both photos. Take 5 minutes each day to organize and cleanup workspace at the end of your day. You may find you will be free of distractions and the ambiance is

more relaxed feeling leading you to be more productive and less stressed. For more tips check out this website for more details and ideas: [Declutter](#)

## They Swore They Would Stop Using



If you've ever asked yourself why your loved one won't stop using, you may need to face the reality that he or she can't stop. This is a startling and hard reality to accept, but acceptance is the beginning of hope.

It is important that you seek support and guidance if you have a partner or friend with a substance use disorder that is affecting your relationship. As you focus on the substance user's behavior, a downward spiral of your health may begin, including neglect of your own physical, emotional, and mental health needs. Other areas of your life may then suffer.

Neglecting self-care can lead to burnout, resentment, and a decline in overall well-being, making it tougher to intervene. Successful recovery of a substance use disorder often begins with the nonaddicted partner's awareness and determination to stop this downward cycle.

A qualified professional or the EAP can explain how, offer resources, and help you understand substance use and how you can cope and create healthy boundaries with that partner or friend.

More info: [Coping with Another's Substance Use](#)

## Self-Compassion



Self-compassion is not just avoiding being self-critical or treating yourself with kindness and understanding like you would a friend. People who practice self-compassion are less overwhelmed by negative emotions when faced with adverse events. They develop more positive reflex responses. This mindset in turn links to an ability to maintain a balanced perspective, not lose their cool, and more easily troubleshoot problems. Positive self-talk habits are patterns of reacting to what we see and hear around us. Self-compassion will be a new skill if you frequently do not currently engage in positive self-talk. To begin with don't berate yourself when mistakes happen and try speaking kindly to yourself. When you

acknowledge that everyone makes mistakes and realize daily life frustrations are inevitable, you will understand better to be compassionate with yourself as you would a friend.

To learn more see: [Self Compassion](#)

## Make a Stress Management Routine



Stress affects us all. The important thing is to manage it and make it part of your daily routine to reduce the negative effects on your life, health, and relationships. Life naturally includes various forms of stress, whether from life or work challenges, responsibilities, or unexpected events.

Regular stress management practices can help you maintain a calmer state of mind, help prevent stress from building up, and allow you to handle challenges with greater ease.

Here are some important techniques:

- Sleep is essential for wellbeing. Be sure you are getting an adequate amount of sleep each night. Each person has different needs so learn how many hours of sleep is best for you.
- Exercise is one of the best cures for stress. Prioritize each day with 15 -20 minutes of activity that includes physical moving and changing your visual environment.
- Our brain is maintained by the food we eat. Eat healthy foods every day for better physical and mental health.
- Healthy relationships are vital for our wellbeing. Make time for the people who are important to you and feed your emotional wellbeing. Reach out each day to a person even just to say hi! Personal connections are an important part of good health in your stress management routine.
- Self-expression enriches who we are and how we live. Spend time everyday doing something that you are passionate about and that gives you joy.

Resource: [Tips to Tame Stress](#)

## Counseling for Stress Management?

You may want to consider seeking support when you experience persistent, overwhelming stress that you feel interferes with your daily functioning. Physical symptoms of stress such as headaches, gastrointestinal issues, or consistent sleep problems are also indicators that it is time to seek support. When stress is unmanageable, it will also negatively affect your relationships with your family, friends, and colleagues.

Based on the signs mentioned above, it may be beneficial to reach out to the Employee Assistance Program (EAP) or seek additional support and resources. Doing so can provide you with the necessary help and tools, including lifelong skills, to better manage stress both now and in the future.

Resource: [UR Medicine EAP](#)