

# fseap

# SOLUTIONS

## Teaching Children to Be Better Problem Solvers

If you are a parent of a young child, here's a "formula" for teaching problem solving: 1) Encourage the child to explain the situation needing a fix, solution, or answer. 2) Ask questions that prompt critical thinking and solutions. 3) Help the child break the problem up into smaller parts. Tackle one piece at a time. 4) Let the child brainstorm for answers. 5) Guide the child to the solution. 6) Praise the effort. 7) Talk about mistakes as learning tools and being okay. 8) Have a post-event discussion and reflect on the steps to solving a problem. For more opportunities to learn the problem-solving process, create problems. Example: "I don't know what to make for dinner, but this is what we have in the refrigerator."



## Living Better in the "Sandwich Generation"

The "sandwich generation" refers to adults raising children under the age of 18 while also caring for elderly parents. Are you a member of this select group? If so, key stressors may include finding time for yourself—sleeping and eating well and engaging in physical activity—setting boundaries with finite time and energy resources, financial stress, a need for emotional support, and wondering what resources are out there to assist you. "Living better" while dealing with these large stressors takes conscious action on your part... but your EAP is here to help you every step of the way. Contact FSEAP today to receive information, support, and practical tools for dealing with any of these difficult stress factors.

## Find More Meaning and Energy in Your Job



Gallup research has found that 40% of employees believe their mental health is negatively affected by their job. Managing stress is important, but improving wellness is also accomplished by becoming more "engaged." Could you enjoy your job more despite aspects of it that you do not like? If so, research says you will increase energy, find new meaning in work, feel more positive and in control, and feel more hopeful and productive. You're also less likely to burn out. Helping employees become more engaged is a hot topic in the world of work. If you haven't explored this idea yet, you may be on your way to discovering new energy and improved mental health on the job. See the resource below to get started.

Learn more: [www.greatergood.berkeley.edu/article/item/how\\_to\\_be\\_more\\_engaged\\_at\\_work](http://www.greatergood.berkeley.edu/article/item/how_to_be_more_engaged_at_work).

## Dating Violence Prevention Month

There's great concern about teen dating violence because recent research points to a strong correlation with domestic violence in later years. Parents are on the front lines in providing education and awareness. And they should keep an eye (and ear) out for signs of abuse. Many teens are unaware of what constitutes abusive behavior. They rely on parents to tell them, but 80% of parents don't believe teen dating violence is a serious problem. Here's why: Many teens won't acknowledge victimization for fear of being embarrassed or losing the relationship to which they attach strong social value. If you are a parent with a teen, don't wait to detect a problem. Be proactive by using the resource below. Avoid having your child wonder years later why you didn't say more about how to prevent or protect themselves from abuse.



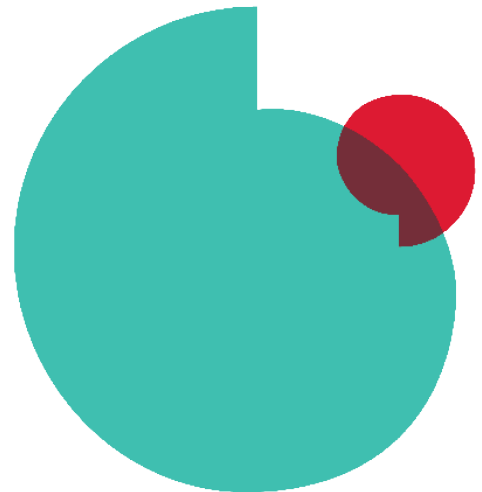
Source: <https://www.cdc.gov/violenceprevention/pdf/DMpromotionalbrochure-508.pdf>.

## Life: Enjoy the Ride

Life can be like a roller coaster; we all experience ups and downs, highs and lows. You may not experience severe mental health concerns during the ride but may still want guidance. An alternative to traditional counselling is life coaching. Life coaching is present and future-oriented and helpful for individuals looking to identify goals for change, overcome challenges, and unlock their potential. FSEAP's life coaching service guides clients and employees at all levels to achieve personal and professional growth. Coaching is provided through telephone consultations with a Certified Life Coach and provision of individualized resources. Contact FSEAP today to connect with a life coach and receive the help and motivation you need to get back on track and meet your goals.

## Is a Marital Workshop the Answer?

Could you benefit from a marital/couple's workshop as a way to have a more satisfying relationship? Such workshops allow for time away from distractions, usually one to two days, while participants explore many aspects of relationship wellness. Marital workshops may facilitate the changes you desire if traditional, weekly counselling hasn't brought the results you seek. The goal is to reorient your view of the relationship to see yourself as a team, not adversaries. Improving communication is paramount, especially the use of deeper empathy, listening, and validation skills that help partners feel truly understood. All relationships have challenges, and stressful times can test resilience. Workshops are usually designed to give you a lasting framework that both partners can understand as their go-to approach to stay cohesive in times of significant stress. Most importantly, a marital workshop can help couple's feel more positive and hopeful about the future and in control of where their relationship is going. Many research studies have shown that negative communication patterns of couples threaten physical and immune health, with slower healing and more vulnerability to physical illness. That's a strong incentive to repair a relationship that is not working. One benefit might be a longer life. Lastly, contact your EAP today to see about scheduling a live virtual Couples Communication workshop (in group or private format) to receive practical tools to take your relationship to the next level.



Learn more: Do an online search for "Best Marital Counseling Retreats - Canada" to find a retreat that might best fit you. Also, consider checking out: "Transform Your Marriage Vision Retreat: A Self-Guided Getaway for Couples" (2021), available at online book sellers.