

Upcoming Online Seminars

2/1/20 – Building Resilience

3/1/20 – Dealing with Difficult People

4/1/20 – Mental Health First Aid

5/1/20 – Understanding Depression

To watch these online seminars, login to www.supportlinc.com and click on the 'Monthly Feature' tile. At the bottom of the article you will find the featured seminar.

How Successful Individuals Stay Calm

Staying cool, calm and collected are essential things for someone managing other individuals. Even the slightest glimpse of hesitation or instability can lead to feelings of being stressed out. To combat this, here are some tips to help you stay calm and show positivity for those around you.

1. Stay Positive

Everyone is vulnerable to negative thoughts and feelings. However, one of the best ways to stay calm is to put those negative thoughts out of your mind and to remain focused on the positives. When things start to not go your way, simply focus on one positive thing that happened during your day – a successful business task, a great lunch with friends or colleagues or even something you're looking forward to.

2. Avoid 'What If?' Scenarios

There are few situations in life and at work that require a 'what if?' mentality. But for the most part, worrying yourself about something

that cannot be changed is a sure-fire way to increase your stress and keep you from completing the things you can control.

3. Take Time to Disconnect

Have you ever found yourself starting to feel a sense of ease at the end of the day, only to see an email pop up on your computer or phone? How many times have you then began to stress over that email – especially when it really could wait until the workday to address? Staying constantly connected to work is an easy way to constantly remain stressed. Instead, take time for yourself away from anything work related. Sit back, relax and enjoy the free time you have.

4. Use the Support They Have

You have a team for a reason, remember to use it! Everyone likes to think that they can do everything on their own, especially when it comes to important tasks or deadlines. You didn't hire your

team because they were incapable, they were hired because they are capable. Don't be afraid to ask for help, delegate the things you simply can't get to and most importantly, trust your team members. Showing them that your trust in their capabilities can not only help calm you and take things off your plate, but it can also serve as a major confidence booster in those you show that respect to. That confidence can then lead to better productivity, heightened creativity and overall better results.

Source:
<https://www.forbes.com/sites/travisbradberry/2014/02/06/how-successful-people-stay-calm/#6dd706812f79>

For information regarding the supervisory services available through the SupportLinc EAP, call 1-888-881-LINC (5462) or visit www.supportlinc.com

Did You Know?

Resilience is the ability to overcome the various challenges in life while becoming a more personally powerful individual.

Learn more about how to incorporate resilience in your daily life by using the Resiliency Toolkit. Search 'resilience' in the 'What's on Your Mind' search bar, and open the 'Resource' category.

The Power of a Compliment

How often do you thank your teammates for all the hard work they do? Have you praised someone for going above and beyond in their recent project, or have you given positive feedback on an idea someone had?

While everyone enjoys a compliment, did you know that there are actual health benefits to not only receiving compliments, but giving them as well? It's true! Here are some of the great health benefits of compliments:

- **It can help you perform better.**
Studies have shown that receiving a compliment activates the areas in your brain that can help heighten focus and motivation. Criticizing someone can actually have the exact opposite effect as well.
- **It makes you feel good!**
Compliments, whether you are receiving them or giving them, activates the neurotransmitter Dopamine, which is sometimes known as the 'feel good' chemical in your brain. When released, Dopamine can help improve things such as your learning, sleep and overall mood.
- **It can help you remember.**
Another great benefit of compliments is that when you receive one, the area in your brain that helps with forming memories is stimulated and can help you remember things better.
- **It can bring you closer.**
Compliments can go a long way in building trust with someone. Whether it is a partner, coworker, friend or complete stranger, giving a compliment can bring you closer.

Source: www.wellbeing.place