



rEAP the Benefits

Your Employee Assistance Program 1-800-308-4934

Join the “Manage Stress with Good Nutrition” Webinar on April 13th

Is it true that you are what you eat? Do you know the six categories of food that can help ward off stress? Plan to join this live webinar to learn answers to these questions and more. During this webinar you will gain valuable knowledge about nutrition such as:

- Which ‘superfoods’ contain stress-busting nutrients
- Going Vegetarian or Vegan – what should be in your grocery cart to help manage stress
- The Body-Food Connection – you really are what you eat

This webinar is offered to you and your family members at no cost through your Employee Assistance program.

Webinar Information

Date: Wednesday, April 13, 2011

Time: 1:00 – 2:00 CST | 2:00 – 3:00 EST |

Register Now! Space is limited to the first 300 participants.

To register for this live webinar, go to www.magellanasist.com and create your own user ID and password. Then go to Member Services and select On Demand Learning. Click on the link for 2011 live webinars. Select Register Now for the April Webinar. After registering, you will receive a confirmation and information to access the webinar.

While on the web site you can also look at the 2011 live webinar schedule and register for any of those as well.

Your Employee Assistance Program is available to you 24/7, simply call 1.800.308.4934 for confidential assistance provided at not cost to you.

? Did You Know About This? ?

Speaking of webinars, we were pleasantly surprised last month when our “Bringing Out the Best in Others” webinar was full in a matter of hours! With only 300 registration spots available, we had over 800 members attempt to sign up. We are listening to your suggestions on seminars and EAP resources such as webinars. Information on our next live webinar is listed in this newsletter.

But, did you know you can view previously recorded versions of the webinars? A list is available at www.magellanasist.com. Log in to the site, go to Member Services and select On Demand Learning for a complete listing of live Webinars. Some of the ones listed include:

- Beating Job Stress at its Own Game
- Getting Through the Tough Times
- Personal Goal Setting or Re-setting

Take the Positive Approach to Stress Management

If your coping methods aren't helping you achieve greater emotional and physical well-being, it's time to find healthier ones. There are many ways to cope with stress, but they all require some level of change. When deciding which option to choose, it's helpful to think of the four A's: **Avoid, Alter, Adapt and Accept**

Avoid unnecessary stress

- Learn how to say “no.” Know your limits and stick to them.
- Take control of your environment. If the evening news makes you anxious, pick up a book instead.

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- Pare down your to-do list. Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.

Alter the situation

- Express your feelings, don't bottle them up. If something is bothering you, communicate your concerns.
- Be willing to compromise. When you ask someone to change their behavior, be willing to do the same.
- Be more assertive. Don't take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them.
- Manage your time better. When you're stretched too thin, it's hard to stay calm and focused. If you plan ahead, you can reduce the amount of stress you're under.

Adapt to the stressor

- Reframe problems. Try to view stressful situations from a positive perspective.
- Look at the big picture. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it worth getting upset over?
- Adjust your standards. Set reasonable standards for yourself and others.
- Focus on the positive. When stress is getting you down, take a moment to reflect on all the things you appreciate in your life.

Accept the things you can't change

- Avoid controlling the uncontrollable. Many things in life are beyond our control. Focus on the things you have personal control over.
- Look for the upside. When facing major challenges, try to look at them as opportunities for personal growth.
- Share your feelings. Talk to a trusted friend, family member or professional.

May 2011 Seminar: Person to Person Feedback

Workplace feedback is a powerful tool. It has the potential to help or hurt the person and the organization. Without it, we have no way to know what needs to be changed and improved, but it can also be stressful for both the giver and the receiver. Learn how to give and receive feedback in a way that strengthens relationships, decreases conflicts and improves performance.

Schedule:

Martin - May 3

Memphis - May 4

Jackson - May 5

Columbia - May 6

Johnson City - May 10

Knoxville - May 11

Nashville - May 11

Murfreesboro - May 12

Nashville - May 17

Chattanooga - May 18

Cookeville - May 19

To Register: registration is available on our web site at

http://tennessee.gov/finance/ins/eap_register.html

The deadline to register is two days prior to the event.

FREE SEMINAR

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SEMINAR LOCATIONS AND DATES

Martin	•	May 3	•	10:00–11:30
University of TN at Martin 544 University St, University Center, Rm 206				
Memphis	•	May 4	•	10:00–11:30
State Office Building, 170 Mid America Mall Conference Room, 2nd Floor				
Jackson	•	May 5	•	10:00–11:30
Lowell Thomas State Office Bldg 225 Martin L. King Blvd, Video Conf Rm 1, Tower B				
Columbia	•	May 6	•	10:00–11:30
Maury County Health Dept 1909 Hampshire Pk, Education Rm 17				
Johnson City	•	May 10	•	10:00–11:30
Environmental Field Office 2305 Silverdale Road, Large Conference Room				
Knoxville	•	May 11	•	10:00–11:30
Regional Health Office 1522 Cherokee Trail, Room 234				
Nashville	•	May 11	•	10:00–11:30
Dept. of Safety 1150 Foster Avenue, McCord Hall				
Murfreesboro	•	May 12	•	10:00–11:30
TN Technology Center at Murfreesboro 1303 Old Fort Parkway, Conference Room				
Nashville	•	May 17	•	10:00–11:30
WRS Tennessee Tower 312 Rosa L. Parks Avenue, 3rd Floor Multi-Media Rm				
Chattanooga	•	May 18	•	10:00–11:30
UT Chattanooga East 5th St, Univ Ctr Signal Mt Rm				
Cookeville	•	May 19	•	10:00–11:30
TN Tech, Roaden University Ctr 1000 N. Dixie Ave, Rm 342				



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