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E061

Boosting Employee Morale

WHAT: 11 great tips every supervisor should know--feedback, support, praise, control, creativity, perks, and more.

WHERE TO USE: Supervisor training workshops and consultations with supervisors.



E062

Discover the Leader in You!

WHAT: Help supervisors discover their ability to lead and act on it. Creating a vision, planning, self-awareness, being a role model, reaching out to others for help.

WHEN TO USE: Supervisor training and consultation, client sessions.



E063

Letting Go of Your Control Issues

WHAT: Insightful tips on avoiding domination and disrespect in relationships. Causes of controlling behavior. Self-awareness and self-intervention.

Practicing healthier relationship behaviors and how to gain better cooperation with others.

WHEN TO USE: Client counseling sessions, leadership workshops, consulting.



E064

Managing Stress by Eating Right

WHAT: Certain foods decrease stress because of the stress reducing vitamins and minerals they contain. Other foods contribute to stress--good to avoid

if your trying to reduce stress.

WHERE TO USE: Health fairs, counseling sessions, workshops.



E065

Addicted to Love?

WHAT: Help clients understand relationship, love, sex addiction, and the cycle of excitement and loss of interest in the elusive search for intimacy.

WHERE TO USE: Client counseling sessions.



E066

Quitting Tobacco: This Time for Good!

WHAT: Help clients do it now, this time for sure. The best and most difficult ways to quit smoking, and what works. Making the commitment to quit, and what research says works best.

WHEN TO USE: Counseling, health fairs.



E067

When Recession Looms

WHAT: Everybody's worried, but not everyone is acting upstream to reduce the impact of a looming recession. Will it come? Is it here? Here's tips for paying off debts, saving

money, tracking spending, and reducing expenses--all with the goal of reducing worry!

WHERE TO USE: Clients sessions, health fairs, workshops.



E068

Regaining the Ability to Trust

WHAT: Trusting others is an anchor for positive mental health, but our past can damage our willingness to be vulnerable. Here's how to start the ball rolling toward more reciprocal and effective relationships.

WHERE TO USE: Client sessions.



E069

Romance at Work

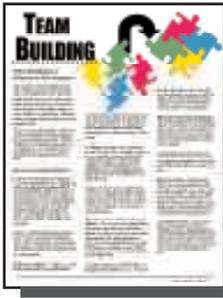
WHAT: Is it any of their business? Yes. Conflict of interests, favoritism, productivity loss, morale, and sexual harassment risk. Companies are concerned. Here's common sense

on what to do, and how to avoid problems.

WHERE TO USE: Counseling sessions.



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E070

Embrace Team Building

WHAT: Here's the way to give employees the message about how and why they should be team players: Getting and keeping the right attitude about team

building, how to being a team player.

WHEN TO USE: Client sessions, workshops, team building.



E071

Teens Using Drugs

WHAT: Risk and family history--what other fact sheets won't say. Forms of use and abuse. Behavioral signs and symptoms. Parental response. Includes tobacco, alco-

hol, pot, and prescription drug information--including methamphetamine.

WHEN TO USE: Waiting rooms, counseling.



E072

The Trouble with EMAIL

WHAT: Email is a powerful tool, but abused or careless use of it can bring you down. What everyone should know about email hazards--writing, opening, send-

ing, and thinking before you click.

HERE TO USE: Waiting rooms, new employees.



E073

Understanding Panic Disorder

WHAT: What is panic disorder. What causes it. What to do about it if it happens to you. What to do if it happens to someone else.

WHEN TO USE: Waiting rooms, counseling sessions.



E074

Overcoming Workaholicism

WHAT: Characteristics of the workaholic, signs, symptoms, stopping the cycle, finding balance, tips for getting your life back--and the benefits of doing so.

WHEN TO USE: Counseling sessions, brown-bag presentations.



E075

End of Summer: Back to School Tips

WHAT: Grade school, college, both! Here is on one tip sheet. For families and students. Making the transition. Keeping it smooth. Making it a great year

for everyone in the household!

WHEN TO USE: Waiting rooms, seminars.

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