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E016

## What to Do about a Negative Performance Review

**WHAT:** Helps clients focus on the positive and what they can change after a bad review; staying

focused, energized, and determined for next time.

**WHERE TO USE:** Client sessions, health fairs, EAP waiting areas, assessments.



E017

## Sticking to Your Recovery Program from Addictive Disease

**WHAT:** Essentials that every recovering person needs to know but often takes years to discover in recovery.

This handout doesn't short-cut sobriety and recovery, just some of the essential information that make them possible.

**WHEN TO USE:** Clients in addiction recovery.



E018

## Caught in the Web: Internet Addiction

**WHAT:** Awareness about the high risk of Internet addiction, with warning signs and more. Internet abuse is causing companies millions.

Helping employees before they destroy themselves or the company is critical

**WHEN TO USE:** Health fairs, client counseling sessions, EAP waiting areas.



E019

## Workplace Injuries: Stress and Recovery

**WHAT:** After injury comes the risk of depression, conflict at home and with coworkers, and risk of further injury.

**WHEN TO USE:** Mail to clients, follow-up counseling sessions after injuries to help reduce workers' compensation costs.



E020

## When There's Talk of Suicide

**WHAT:** Understanding suicide facts, risk, and prevention. Warning signs. Dos and don'ts, taking action, helping a friend. Myths and misconceptions. Resources.

**WHEN TO USE:** Counseling sessions, health fairs, waiting rooms.

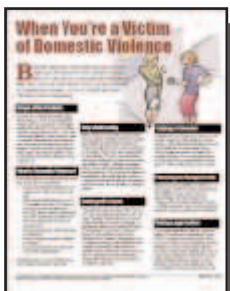


E021

## Living Life as a Shift Worker

**WHAT:** Shift workers are important people with special needs. Stress management, family stressors, circadian rhythm issues, sleep issues, health habits, dangers on the job, and more.

**WHEN TO USE:** Health fairs, counseling, waiting rooms, presentations to shift workers.



E022

## When You're a Victim of Domestic Violence

**WHAT:** Victims of domestic violence come to work, but they don't say who they are. Defines domestic abuse, increases awareness,

what to do, encourages seeking help.

**WHERE TO USE:** Clients sessions, health fairs, waiting rooms.



E023

## Facing and Stopping Compulsive Eating

**WHAT:** Another silent, and stigmatizing health care problem and killer. Misconceptions, symptoms, how treatment works, and hope for

change.

**WHERE TO USE:** Health fairs, client sessions, post-treatment follow-up.



E024

## Manage Stress Right Now!

**WHAT:** No time for complicated stress management strategies! Here's ten practical tips anyone can use to manage stress and feel rejuvenated fast.

**WHERE TO USE:** Client counseling, health fairs, waiting rooms.



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E025

**Making Holidays More Positive**

**WHAT:** A handout for those who suffer in silence. Issues, ten tips, getting positive, and coping effectively with the holiday experience.

**WHEN TO USE:** Presentations, waiting rooms, clients sessions.



E026

**Dealing with Workplace Negativity**

**WHAT:** One of the most requested subjects. Sources of negativity and how to head it off at the pass. Some rules, some tips, and a few tricks on reducing negativity and contagion.

**WHEN TO USE:** Brown-bag seminars, health fairs, group conflict intervention.



E027

**When Organizational Change Affects You**

**WHAT:** Understanding organizational change, preparing for downsizing, action steps, and planning ahead.

**WHEN TO USE:** Presentations, waiting rooms, client sessions.



E028

**Preventing and Stopping Sexual Harassment**

**WHAT:** Sexual harassment defined, prevention steps, the importance of stopping inappropriate behavior, that "no" means "no," and don't do it again; what to do, internal help.

**WHEN TO USE:** Presentations, client sessions, waiting rooms.



E029

**Improving Your Relationship with the Boss**

**WHAT:** Your relationship with your supervisors is the most important one you have at work. Here's how to improve the likelihood of making it the best one possible.

**WHEN TO USE:** Client counseling sessions, presentations and seminars.



E030

**Military Deployment Stress**

**WHAT:** Fight for the home front! Ten things to do and consider to reduce the burden of deployment stress on the whole family. Stress tips on coping, remaining positive, and making reunions the best.

**WHEN TO USE:** Family counseling, young persons, waiting rooms, presentations.

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