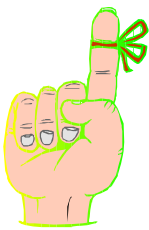




# EAP NEWS

## On the Side



### Things to Remember

The sun will rise tomorrow even if the sky is cloudy. A

hundred years from now no one will remember you need to lose ten pounds by summer. Saying 'excuse me' is polite, making excuses is not. Taking time to think about your words can save you time, money and hurt feelings. Smiling causes fewer wrinkles than frowning and when you smile a lot, people wonder what you're thinking about. If you think that things could be better do what you can to make them so. You may be surprised at what you can do for yourself. Don't 'make' work, someone else has more than enough, help them out. New ideas are like fruit, if you leave them too long they start to get soft and rotten.

## RESILIENCY

*Jeff P. Posterski, EAP Counsellor*

Two children from one family. Both experience difficult circumstances growing up in that family. As they grow one seems to do fine and rise above their difficulties. The other struggles. Why does one do better than the other? What opportunities and characteristics allow one person to rise above their circumstances while others appear to stumble?

Research concerning resilience in people points to at least six areas where people find resiliency. Three have to do with factors outside ourselves and three are determined from qualities found within ourselves. According to research, personal qualities (those within ourselves) play an important role in this area:

- 1. Social Competence:** The ability to elicit positive responses from others seems to help individuals in their development. Qualities like flexibility, empathy, communication skills, and a sense of humor aid in these responses. Problem solving skills and thinking critically,

creatively, and reflectively also are assets.

- 2. Autonomy and Sense of Self:** This is the place where one has an ability to act independently advocating for oneself and for others. It comes out of possessing personal convictions and a sense of who a person is inside. This self-awareness helps to: a) reject negative messages about oneself, and; b) distance oneself from dysfunction.
- 3. Sense of Meaning and Purpose:** Resilience shows itself in optimism and hope for a better future. Goal direction, educational aspirations, achievement motivation, persistence, and spiritual connectedness all support a direction of moving forward.

Things outside of a person, external influences, also help a person to thrive:

- 1. Caring Relationships:** The presence of at least one caring person can make the difference. This may be an adult at home, at school or in the community. Peers who

have compassion and understanding could also play this important role. A key ingredient in resilient behaviors is someone having faith in us.

**2. High Expectations:**

Research indicates that high expectations of youth, alongside the necessary support to achieve them, fosters resiliency. Again, this is possible within the home, school, community, and peer network.

**3. Meaningful**

**Participation:** People need opportunities to explore and discover their individual gifts. This happens through experiences of sports, the arts, academics, and caring for others. Getting out of the home to work, attend school, or marry are a “salvation” for some in finding meaningful connections with others.

Research has identified areas, both within a person and outside of a person, that help to influence our individual resiliency. What is hopeful is that all six areas can be developed or sought out. The *internal assets* can be pursued through learning from others or resourcing any sources that might be helpful. The *external assets* can be searched for with the help of responsive individuals.

Here’s something that everyone can think about. The need for **caring relationships** offers opportunities for people to play a role in supporting the growth of resiliency in others, particularly young people. Our community needs people who can listen and respond: foster parents, youth leaders, tutors, coaches, teachers, *Big Brothers* or *Big Sisters*, neighbors, aunts, uncles, grand parents... And in the resiliency of others, you can make a difference.

*TIME WELL SPENT*  
**How Do I AVOID CREDIT CARD PROBLEMS?**

*Tim Utting, Credit Counsellor*

There is an old expression which applies to many people who are faced with credit card debts and that is “the most expensive item you will ever buy is the one bought on credit”. We live in a society today where the emphasis has switched from saving toward the purchase of an item to buying it now and paying for it later.

There are always times when credit is necessary as very few people can afford to buy a home without a mortgage or buy a car without a car loan. There are, however, other items that are much more affordable if they are purchased with cash from your budget rather than by using credit.

Remember that if you do not pay off your credit cards each month that you will still be paying for the original purchase you made for many years. If you are simply paying the minimum payment each month a large part of that payment is going strictly to pay the interest and so that original purchase is becoming more and more expensive each month.

It is important to try and only charge items to your credit card that you know you can pay for at the end of the month when your statement arrives. If you do not follow this rule you run the risk of having your credit card bills spiral out of control.

For more information call  
EAP:

**Eastern Ontario Toll Free  
1-888-409-4499  
Kingston area  
549-5561  
1-800-668-9920 Across  
Canada Emergency Line**

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