



# EAP NEWS

Volume 7 Issue 4

October 1, 2003

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## On the Side

### Things Have Changed

It is our pleasure to announce the appointment of Melanie Steers as the new EAP Coordinator. Carol Rogers who was on a one year leave of absence has decided to continue her work with Hotel Dieu Hospital here in Kingston.

In the near future there will be a new EAP Assistant Coordinator named but in the interim Ann Udall, Marketing Coordinator will be filling the Assistant's position.

Melanie and Ann bring an extensive knowledge of the EAP business and are no strangers to our contracts.

Melanie has served as our Assistant EAP Coordinator as well as an EAP counsellor. She brings a wealth of counselling knowledge as well as an understanding of organizational wellness issues and contract management.

Ann has been working in the business end of EAP for several years doing sales, quotes, RFPs and contract management. She has recently been named to the National Sales Committee of Family Services EAP.

## Connection for Health

Jeff P. Posterski, EAP Counsellor

Reflecting on what we have to be thankful for, lavish meals of turkey or ham and all the fixings, and gatherings of people... Thanksgiving, another holiday weekend has come and gone. For some, that means time spent with family and friends. However, for all the celebration, time with other people can be limiting when we consider the degree of **connection** that exists within these relationships. Very often, our connections to others vary across a spectrum. Some are closer and some are more distant.

Connecting is about feeling a part of something or belonging to some entity. It helps give life its meaning, direction, and purpose. This connection could be in the context of a team, a family, a peer group, other relationships, a religious institution, or another type of organization.

Feeling **disconnected**

can be especially difficult during holiday seasons. "People who don't have connections really feel alone during holidays because this is

the time that they perceive everyone else to be enjoying time with friends and families and celebrating (Hoffman, 2001)." We cannot underestimate the importance of feeling connected to others, at any time of the year.

Ask yourself: Do I feel connected in my life? Am I satisfied with what these connections look like? Here are some further questions you can ask yourself, taken from Edward M. Hallowell's 2001 book called *Connect: 12 Vital Ties That Open Your Heart, Lengthen Your Life, and Deepen Your Soul*. You might even consider taking action based on your answers.

1. Your **family of origin**. Are you as emotionally close to your family of origin as you would like to be?
2. Your **immediate family**. Do you treat one another with love and respect?

Your **friends and community**.

Do you see friends and neighbours on a regular basis?

4. **Work and activities**. Do you feel a sense of mission at work?

5. **Appreciation of beauty**. Do you make time to enjoy a favourite art form?

6. **History**. Do you feel the power of the past in your

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daily life.

7. **Nature and special places.** Are there special places that speak to you in ways no other place can?

8. **Pets and other animals.** Do you seek companionship from your pet or other animals?

9. **Ideas and information.** Do you feel that you know how to get the most out of your brain power?

10. **Institutions and organizations.** Do you take pride in group membership?

11. **Greater truth or spiritual faith.** Do you continue to seek the truth by whatever means make sense to you?

12. **Yourself.** Do you feel comfortable being who you are?

If there seem to be some gaps in your degree of connection, there are places to start improving one's sense of belonging. In our community there are various church options or group settings based on particular interests. Groups provide a setting where one can learn about connecting and begin the pursuit of relationships. Other potential sources of contact include family, friends, community, work, pets, and religion.

For those who feel connected and want to deepen that connection this is also possible. This may mean committing to learning about one's self, one's story, and the direction one is going. Next it means being willing to risk in expressing new ways of connecting with others. Again, there are many resources available to help in this direction: books, Internet resources, and counselling options to name a few.

Connection is important for

personal health and well being. We can pursue its benefits with others while sharing ourselves in fostering connection with each other. This learning around connection is vital to personal growth and our inner well being.



## ***Keeping Away the Financial Grinch***

Tim Utting Credit Counsellor

I know it's early to start thinking about snow, holly, Christmas lights and of course Santa Claus...but the reality is: it is only two months away.

It's easy to get caught up in the holiday spirit and buy, buy, buy... but it's the Grinch who appears after January 1<sup>st</sup> when you're facing a stack of bills you can't pay in full.

Here are some tips on preventing overspending:

- **Get a plan.** Develop a workable holiday budget and stick to it. If your gifts and expenses are more than you can afford, look for areas to start trimming expenses.
- **Evaluate your gift list.** Limit your list to family and close friends. For those you are unable to buy for, send a

holiday card or note and keep in mind that some of the most thoughtful gifts cost next to nothing. For instance, give services such as babysitting or create a handcrafted item.

- **Shop smart.** Never shop in a rush or under pressure because that can lead to overspending. Comparison shop and search for the best possible deal.
- **Use credit wisely.** Where possible, use cash. If you do use credit remember these tips: 1) Limit yourself to one or two cards. 2) Use the card with the lowest interest rate. 3) Keep track of what and how much you have charged. 4) Don't charge more than you can afford to repay within three months.
- **Don't tempt yourself.** Resist the "one extra little gift". These small items often break our budget. Just staying away from the mall can keep you from making unnecessary purchases.

These five easy tips will help you have a Happy New Year without overly enlarged credit card balances looming in late January or early February.

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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