



Employee Assistance Program Services Newsletter

FALL 2007

SETTING PERSONAL BOUNDARIES

The purpose of having boundaries is to protect and take care of ourselves. We need to be able to tell other people when they are acting in ways that are not acceptable to us. The first step is knowing that we have a right to protect and defend ourselves; that we have not only the right, but the duty to take responsibility for how we allow others to treat us. Setting boundaries is not the same as manipulation. Although some people will say they are setting boundaries, in fact they are attempting to manipulate. In manipulation, one tries to influence the outcome, whereas when we set boundaries, we let go of the outcome.

It is next to impossible to have a healthy relationship with someone who has no boundaries or with someone who cannot communicate directly and honestly. Learning how to set boundaries is a necessary step in learning to be a friend to ourselves. The purpose of having boundaries is to protect and take care of ourselves. We need to start becoming aware of what healthy behavior and productive interactions look like before we can start practicing them ourselves and demanding proper treatment from others. Setting personal boundaries is a vital part of healthy relationships - which are not possible without communication. So, it is very important for us to learn to communicate about how another person's behavior is affecting us - without making blaming type of statements.

It is also important to set consequences that impact the other person rather than us. Often when people are first learning how to set boundaries, they do not think through the result. They set boundaries that impact themselves as much or more than the other person. For example, a single parent with a teenager who needs to have consequences for coming home late may be tempted to say, "If you miss your curfew again, you will be grounded for a month." The reality of grounding a teenager for a month is that it often means the parent is also grounded for a month. If taking away driving privileges means you will have to drive them to school - you may want to choose some other consequence.

The purpose of setting boundaries is to take care of ourselves. Being forced to learn how to set boundaries is a vital part of learning to respect and love one self. If we never have to set a boundary, then we will never get in touch with who we really are - will never escape the enmeshment of codependence and learn to define ourselves as separate in a healthy way.

It is our responsibility to take care of and to protect ourselves when it is necessary, both physically and emotionally. It is impossible to really be fulfilled unless we accept our responsibilities as co-creators of our lives; and to do this, we need to have healthy boundaries. To learn more about how to set boundaries, call AssistNOW, the EAP Division of Recovery Resources at 216/431-4140. We can help!

Source: www.joy2meu.com/Personal_Boundaries.htm

Ways To Cope With Stress

- ⇒ Get up fifteen minutes earlier.
- ⇒ Practice breathing slowly.
- ⇒ Don't rely on your memory - write it down.
- ⇒ Do a brand new thing.
- ⇒ Work at being cheerful.
- ⇒ Stand up and stretch.
- ⇒ Simplify meals.
- ⇒ Say "no" more often.
- ⇒ Strive for excellence, not perfection.
- ⇒ Look at problems as challenges.

SOME PUMPKIN FACTS

- ◇ Pumpkin seeds can be roasted as a snack.
- ◇ Pumpkins contains potassium and Vitamin A.
- ◇ Pumpkin flowers are edible.
- ◇ Pumpkins originated in Central America.
- ◇ The largest pumpkin ever grown weighed 1,140 pounds.
- ◇ Pumpkins are 90 percent water.
- ◇ Pumpkins are fruit.
- ◇ Eighty percent of the pumpkin supply in the United States is available in October.



The Don'ts Of Sending Your Child Off To College

When your child goes off to college, the experience can be a grueling one for both of you. To make the best of the situation, try to avoid the following mistakes:

- Don't ask if your child is homesick. This doesn't make the separation easier. The first few weeks of college are great, usually filled with meeting new friends and activities. But after the hype dies down, it is sometimes hard to get accustomed to university life. This is a natural part of adjusting to a new situation. If they don't think about being homesick, students usually aren't. But when reminded, they realize how much they miss home.
- Don't ask too many questions. Parental questioning can sometimes be overbearing. Let your child become independent. You might not be able to know where your child is at every waking hour of the day, but trust him or her to make the right decisions.
- Don't panic when you receive depressing phone calls or letters. Sometimes college freshmen have problems that seem overwhelming like flunking a test, ending a friendship and shrinking their clothes all in one day. Take time to listen and try to calm them down. If you panic with them, you'll only add to the stress. If they know you are supportive, they will feel more confident in themselves.
- Don't expect a clean room. College students have a million things to think about such as school, a part-time job, making new friends, etc. They usually don't worry about how clean their room is. A planned visit is always better than dropping in. This gives them a chance to tidy up their room.
- Don't tell them that their college years are the best times of their life. The freshman year can be full of disappointments, mistakes and insecurities. It takes a while to realize that some of their expectations about college may have been unrealistic. It also takes a while to accept themselves for who they are.

For more information on related family and college life issues call AssistNOW, the EAP Division of Recovery Resources at 216/431-4140.

Source: www.1suagcener.com



PAT SCHULTZ

Pat Schultz is the Trainer/Account Manager of AssistNOW, the EAP division of Recovery Resources. Pat holds a Bachelor of Arts Degree and a Masters Degree in Business Administration. Her background includes over 20 years of training and marketing experience and she has presented at state, regional and national conferences. Pat's role as Trainer/Account Manager of AssistNOW includes managing and assessing client company needs through the development and delivery of relevant training programs for both employees and management personnel.

Can't Laugh? Try Smiling!

"Smile" is the longest, shortest, and quickest word in the English language. It's the longest because there is a mile between the first and last letter. It's also the shortest because a smile is an instant communicator. And it's the quickest because a smile is the easiest way to get out of your doldrums.

It takes approximately 43 muscles to frown but only 17 muscles to smile; therefore, it's easier just to smile.

Remember,
for confidential assistance call:

AssistNOW
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Recovery Resources
216.431.4140
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