QUANTUM

Wellness, Productivity, and You!

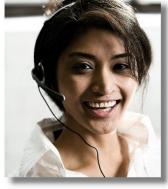


2021-01

BALANCED LIVING

New to Customer Service by Phone?

over-the-phone customer service is new to you, you'll discover new challenges. Veteran telephone customer service employees have some advice. One piece is to avoid reacting emotionally—it may be easier to react to antagonism when you are aided by the



anonymity and distance that embolden an irate customer. Try smiling while you speak. It can help you be less reactive to antagonistic behavior. Standing or walking back and forth while on the phone may also help you feel more engaged, feel less stressed later on, and improve focus. The unavailability of an empathic ear from a colleague—if you feel the need to vent a distressful experience—might be missed, so use EAP resources to process work stress. Discussing work experiences in confidence can lead you to better ideas and solutions that ultimately help you find greater meaning in any job.

Use a Site Blocker When Self-Discipline Fails

stay productive at work, we use selfdiscipline. However, there are so many digital distractions that only a robot could avoid them. Social media, shopping sites, political news feeds, gaming—these tempting delights burn up irretrievable minutes and hours. Instead of sitting for hours



and doing everything but work, use a site blocker. There are many such apps and browser extensions. One of them is "StayFocused." It is free. Find it on your Google Chrome browser. You can find others with variable features by doing a simple search for "site blockers."

Yes, That's **Stalking**

talking is "repeated unwanted attention and harassment directed at a specific person causing him or her to fear harm." Stalking is a crime. Although similar definitions exist in every state, un-



fortunately many perpetrators ignore or incorrectly "compare out" of the definition. They believe whatever they are doing isn't stalking. Many behaviors can constitute stalking, including unwanted contacts via social media, sending unwanted gifts no matter how well-intentioned, contacting the victim's friends, hiring an investigator, or even going through the victim's garbage. Could your behavior constitute stalking?

Learn more at LegalDictionary.net [search stalking].

Being Positive May Reduce Memory Decline

ositivity or demonstrating an optimistic attitude has always been a valuable workplace trait in employees. Many research studies have examined its benefits on the bottom line, its ability to favorably influence others, and its affirming effects on general health. Now research shows its benefits for helping



prevent memory decline as we age. Positivity is learned, and optimism is a teachable skill. A simple online search will show hundreds of tips on how to develop a more optimistic disposition. Your EAP can also help, especially if depression or other life circumstances feel like they are robbing you of your ability to feel positive.

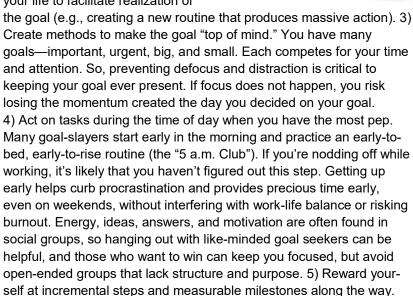
www.sesp.northwestern.edu [search "positive memory decline"]

Make Your GoalsHappen in 2021

hose who succeed in accomplishing big goals often practice similar behaviors.

Since "like behaviors" often produce "like effects," consider the following: 1) Write down your goal and action steps to accomplish it.

2) Evaluate changes needed in your life to facilitate realization of



Are You **Glamorizing Overwork?**

glamorize work. There is nothing glamorous about working yourself into the ground. Chronic overworkers can suffer from cardiovascular problems like high blood pressure and a cardiac event.



Those unable or unwilling to draw the line between just enough and too much on-the-clock activity are also more prone to depression and anxiety. Overworking does not make you more valuable, although this association is often learned from parents or caregivers. Likewise, overwork does not beat quality as an indicator of doing a great job. For a healthier you, focus on accomplishments, rather than overworking. You may still work some long hours, but they will be fewer. Set boundaries, but if it's too difficult, consult with an EAP professional. Soon you will point to the success of your accomplishments, not the hours you rack up.

Your Stress Management "Urgency Kit"

here are many techniques for managing stress, but you may only be aware of a few, such as exercising, meditation, journaling, or talking things over with a friend. Experimenting with different ways of managing stress can



help you discover a collection of dependable techniques that fit your life and work for you—a personal stress management "urgency kit." Try these quick, "on the fly" stress management techniques to see if they qualify for your kit.

1) Peel an orange. Studies show the smell of citrus can help reduce stress; 2) take a walk in green space; 3) listen to classical music for five minutes; 4) drink black or green tea; 5) try a guided imagery exercise using all five senses; 6) declutter your desk;

7) spend ten minutes in the sun. Discover a thousand ideas in the book *Simplicity: 1,000 Ways to Reduce Stress and Simplify Your Life* by Glen Mizrahi.

Have a Workplace **Injury-Free Year**

pproximately
5,000 employees die from
workplace-related
injuries each year in
the United States.
The "fatal four" (not
including automobile
accidents) are falls,
electrocution, being
struck by an object,
and getting caught
"in between." These



awareness tips can help ensure you don't become a victim: recognize hazards, use proper safety equipment, maintain a safe distance, respect barricades, correct an unsafe situation without delay, monitor a huge or heavy moving object, get the proper training, avoid rushing, and don't shortcut safety measures. And if the thought "Should I stop what I am doing and go get the proper safety equipment?" crosses your mind, do it! Statistics: U.S. Bureau of Labor Statistics