

You've got what it takes

Celebrate the journey

December 2017 Newsletter

Annual cleanup:
A great way to
celebrate year's end

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Safe giving for kids

Infographic:
**Five questions to
celebrate your
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Let's Talk video:
**Coping with grief
and loss**



Do you have a year's worth of old stuff to sort — and no time or energy to do it? **Celebrate the end of the year and clear the clutter.**



Smiles abound when kids open their holiday gifts. **Keep these safety tips in mind when getting gifts for children.**



When you're climbing a mountain, you get used to watching the path ahead and forget to take in the view. **Ask yourself five questions to celebrate your journey.**



Have you ever lost a loved one, a pet or a cherished dream? If so, you've experienced grief. **Watch the *Coping with grief* video here...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

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Annual cleanup: A great way to celebrate year's end



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Have your 2017 bills, mail and papers all become one big pile? Do you have a year's worth of old stuff to sort — and no time or energy to do it? Here's a great way to celebrate the end of one year and the beginning of a new one: Clear away the clutter.

Why clutter happens

Maybe you're a "saver." Or you're just too busy to sort each new item as it comes in. So you add it to the pile.

But consider this: A chaotic workspace or home slows you down. It can make you feel unmotivated and depressed. It might even hinder clear thinking.

Organize as a gift to yourself

Give yourself the gift of a calm, orderly space. Try these tips to start:

- **Be reasonable.** Your "stuff" didn't build up in one day. And it won't disappear overnight. Take on too much at once and you may get discouraged and give up.
- **Be strategic.** Begin your project with just one room or area. Finish that before moving on.
- **Be ready.** This is not a clutter-moving party: It's decision time. So have lots of trash bags on hand. Toss or give away things you don't use or really need.
- **Be logical.** Everything you keep should "live" somewhere. You can even label drawers, shelves and files for bills, receipts, mail that needs attention and so forth. Having a system makes it fast and simple to put things away each day.
- **Be kind.** Reward yourself as you make progress. Take a walk, have a cup of coffee or call a friend. Then... back to work.

Believe it or not, once you make a dent in this project, it gets easier. Your reward is a better place to live and work. And you deserve it!

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Safe giving for kids



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Smiles abound when kids open their holiday gifts. And isn't it fun to be part of their excitement?

But it's not fun to see a child hurt or upset by a gift that's harmful or dangerous. As adults, we need to make sure our gifts are safe for our youngsters.

So ask yourself some questions before you make your purchases:

- **Is the toy right for the child's age?** Kids may beg for a specific toy. But it's important to consider whether they're old enough to play safely with it. Many toys have an age range printed right on the packaging. Follow this suggestion to avoid buying toys that may be frustrating — or even potentially harmful.
- **Are any of the toy parts smaller than a toilet paper tube?** A small child could swallow or choke on anything small enough to pass through the cardboard inner tube of a roll of toilet paper.

- **Are there sharp points or edges?** Check the toy — and packaging — for sharp places. These can include staples, twist-ties and molded plastic coverings that can be jagged after opening. It's a good rule of thumb to remove packaging as soon as toys are opened.
- **Does the toy have ribbons, strings or straps?** Any cord longer than seven inches or so can strangle a small child. Beware of such toys.
- **Does the toy plug into an electrical outlet?** Electronic toys can be dangerous if mishandled. Adults should keep a close eye on kids playing with these toys and games.

If you have small children, it's always a good idea to supervise their play. With kids of any age, show them how to play safely with a new toy. Or keep them company as they try it out for the first time. This will give you a chance to see the toy in action and double-check its safety and appropriateness. Plus you'll get to enjoy some special time with your child.

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Celebrate your journey

Five questions to ask yourself

1

What obstacles have you faced?

2

What have you learned?

3

How have you helped others?

4

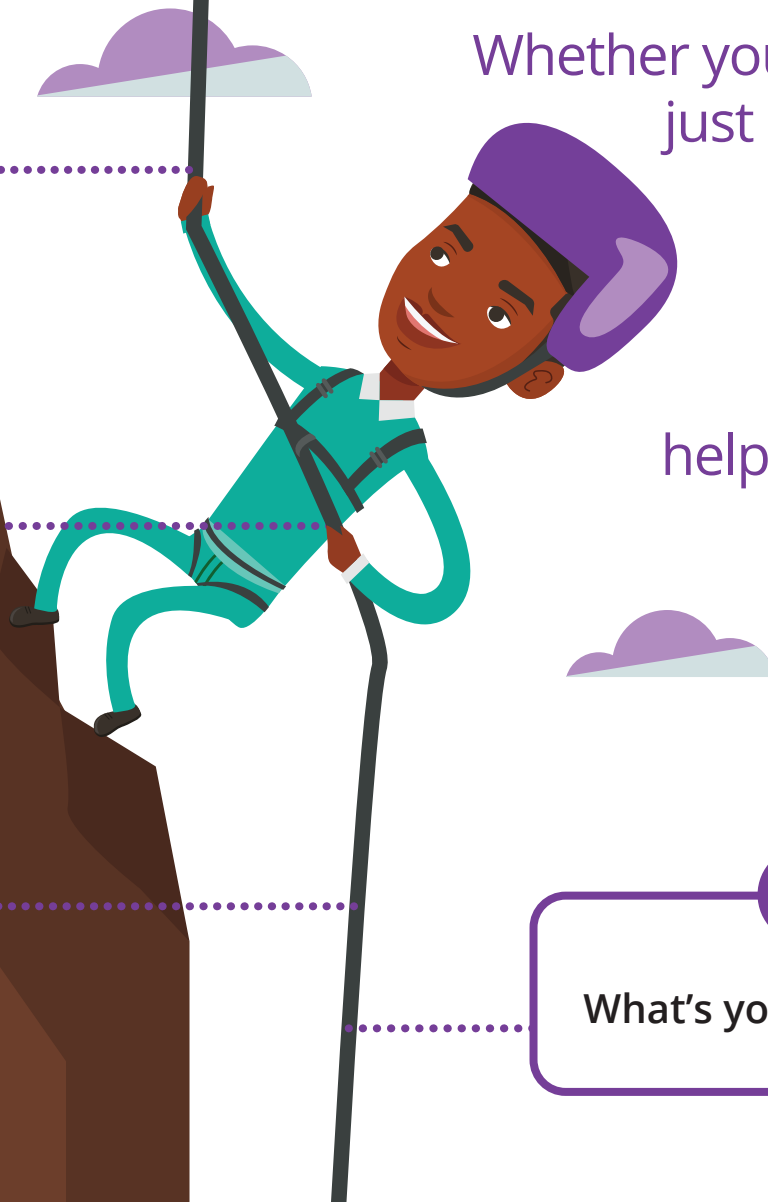
How has the journey changed you?

5

What's your next goal?

When you're climbing a mountain, you can get so used to watching the path ahead that you forget to take in the views along the way.

Whether you're at the top, just starting out or somewhere in-between, these five questions can help you celebrate your journey.



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