

Resources for Living®

You've got strength:
Find support

May 2017 Newsletter



Who's your secret
to success?

Monthly Awareness:
When everyday hurts

Infographic:
Find support in
unexpected places

Let's Talk video:
Coping with the loss
of a pet



The most accomplished people will tell you we all need people in our lives to promote and encourage our dreams. **More...**

Can you imagine waking up every day with pain all over your body? Learn more about Fibromyalgia. **More...**

Where can you go to connect? You may find support in unexpected places. **More...**

For many people, pets are just like family members. It can take time to heal from the loss of a pet. **Watch the 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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Who's your secret to success?



“Remember that no one succeeds alone.”¹

— Supreme Court Justice Sonya Sotomayor

She believes that few people reach their full potential without the help of others. The stories of high achievers like Albert Einstein, Richard Branson and Oprah Winfrey also show that support is critical to success.²

We need each other

The most accomplished people will tell you we all need people in our lives to promote and encourage our dreams. For example, we need:

- **Inspiration** — People we admire and model ourselves after
- **Mentorship** — Teachers or others who have valuable experience to share
- **Peer support** — Friends, family and loved ones to care and cheer us on

Getting by with a little help

Even Ringo Starr of The Beatles sang about needing “a little help from my friends.” So how can you make sure you get support?

- **Be proactive in your relationships.** Instead of waiting for others to call you, reach out and get the ball rolling yourself. When you make efforts to engage and include others, they're more likely to reciprocate.³

- **Look to different people to get your needs met.** Everyone plays a unique role in your life. There are people you may cry to, laugh with, listen to or confer with. Try to stick with positive people rather than those who bring you down.
- **Use your interests to connect.** Want to enlarge your social circle? Volunteer, join a group or take a class. Follow your interests and talents to meet others with similar concerns and values.³
- **Make use of technology.** There are benefits to socializing via social media. It's easy, convenient and available at all times. Just be sure you're not relying on “virtual” friends for all your social needs.³
- **Give support.** When you help others, it's a win-win. Every time you give of yourself, you learn and grow. When you feel most needy, see if you can help someone else.

Be persistent and optimistic as you pursue your goals. And always remember the benefits of helping — and being helped — to reach them.

¹<http://www.azquotes.com/quote/1369685>

²<https://medium.com/the-mission/no-one-succeeds-alone-no-one-8428b244f1ab#.8yi446kpc>

³<http://www.apa.org/helpcenter/emotional-support.aspx>

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All calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.

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When every day hurts...

Can you imagine waking up every day with pain all over your body? Or feeling so tired all the time that you can't go about your normal routine? The fact is that about 6 million Americans feel that way because they have fibromyalgia.¹

What is fibromyalgia?

Fibromyalgia Syndrome (FMS) is a disorder that can include^{1,2}:

- Chronic pain and fatigue
- Stomach upset
- Headaches and mental fog
- Dizziness
- Problems with balance
- Depression and/or anxiety
- Acute reaction to heat, cold, smells and noise
- Numbness, stiffness and muscle spasms

What causes FMS?

No one knows exactly what triggers FMS. Researchers think genes, hormones, stress or brain chemistry may be factors. Or, it may result from all these and more.²

How do you find out if you have FMS?

The symptoms of FMS mimic many other illnesses. There aren't specific tests for FMS. So doctors must rule out other ailments first. For example, different patients with the same signs could suffer from chronic fatigue syndrome, thyroid problems, arthritis, depression or other health issues.

What's the treatment for FMS?

At this time, there's no cure for FMS. The goal is to try to make patients' lives easier by reducing symptoms.

Doctors may prescribe drugs and therapies to help lessen pain, depression, insomnia and other issues. Patients can also consult with experts who can set up exercise, massage, acupuncture, counseling and relaxation regimens.

Working toward a pain-free future

Do you or someone you know suffer from the signs of FMS? If so, see a doctor as soon as possible. While there's no cure yet, there's ongoing work to improve patients' lives and make every day more comfortable.

¹<https://familydoctor.org/condition/fibromyalgia/>

²<http://www.webmd.com/fibromyalgia/guide/>

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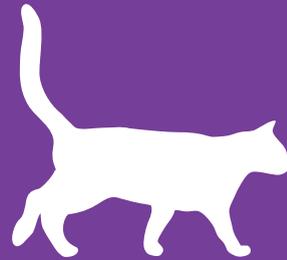
All calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs. Information is believed to be accurate as of the production date; however, it is subject to change.

Find support in unexpected places

Loved ones



Reach out to others instead of trying to handle things alone



Pets

Pet an animal to release feel-good hormones

Community



Connect with others for a sense of purpose

Where can you go when you need to connect?



Memories

Think about happy times and get an emotional boost

Journals



Write down thoughts and feelings to improve your health

