



Real solutions for real business

Wellness Wire

www.caresworklifesolutions.com

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Online Safety

The Internet is an incredible information resource. Data on nearly anything can be called up with the click of a mouse. Chat rooms and message boards can be fun ways for people to interact both with friends and family and meet new people. With this freedom, though, comes danger. It seems that we read about these dangers almost every day in the local newspapers.

The common fear that comes to mind is that a pedophile will gain a child's confidence and then arrange to meet with him. In reality, this is not very likely. It is far more likely for a child to expose him or herself to harassing, demeaning, or inappropriate material. While not physically damaging, this can hurt a child's self esteem and trust. There is also the risk that the child might release sensitive information such as credit card or bank account numbers. To guard against such problems, it is necessary for the parents to be involved in the child's Internet usage.

In order to protect families from all forms of online predators/dangers, SafeKids.com has created contracts for both children and their parents to regulate appropriate Internet use. Parents, have your kids read and sign this contract, and take responsibility for your children's online computer use. Make it a family rule to never give out identifying information online: whether it is your home address, school name, or telephone number. Use a pseudonym if your server allows it. Never allow your child to arrange a face-to-face meeting with another computer user without parental permission. If a meeting is arranged, make sure that the first one is in a public spot, and accompany your child. In addition to these safety tips, make your children aware that not all information on the Internet (or on TV, movies, books, magazines, etc.) is true. Anyone can create a website and display any information they would like. Educate your children to be aware, cautious and selective and to come to you with any concerns they may have.

Web Sites for Kids:

Listed below are a few web sites that will allow your child to safely navigate the Internet.

wiredsafety.org

SafeKids.com

Yahooligans!.com - Yahoo's kid sized search engine. Easier to use for children 10 and younger.

[Ask Jeeves for Kids](http://AskJeeves.com) - This is also a kids version search engine. Recommended for children 10 and older.

Family Friendly Web Sites

WiredKids.com

StopCyberbullying.org

InternetSuperHeros.org

disney.go.com/surfswell/index.html

Safe Sites for Homework Help:

Discovery.com

Nationalgeographic.org

PBSKids.org

[The National Gallery of Art Kids Page](http://TheNationalGalleryofArtKidsPage)
www.nga.gov/kids/kids.html

Managing Anger



Although we are often told that anger is a “bad” emotion and we should try to hide it, feeling angry is normal. If we control it and express it positively, anger can be turned around to produce positive results. Open, honest, and direct expression is the most effective method of managing anger.

First, identify the specific situation or behavior that made you angry. Second, decide if the issue/behavior is really worth fighting about. Will it matter next month, or is it just an annoyance right now? Keeping perspective can help prevent us from jumping into situations. If the issue is important enough to warrant a discussion, pick a time and place that is convenient for both of you.

When communicating, be sure to listen and seek understanding. It is important to use “I” statements to avoid putting the other person on the defensive. For example, “I feel angry when you (behavior) because (consequences).” Make requests, not demands; try to reach a compromise with the other person. Focus on the specific issue that triggered your anger; don’t drag in old issues. It can also be helpful to identify the feelings beneath the anger. For example, are you also feeling “hurt”, “embarrassed”, “frustrated”, “disappointed”...?

After the discussion, you may consider forgiving the other person. Unresolved anger can poison our relationships with others and with ourselves. Many people have a hard time forgiving others because they believe that forgiving someone means that you are condoning their behavior. In reality, to forgive someone means that you refuse to carry around a painful grudge for the rest of your life. You are giving yourself some immediate relief from your own anger.

Knowing how to control your anger can help you improve potentially frustrating situations. Remember that anger management doesn’t mean hiding your anger; it means putting it to good use by resolving the problem.

If you find yourself struggling with your ability to positively control your anger, you may need help. CARE’s *WorkLife Solutions* can work with you on an individual basis. CARE also offers a *Skills For Managing Anger* class. Call for more information.

Concerned About Substance Use?

Do you suspect alcohol or other drugs are keeping you (or someone you love) from living to your full potential? If substance abuse is causing problems in your life or someone that you love, call CARE’s *WorkLife Solutions*. CARE’S clinicians can provide problem solving sessions for individuals, or loved ones facing a substance abuse or addiction problem. Do something good for your life – call CARE’S *WorkLife Solutions*, and remember, the earlier a problem is identified the easier the solution.



Trouble in Paradise?

Relationships don’t come with instructional manuals. If you and your spouse or loved one are having problems in your relationship that are causing conflict, anger or a sense of betrayal, call CARE’s *WorkLife Solutions*. CARE’S clinicians can provide up to five sessions, when clinically appropriate, for couples experiencing problems that don’t resolve themselves. Do something good for your relationship – call CARE’S *WorkLife Solutions*. Remember, the earlier a problem is identified, the easier the solution.

CARE’S WORKLIFE SOLUTIONS CAN HELP WITH MANY CONCERNS

**Family Problems - Child Care - Personal/Job Stress
Alcohol/Drug Abuse - Marital Tension - Elder Care
Emotional Problems - Legal and Financial Referral**

**Services are confidential and FREE to
employees, their spouses and dependents**

Toll Free 866.888.1555

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