

# Healthy Habits



## HEALTHY HABIT #4

## Find the right balance

Busy lives are often difficult to balance when divergent priorities demand more time and energy than we have to go around. Learning how to manage our time and enhance our relationships, when to outsource different tasks and where to go for help – and how to deal with the stress that all of this creates – can make a big difference in our health and well-being.

Negative stress saps energy, is emotionally draining, can impact relationships both at work and at home – and is proven to damage our bodies, make us sick, and take years off our lives. Stress that comes from a sudden crisis, like a traffic accident or an unexpected project at work,

can set our adrenaline pumping as our bodies go into fight-or-flight mode. These scenarios have definite beginnings, and their successful conclusions usually help our bodies return to normal without too much wear and tear.

Experts now realize that the ongoing stress that comes from chronic situations, such as caring for an ill parent, simmering anger toward a co-worker or the nagging fear that debts are out of control, can have an even more damaging effect on our bodies. It's wise to seek help for alleviating stress and getting your life back into balance, and Costco has resources that can assist you.

## EAP gets a new name and focus – CARE Network

For years, employees have relied on the Employee Assistance Program to help them cope with stress and deal with a variety of other issues. “EAP services have grown over the past 15 years and now extend far beyond mental health, counseling and help with substance abuse,” says **Jay Tihinen**, assistant vice president of Benefits. “We are changing the name of this trusted and relied-upon program to the CARE Network to better convey all the resources available.”

The CARE Network is a confidential, free resource program that is completely separate from Costco and is available to all employees and their families from the very first day of employment. CARE Network counselors are dedicated to Costco employees and trained to help you resolve personal, work or family challenges. They also can provide guidance, information and/or referrals to local service providers, including lawyers, debt resolution services and mental health professionals, to help you address a number of different needs.



Confidential  
Assistance &  
Resources for  
Everyone

### Parenting and child care

- Adoption, pregnancy and infertility
- Special-needs children
- Day care and summer care options

### Everyday issues

- Consumer education
- Moving and relocation resources
- Balancing family and work life
- Home repair

### Education

- Academic planning
- College and university searches
- GED/vocational training

### Relationship issues

- Dealing with conflict
- Marital/partner issues
- Single life issues

### Workplace challenges

- Communicating with your boss
- Career development
- Maintaining motivation and enthusiasm

### Adult care

- Elder care options
- Adjusting to retirement
- Health and wellness
- Nutrition

### Legal and financial concerns

- Retirement planning
- Budget and credit management
- Debt resolution
- Legal resources and referrals

### Emotional health

- Depression
- Managing stress and anxiety
- Adjusting to change
- Alcohol and substance abuse

Call 24/7: 1-877-578-0528

On the Web: [www.costcobenefits.com](http://www.costcobenefits.com)