

January 2024

Everything in Moderation

Moderation is a fundamental principle that plays a vital role in many aspects of our lives. Practicing moderation in our physical health, relationships, finances, and mental health can provide a healthy and more balanced lifestyle.

Physical Health

Maintaining a balanced diet and engaging in regular exercise is crucial for optimum health. Eating a balanced diet with moderate portions helps prevent overeating and weight gain. Similarly, engaging in regular exercise without over doing it, promotes a healthy body and reduces the risk of injury.

Relationships

Balancing our time and energy in relationships is essential. Practicing moderation ensures that we allocate enough time for our loved ones without neglecting our own needs. It allows us to maintain healthy boundaries, prevent codependency, and foster stronger and more meaningful connections with others.

Financial Stability

Applying moderation in how we approach our financial habits is crucial for financial stability. By creating and sticking to a realistic budget, we can avoid accumulating debt and the stress that debt produces. Saving and investing in moderation can help us reach our financial goals and provide a safety net during unexpected circumstances.

Mental Well-Being

Taking breaks and avoiding excessive workloads can prevent burnout and promote a healthier work-life balance. In addition, practicing moderation of our use of technology, social media and entertainment can help prevent addiction and maintain a healthy mindset.

If you would like assistance or support in creating more moderation in your life, please contact the Aurora EAP at 800.236.3231.



**Employee Assistance Program (EAP)
Student and Family Assistance Program (SFAP)
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February 2024

Loneliness and Heart Health: Understanding the Connection

Loneliness, often characterized by a sense of social isolation and a lack of meaningful connections, has become an increasingly prevalent issue in today's fast-paced and digital world. While the emotional toll of loneliness is well-known, recent research has shed light on its impact on our physical health, particularly concerning heart health.

Research has found that individuals who experience chronic loneliness are more likely to develop cardiovascular diseases, such as high blood pressure, heart disease, and stroke. The mechanisms behind this connection are still being studied, but it is believed that loneliness triggers physiological responses that increase inflammation and stress levels in the body.

In addition, loneliness can indirectly impact heart health by influencing lifestyle choices. When feeling isolated, people may be more inclined to engage in unhealthy behaviors such as smoking, excessive alcohol consumption, or overeating, all of which can contribute to heart disease. Additionally, individuals experiencing loneliness may be less motivated to exercise or seek medical attention when needed, further exacerbating the risk to their cardiovascular health.

Recognizing the negative effects of loneliness on heart health is the first step in making a change. Engaging in activities that promote social interaction, such as joining clubs or community groups, volunteering, or reaching out to friends and family, can help alleviate feelings of isolation and improve cardiovascular health. By acknowledging the importance of social connections and taking steps to combat loneliness, we can protect our hearts and improve our overall health and well-being.

If you, or someone you know need assistance, please reach out to the Aurora EAP at 800.236.3231 or visit

www.aurora.org/eap

Resource: <https://www.heart.org/en/news/2022/08/04>

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March 2024

Reducing Credit Card Debt

Many individuals find themselves burdened with high credit card debt, which can lead to stress and financial strain. However, with careful planning and disciplined financial habits, it is possible to reduce and eventually eliminate credit card debt. By taking proactive steps towards credit card reduction, individuals can regain control over their finances and pave the way for a more secure and prosperous future. How to start:

- **Assess the current debt situation.** Start by gathering all credit card statements and calculating the total amount owed.
- **Prioritize debts.** Focus on paying off debts with high interest rates first while continuing to make at least minimum payments on other cards.
- **Analyze monthly income** – Identify where money is being spent. Decide which of these expenses are essential and which are discretionary.
- **Create a budget you can stick to** – Cut back on non-essentials and discretionary expenses and redirect those funds toward debt repayment.

Credit card reduction is a challenging but attainable goal. By assessing the debt situation, prioritizing payments, creating a budget, and avoiding additional debt, individuals can take control of their financial future and get themselves on a path towards financial freedom. The Aurora EAP can help. Take advantage of your free financial planning consultation that is part of your EAP Work Life Services benefit where you can learn how to create a budget that is comfortable for you.

To learn more about your free financial planning consultation and other work life services available to you, please contact the Aurora EAP at 800-236-3231 or visit www.aurora.org/eap