



Here4TN Leader's Monthly

April 2018



Planning summer fun for kids

Summer will be here before you know it, and along with it will be more activities to coordinate and busier schedules. Most likely, many of your employees are already starting to plan their kids' summer activities. To help them stress less, save time and stay productive at work, consider setting up a training through Here4TN. Here are a couple that may be helpful:

Planning a patchwork summer (1 hour)

Summer will be here before you know it, and the kids will be home. As any parent knows, summer can be a challenge, whether you stay at home with the kids or try to find age-appropriate childcare. Finding a balance between downtime and busy time is a daily task that can make even the most devoted parent wish for school to start. Here are some program highlights:

- Identify the challenges of planning for kids and summer vacation
- Become familiar with resources for vacation activities
- Learn how to plan both structured and unstructured time for children ages 6 to 15

Resiliency for working parents (1 hour)

Today's working parent needs to build resiliency in order to prevent burnout. This class will give you the tools to manage stress while maintaining a sense of work and family life balance. Here are some program highlights:

- This is a very interactive class
- The definition of resilience will be reviewed
- Tools and tips will be covered for how parents can improve resilience

As a leader, it can be hard to keep up with all of the programs and services you and your employees have available. That's where your new Here4TN Leader's Monthly can help.

Count on us for help

Call 855-Here4TN (855-437-3486) for more information or [go here](#) to complete a training request form and get started today.

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Good sleep is key to good health.

You may have heard about the importance of getting enough sleep. So why is this such a big deal? Not getting enough sleep or getting poor quality sleep can raise a person's risk of high blood pressure, diabetes and heart disease — and, in some people, can contribute to being overweight or obese. Lack of sleep has also been shown to cost U.S. companies more than \$63 billion per year in lost productivity. That's a lot of lost hours.

To help your employees learn the importance of sleep — and to give them tips on getting more shut-eye, consider setting up a training through Here4TN. Here are a couple that may be helpful:

Sleep basics (1 hour)

In this seminar, you'll learn the physical and mental benefits of a good night's sleep, how to establish daily habits that promote sleep and learn ways to improve your sleep environment. We'll discuss techniques for relaxation and dealing with insomnia. Special customized slides are available for women and men. Here are some program highlights:

- Learn the physical and mental benefits of a good night's sleep
- Establish daily habits that promote sleep
- Learn ways to improve your sleep environment
- Discuss techniques for relaxation and dealing with insomnia
- Women and sleep
- Sleep for men

Dealing with sleep issues (1 hour)

Do you have difficulty sleeping? Check out this program where you'll explore sleep disorders and their causes, discuss the benefits of sleep studies and examine sleep's relationship to stress and the release of cortisol. You'll also identify ways to address insomnia and leave with helpful resources. Here are some program highlights:

- Good news
- Sleep studies
- Sleeps effect on stress
- The cortisol connection
- Dealing with insomnia

A note of caution: If you have more than an occasional sleep problem or have excessive daytime sleepiness, you may need to discuss your sleep issue with a doctor.



Register today!

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Sources:

[Boost daytime productivity](#). Sleep.org. Accessed February 13, 2018.

[Helpguide.org](#). Accessed February 13, 2018.

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FOR HEALTH**

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