

# Solutions

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## Beating Workplace Fatigue

Workplace fatigue has contributed to some of the world's greatest disasters, including Chernobyl, the Challenger explosion, and the Exxon Valdez oil spill. Fatigue typically happens after prolonged mental and physical activity. In today's always-on, technology-driven world, its frequency and impact on health and productivity are gaining attention. Recognize the signs of fatigue and take action to protect your health. Symptoms include difficulty concentrating, slowed reaction time, irritability, persistent drowsiness, and reduced motivation. You may also experience frequent yawning, headaches, forgetfulness, blurry vision, and increased mistakes. If fatigue continues, see a medical doctor to discover its underlying cause, and if your lifestyle creates fatigue, talk to the EAP. On the job, take a break. Walk, stretch, hydrate, do breathing exercises, and get fresh air. If your fatigue is severe, let someone know to reduce the risk of injury or prevent a calamity. Learn more: [healthmatch.io/blog/are-you-too-tired-causes-and-solutions-for-tiredness-and-chronic-fatigue](https://healthmatch.io/blog/are-you-too-tired-causes-and-solutions-for-tiredness-and-chronic-fatigue)

## Don't Get Your Phone Hacked

Phone hacking is on the rise with more people relying on these devices for an increasing number of life tasks. Unfortunately, there is a misconception that a phone is less vulnerable than a desktop computer. Not true. There is a new cyber risk called a "zero-click exploit." This can attack a phone without trickery, clicks, or any interaction by the phone user. Smartphone companies are staying ahead, but if you don't stay on top of security updates in a timely way, you increase the risk of being attacked silently and invisibly. Periodically turn off your phone entirely, maintain updates properly, and install apps only from official and reputable sources. Source: <https://www.documentcloud.org/documents/21018353-nsa-mobile-device-best-practices/>

## Avoid Passive-Aggressive Communication at Work

Passive-aggressive communication is distressing and contributes to poor morale, higher turnover, and lower productivity. Recognizing its impact and avoiding it can create a more positive workplace, reduce stress, and decrease burnout. Do you participate in passive-aggressive communication? Common behaviours include sending emails to a coworker but copying it to their supervisor; withholding information; using the silent treatment; leaving notes that create distress (e.g., "See me" or "We need to talk"); giving a compliment containing a hidden insult (e.g., "Wow, good work for a newbie."); using an insincere tone (e.g., "Yeah, sure, I'll get that done pronto."); and undermining a positive relationship between two coworkers with gossip or falsehoods. Learn more: [uk.indeed.com/career-advice](https://uk.indeed.com/career-advice) [search "passive-aggressive"]



## Alcohol Use and Breast Cancer Prevention

According to the World Health Organization, breast cancer is the most common type of cancer linked to alcohol consumption in women. One drink per day raises risk by 15%. A new report from the National Academies of Sciences, Engineering, and Medicine reviews scientific evidence on the latest-understood relationship between moderate alcohol consumption and health outcomes. The report concluded “with moderate certainty that consuming a moderate amount of alcohol (one drink/5 oz. of wine) per day is associated with a higher risk of female breast cancer compared to never consuming alcohol.” It also concluded with low certainty that higher amounts of moderate alcohol consumption are associated with a higher risk of breast cancer. Is alcohol use a concern for you or someone you care about? Learn more about how to get help or how to help another person by contacting your employee assistance program.

News Release: <https://www.nationalacademies.org/news/2024/12/new-report-reviews-evidence-on-moderate-alcohol-consumption-and-health-impacts>

## Stop the Doomscrolling

Excessive consumption of negative news online is called “doomscrolling.” With thousands of competing news sources, there are dramatic increases in competition for the attention of viewers. Research studies show that humans are inclined to pay more attention to negative news than to positive news because our brains naturally pay attention to what threatens us. Negative news grabs attention—not just in newspapers but also online. If you find yourself drawn to social media or news sites, repeatedly searching for more details about the latest negative story, and if that starts consuming excessive time, interfering with your work or social life, or causing ongoing anxiety and stress, consider seeking support through your employee assistance program.

Learn more: [freedom.to/blog/why-you-cant-stop-doom-scrolling/](https://freedom.to/blog/why-you-cant-stop-doom-scrolling/)



## Let Us Help You Stay on Top of Your Finances: Financial Coaching and Credit Counselling

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