



NuVantageSM Employee Resource

Your free and confidential resource for work-life wellness

News from NuVantage

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DIGITAL ADDICTION?

Controversy surrounds the phrase “digital addiction.” Some people don’t believe it’s possible to become addicted to social media, computer games or texting; others say neuroscience reveals changes in brain activity that proves the addiction. Regardless, many people seem to prefer digital means of communication versus face-to-face interactions.

Do you or a family member experience any of the following when you do not have access to your digital devices:

- Fear of missing out
- Feel isolated from family and friends
- Feel panicked if you forget your phone
- Have trouble completing tasks

Some Solutions to Strengthen your Sense of Well-being and Connection to Others

Create media free time

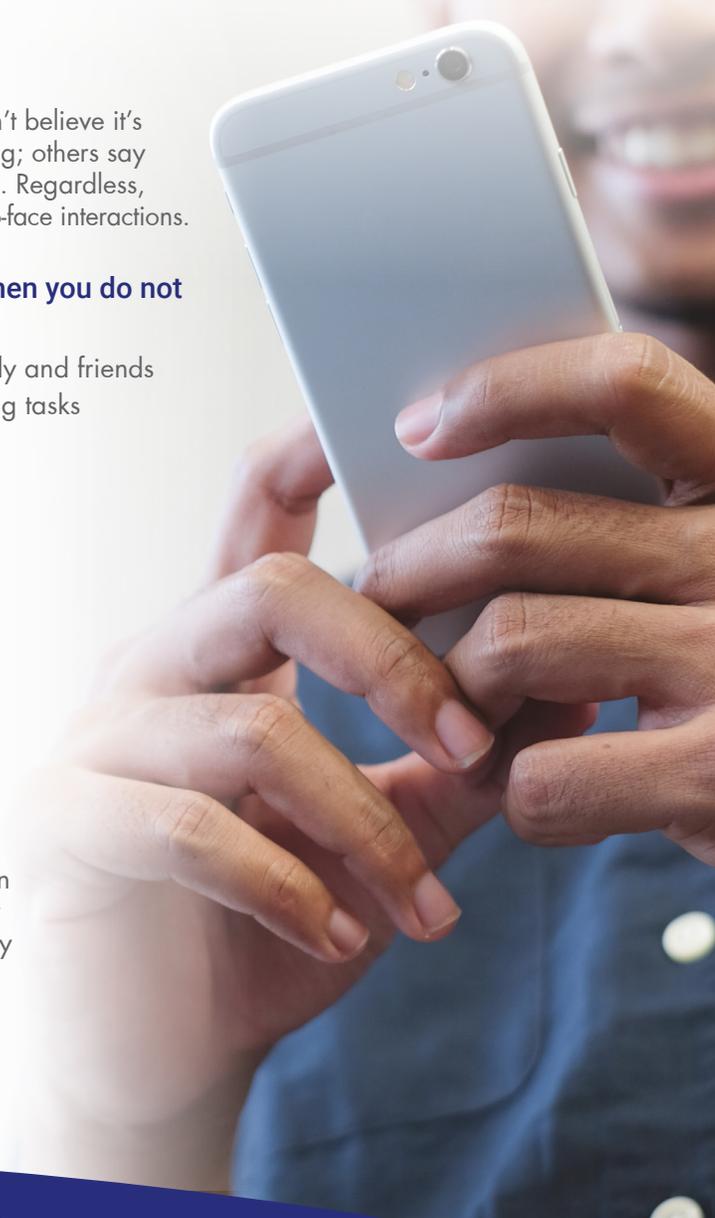
- During meals
- In the bathroom
- When driving
- At work (unless required by your job)

Try:

- Calling on the phone
- Visiting someone
- Sending a card
- Spending time talking with loved ones

Embrace the moment. Play and talk to your kids without checking in on social media. Smell the flowers in your garden instead of posting their photos on Instagram. Enjoy the company of the person you are with by putting your phone away.

Maybe your next hashtag will be #ERL = Enjoying Real Life!



Lead a better life!

Your free and confidential resource available
24 hours a day, 7 days a week.

800.577.4727

www.NuVantage.org | nuvantage@lssmn.org

Online wellness portal password: wellness



**Lutheran
Social Service**
of Minnesota

Provides NuVantage Employee
Resource as a service

Dealing with Loss

Loss is an inevitable part of life, and grief is part of the healing process. Many things can trigger feelings of grief, such as the loss of a loved one or the breakup of a relationship. **Some other reasons include:**

- Illness/loss of health
- Death of a pet
- Change of job
- Moving to a new home
- Loss of employment or financial security

Your symptoms when grieving may depend on the type of loss, or even your preparation for the loss itself. Sudden or shocking losses due to events like crimes, accidents, or suicide can be traumatic — and they can challenge your sense of security and confidence. You may experience symptoms such as nightmares, distressing thoughts or social isolation.

Other types of losses, may trigger a different type of grieving and produce emotions of guilt, abandonment, or questioning your life's purpose. **When experiencing grief, it is common to:**

- Feel like you are "out of it"
- Have difficulty concentrating
- Feel sad, depressed or hopeless
- Be irritable or angry
- Feel fatigued or heavy hearted
- Experience anxiety, nervousness, or fearfulness
- Feel like you want to "escape"
- Experience guilt or remorse
- Be ambivalent and numb
- Lack energy and motivation

Regardless of the cause, if you are experiencing grief, NuVantage is here to help. Call today to schedule an appointment with a counselor.



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"Chat with Us!"
www.NuVantage.org