

*February 2010*

## February Wellness Tip

You never thought it would happen to you. The one who swept you off your feet won't even sweep out the garage anymore. The lover of your dreams snores like a hog with a head cold. The fling has been flung.

Lack of communication, fatigue, stress, and unspoken resentment can zap the zip out of any couple. Call it 7-year itch, or 7-day-a-week monotony. Whatever name you use, it can be frightening. You may be lying awake at night, wondering if you made the right decision, maybe even wondering if it's over.

Don't fret. Only people in fairy tales live happily ever after without working at it. The trick to a romantic relationship is to cultivate the fantastic while maintaining the mundane. Bring home flowers and then take out the trash.

Two evils extinguish the flame of a relationship: 1) getting stuck in a rut and 2) taking your partner for granted. Fortunately, eliminating these evils may be simpler than you think.

### **Plan to be spontaneous.**

Simply stated, do something you haven't done before. There are lots of ways to surprise and delight your mate; what you dream up is limited only by your imagination and resources.

Some suggestions to get you started:

- Write a love note and leave it in a jacket pocket or on a windshield, or send it as an e-mail.
- Touch your partner more than usual when you talk, at dinner, or when you're walking. It sends a loving message.
- Pick a complicated recipe from a favorite cookbook and divide the tasks to prepare it. Scrap comfort foods in favor of finger foods that you can feed each other.
- Delight your partner by running the errands one morning, doing one of his or her weekly chores, or walking the dog in the morning so he can sleep late. This kind of thoughtfulness may seem unrelated to passion, but it's not. Think of it as long-term foreplay because it will put you both in good moods.

### **Treasure your partner.**

The second evil, taking your partner for granted, may be a little more difficult to solve because it involves admitting you took your partner for granted in the first place. The trick to this one is remembering the "magic C word": communication.

Communicating came naturally when you were dating, before you were officially a couple. You talked, discussed, maybe argued, but always with a genuine interest in getting to know each other. What about now? Treat your partner as well as you did when you first fell in love. Pay attention, apologize when you make a mistake, and compliment your partner. Tell him or her what you found so attractive then, and why you still do now. You can rebuild your relationship by one affectionate, heartfelt word at a time.

### **Remember, "love" is a verb.**

As country singer Clint Black says, "Love's not just something that we're in, it's something that we do." You know better than anyone what you can do to make your partner feel loved and cherished. Never stop courting, dating, and flirting with your partner. And keep talking!

The EAP is available 24 hours per day, 7 days per week to assist with any of your relationship concerns. Just call 1-800-648-9557 to speak with a counselor.

## KGA News

KGA held its quarterly All Staff Meeting on Tuesday February 2. The All Staff Meeting is an opportunity for staff from KGA's various departments -- counseling, wellness, training, HR consulting, and operations -- to discuss the quarter and plan future directions for the company.

A portion of the All Staff meeting was dedicated to reviewing the Wellness Events that KGA staffed for our client companies in 2009, including health fairs, health screenings, lunchtime seminars and webinars. 2009 was an extremely busy year for KGA in terms of Wellness Events. We staffed a total of 167 health fairs and screenings in 2009, almost 50% more than in 2008! We think this increase demonstrates a national trend towards corporate wellness services, and we hope to see it continue moving upward in 2010.

## Call to Action

We have all witnessed the destruction and devastation in Haiti following the earthquake on January 12. Fortunately, relief efforts are now well under way, but the country and its people will need assistance for years ahead. If you haven't yet made a donation to a relief organization, it's not too late. There are several reputable organizations to which you can contribute (see below) and, truly, no amount is too small.

Check with your workplace to see if they match charitable donations, or start a collection in your neighborhood as a way to collect resources. One of our counselor's husbands is combining his weight loss resolution with his charitable giving. For every pound he loses, he has committed to donating a specific amount to the organization of his choice. The desire to give as much to Haiti relief as possible has been a big motivator.

**American Red Cross** ([www.redcross.org](http://www.redcross.org))

Text "Haiti" to 90999 to donate \$10

**Hope for Haiti Now** ([www.hopeforhaitinow.org](http://www.hopeforhaitinow.org))

Gives 100% of its donations directly to several organizations, including Partners in Health, UNICEF, Yele Haiti, and Oxfam.

## Research Shows...

Providing caregiving services to family members can be one of the most important ways we demonstrate our love for them. We recently asked employees about the role caregiving plays in their lives.

633 people responded:

34.6% I do as much as I can but it's not enough.

29.1% I regularly lend a helping hand.

22.1% I have no caregiving responsibilities.

11.5% Caregiving for a loved one is my full-time job.

2.7% I receive caregiving from my family.

## Updated Format

Thanks so much for your feedback on our new version of the KGA Wellness Tips. With a few kinks worked out, mostly everyone likes the more newsy, sound bite format. Don't forget that if you need the newsletter in Word or PDF version, there is a link provided below. And, we're always interested in your ideas, so please send them our way through [info@kgreer.com](mailto:info@kgreer.com).

## Webinar Alert

### Keep your Love Alive: 10 Essentials that Make a Difference

Strong relationships with the important people in our lives take work, but we get so much in return. In this session, explore the essentials that will strengthen your current connections.

Join our free lifestyle webinar: February 16, 2010, Noon, 2pm and 4pm EST

### How to Register

You can register via the KGA EAP/Work-Life website using these instructions, or your organization may have direct access through your intranet.

1. Go to [www.kgreer.com](http://www.kgreer.com) and select Member Login
2. Click on EAP Login
3. Login using your company's three (or four) letter username and password (9557)
4. Scroll to the bottom right-hand portion of the screen and click on the first link in the events section. Or, click "View All Seminars" to register for upcoming events or to view archived webinars.

## Contact us

There are always counselors standing by to assist you 24/7 at 800-648-9557.

E-mail us at [info@kgreer.com](mailto:info@kgreer.com)

Chat with a counselor from 8:30am to 5pm eastern, Monday - Friday