

BENEFITS

By Donna Deos

This is the time of year when businesses are reviewing the benefits they offer to their employees. Many employers offer health insurance and some even have what is called an EAP, or Employee Assistance Program.

Why do I bring this up? Because this is also the time of year a lot of old feelings and emotions bubble up. I think just about everyone has lost someone they care about during the Holidays. And even if they passed 20 or more years ago, it doesn't mean you are completely over it.

How do you get over losing someone so important to you? You don't. You simply learn to adapt and move forward. You keep them with you in your heart, your mind, your photographs and your stories. They aren't lost fully to you, but it is still really hard to deal with at times.

Now add to that the awful year that 2020 has been in so many other ways and it could very well be time you need to talk with a professional to help you navigate all you are thinking and feeling.

There is no shame in wanting or needing help to work things out so you can move forward and be happy again. It's actually a sign of intelligence and strength.

When you need help with your car, you go to a mechanic; when you need help with your teeth you go to a Dentist; your financials, a financial planner; legal issues, a lawyer, etc. When you need help with your head and your emotions – please seek out a professional.

Sure, we all talk to our friends and family. However, sometime they are the problem. Same thing with co-workers. Having a truly neutral 3rd party to bounce your thoughts and feelings off of can be truly enlightening. You could very well find out you are completely justified, correct and they can give you ways to learn to cope with and change your situation.

After my "Control Issues" article a few months back, I had lots of people reach out to me to hear them out and help them out. Sometimes they needed to consider getting a different job. Sometimes they needed to spend less time around the toxic people in their lives. Some people needed to turn off the news and social media (let's face it, we should all be doing that one!) And, some people were just the victim of a horrendous control freak in their lives and needed validation that that was the reality of it and move forward with ways to stop letting that person victimize them anymore.



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There are lots of places you can turn for help. Riverbend Community Mental Health is one fantastic resource. So are the other counseling businesses in the area. Your clergy are an invaluable resource! Please, reach out to someone.

Going back to the benefits part, some plans allow for a certain number of visits, some don't offer any financial help. You have to look into what your plan offers. If you call a provider who accepts insurance (we don't all!) they can help you navigate that part.

Some are licensed and regulated, medical professionals; some of us are of the spiritual and clergy versions. Who you pick is up to you. The key is that if you need the help, or even if you are unsure if you do – please reach out. We are here to help. You don't have to do this alone.

Wishing you happy & peaceful holidays.

All my best, Donna



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