

**Just some of the  
Issues Covered:**

- Stress and anxiety
- Bullying & harassment
- Performance at work
- Managing Pressure
- Debt management
- Financial matters
- Family life
- Relationships
- Health & Well-being
- Child care & parenting
- Work-life balance
- Legal matters
- Bereavement
- Traumatic incidents
- and much more besides



# Health Matters Monthly Newsletter

Issue Five

Monthly Newsletter

## Family Communications – Are they what they should be?

### Is anybody listening?

As families grow, relationships change and communication needs become more involved. Just talking it over doesn't seem to be the answer and ignoring it only leaves things to smoulder.

Healthy family relationships need an open expression of feelings, even uncomfortable ones such as anger, fear or frustration. Understanding others' needs is vital. All families have conflicts – that's normal. But, when they occur it is how we deal with them that

matters. It is important that courtesy and respect are always employed. Good communication is nothing more than 'honest talking'.

### How do you and your family communicate? Do you like what is said and how it is said?

If not, try getting your family together to express your concerns – in a non-blaming way. If problems are not left to fester your mutual respect and love for one another will make self-help possible. For some families communica-

tion problems have grown to the point that self-help is unlikely to be successful and it is at this stage you could consider professional help.



## Free and Confidential

For Free & Confidential advice, information or personal support speak to your Employee Assistance Programme (EAP), provided by PPC Worldwide, on 0800 169 9952.

(ROI 1800 409476).

Whatever your concerns, call PPC any time, day or night, for informative, impartial discussion with one of their advisers.

Your EAP is here to help 24 hours a day, 7 days a week - confidential and free.

Minicom: 0800 0854739.

**Helping you solve life's challenges....**

