

# CONNECTIONS INC

Employee & Family Solutions | Employee Assistance Programs

Vol. 25 #3

## A Message from Matt

Perfection

“Perfectionism is the enemy of progress.” – Winston Churchill

Pursuing perfection can lead to procrastination and indecision, often paralyzing us with fear of failure or rejection. Embracing imperfection allows for risk-taking, learning from mistakes, and continuous growth. By recognizing perfection as a hindrance to progress, we empower ourselves to adopt a more flexible and productive mindset. So, stop seeking perfection and instead make progress! Set realistic goals, celebrate progress, and learn from failures, this will help achieve meaningful results over time.



MATT VISSER, CEO  
matt@connectionseap.com

“I’ve learned... That simple walks with my father on summer nights when I was a child did wonders for me as an adult.”

– Andy Rooney



ANDY VISSER  
andy@connectionseap.com

## EMPLOYMENT, CHRONIC PAIN & NEW SOLUTIONS

Chronic pain (pain persisting for three months or more) among adults, worldwide, is estimated to affect 20-30% of people. The Harvard Business Review reports that chronic pain exists for up to 40% of American workers. Workplace results? Substantial health care costs and lost productivity.

New data regarding chronic pain is more available because of technical advances in ‘seeing’ inside the human brain. In the 1990’s, Magnetic Resonance Imaging (MRI) technology was improved to Functional Magnetic Resonance Imaging (fMRI) - brain imaging technology that detects ‘thought/ feeling’ movement in the brain. Think... MRI, the historical still picture, fMRI the new movie camera.

- An MRI takes images of your brain’s structure; it can see cysts, tumors, bruising, bleeding...
- The fMRI takes images of your brain’s activity and makes a functional map which can “see” to track ‘thought/feeling’ routes inside the brain.

This is teaching us that certain types of pain result from the brain misinterpreting safe messages from the body as if they were dangerous. The reality? The pain experienced is a false alarm. While opening doors to psychological healing, this does not imply that the pain is imaginary. In fact...

- Brain imaging studies have demonstrated that the pain is quite real.
- The pain follows learned neural pathways (the trail has ruts.)
- Often, the ‘learned’ pain (familiar brain pathway) can also be unlearned.
- The new medical term? Pain Reprocessing Therapy - retraining the brain to respond accurately, breaking the cycle of chronic pain.

What about chronic pain at work? New empirical evidence suggests that skilled mental health care is a healing process for chronic pain. Leadership and HR staff - be alert to the ‘chronic pain’ complaints! The pain is not imaginary! A recommended EAP assessment can open doors to health-care cost containment, optimized productivity and improved team dynamics.

[https://cdn.ymaws.com/eapasn.org/resource/resmgr/jea2024/eapa\\_journal\\_202412\\_v2.pdf](https://cdn.ymaws.com/eapasn.org/resource/resmgr/jea2024/eapa_journal_202412_v2.pdf)

<https://painpsychologycenter.com/how-it-works>



Connections Inc. Employee Assistance Program’s mission is to provide holistic assistance products and services that support optimum productivity, team work and healthy community in the workplace.

Connections Inc. Employee Assistance Program mission statement since 1988

# NOTEWORTHY

## SEVEN THINGS I HAVE LEARNED ABOUT LIFE:

1. Life is about love . . . giving it, getting it, and living it.
2. We are all works in progress.
3. We are each beautifully and wonderfully made for a unique purpose.
4. We are hard-wired for connection, so “disconnecting” has negative emotional and physical consequences.
5. A meaningful life is not about me.
6. Too much time thinking about our self does not improve our lives or make us happier. In fact, it often has the opposite effect.
7. Connecting with and doing things for others predictably increases our happiness and well-being.

## THE SILENT KILLER IN THE CONSTRUCTION INDUSTRY

OSHA has made tremendous strides, increasing job safety for workers. In 1970 OSHA reported 38 construction worker deaths per day; in 2019, it was 15 per day. The Fatal Four claims 60% of these deaths:

- Falls 36%
- Struck By Objects 10%
- Electrocutions 9%, and
- Caught In/Between 2%

However, another deadly killer takes far more lives in USA construction crews. The large number of annual deaths noted above are tragic, however the fatal four combined don't equal suicide which claims 5,890 annual deaths.

- Over 90% of those working in construction are male.
- In construction the annual rate is 53.3 per 100,000. ( 3.5+ times the general population.)

Yes, suicide. Annual average suicide data for 2019-2024 are ...

- 1.2 million Americans attempt suicide yearly, while 4% (48,000) result in suicide.
- Men die by suicide 3.9 times more than females.
- White males account for 70% of suicides
- Total USA annual suicide rate is 12.93 per 100,000.

The effects of death by suicide reach far beyond the individual. In the aftermath, a tsunami of the disaster remains in the lives of loved ones, friends, neighbors, coworkers, and countless others.

[https://cdn.ymaws.com/eapassn.org/resource/resmgr/jea/eapa\\_journal\\_q12023.pdf](https://cdn.ymaws.com/eapassn.org/resource/resmgr/jea/eapa_journal_q12023.pdf)

## Maynard's Corner

A Connections Inc. Employee Assistance Program provides various forms of communication.

We recently had a question about how we communicate our services to employees and employers. There are many options, and my hope is that they are being used.

Newsletters, bilingual fliers, wallet cards, electronic and paper paycheck stuffers, online video, a robust website and posters. Also, Annual Leadership Development Training and EAP Orientation Training for Leaders.

Please let us know if you need assistance with communication options. We would be happy to help. That's what we do!



MAYNARD WELLIK  
maynard@connectionseap.com  
Direct Phone: (515)890-0663

NEXT ISSUE: EDIBLES, OILS, VAPING, OH MY!

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