

LifeSolutions Corner — July 2008

“I think people share too much information about themselves at work! It makes me uncomfortable. Can LifeSolutions help?”

Yes, we can. Employees come to us with situations like this all the time.

It is important to acknowledge that you can't stop other people from sharing “too much information” with others. So what can you do?

If you are uncomfortable with what is being said, it's generally not helpful to respond angrily, be sarcastic, or embarrass a coworker. Here are some other ways to respond.

- You might take a deep breath to help yourself stay cool and calm, tell yourself that people make individual choices, and say nothing.
- You might excuse yourself (“Gosh, I've got to get back to work—I promised to have this done by 3”), or just walk away if you are part of a group, and focus your attention on your job tasks.
- You might deflect a personal question by making a gently humorous response (“I only discuss that with my spouse or my attorney”) or lightly bringing up an obviously and completely unrelated topic (“How about those Steelers?”).
- You might say, “I'm feeling uncomfortable talking about this and I want to change the subject”, and do so.

It is also helpful to consider why people might share what seems like “too much information” at work?

- When it comes to what co-workers say to each other, there is no universal set of standards.
- What we each think is appropriate to share depends a lot on what we learned in our families growing up.
- What is considered ok to share also depends partly on the norms of your department and workplace.

To explore how you can best manage your particular situation, give us a call at **1-800-647-3327**.

We also invite you to visit us on the web at www.lifesolutionsforyou.com or send us an email with your questions at ask@lifesolutionsforyou.com. Your question could be answered in a future LifeSolutions Corner!