



Employee
Assistance
Program

FrontLine

Wellness, Productivity, & You!

Employee

NYS Employee Assistance Program
www.worklife.ny.gov/eap

Coping with Disaster From A Distance

You don't have to be in the middle of a natural disaster to be affected by it. It is common to feel sadness, anxiety, grief, helplessness, and anger when family and friends are impacted by an event such as the catastrophic hurricane in Puerto Rico. You may also have a physical reaction such as headaches, difficulty sleeping, or difficulty concentrating. It is important to take care of yourself even as you try to help those in the disaster area. Be sure to eat healthy, exercise, and get plenty of sleep. Be patient with yourself! For practical tips for relieving disaster-related stress, visit <http://disasterdistress.samhsa.gov>. If you continue to experience stress, consider talking to your EAP Coordinator or calling the Disaster Distress Helpline at 800.985.5990 or Text: "TalkWithUs" to 66746. (Spanish - speakers should text **Hablanos to 66746.**)



Teens and Steroids: A Bad Combo

Warn your teen about the dangers of using anabolic steroids to promote muscle growth. These substances can lead to serious health problems, even death. Anabolic steroids of questionable quality are sold over the Internet and on the street. Rich Paina, a famous anabolic steroid-using bodybuilder with a million young followers, died last month from a heart attack at age 46— toxicology results are still pending. Paina's death is a warning to young bodybuilders—stay away from drugs. Learn the possible signs of steroid use and how to educate others about these high-risk substances.



Source: FDA.gov [search "teens and steroids"].

Avoid Shared Workspace Conflict

Do you share workspace—a desk, space around a desk, or a room? Millions of employees do. If conflict over shared space is a problem, create an agreement ("protocols") for use of this space. Naturally, you will engage in work and personal habits applied to this space, and they are not likely to match those of your partner. Tension then begins. Boundaries don't add stress to a coworker relationship, ruin the fun, or destroy spontaneity. In practice, they make a better relationship more likely. Find examples of shared space agreements by searching "shared space agreement pdf."



Is Your Child the Bully?



The federal government has established a dedicated website to help stop bullying in schools. It combines the best of the best tips in a simple helpful resource. You will find other bullying resources online, but guidance can be inconsistent across the net, produced by freelance writers who are not experts in what they author. A phone call from the school informing you that your child is bullying others can be a shocker, but don't panic. Instead, consider the right intervention by relying upon resources your school can offer, and easily explained tips found at www.stopbullying.gov.

Helping Someone Addicted to Opioids ... or Other Drugs

An opiate addiction health emergency exists nationwide. Here's how to help someone addicted to these or other substances of abuse: 1) Accept that enabling is initially part of any close relationship with an addict, 2) Learn how enabling helps addicts avoid seeking help or admitting they need it. 3) Stopping enabling is a learned skill with a shift in mindset. Discover how 12-step groups like Al-Anon help members make the switch. 4) Encourage the opiate addict to get treatment. Coordinate your attempts with a proper treatment program. Your EAP can help you find one. (Note that motivation to accept help will be low at first.) 5) Expect crises, drug incidents, and legal problems to continue or increase because addiction is a chronic illness. The good news is that each event is a "go-opportunity" to offer help. Make it easy to accept and offer and suggest simple steps for doing so. 6) Make treatment non-negotiable in your relationship—anything less is enabling. 7) Repeat #5 until help is accepted.



Soft Skill to Know . . . Staying Energetic

Being energetic at work is more than avoiding that sluggish feeling after lunch. When you're energetic, you possess and exhibit energy in abundance that is an obvious part of a vigorous work style and temperament. Employers value energetic employees for a key reason—their energy is contagious as they engage, create, and participate effectively with teams. You don't have to undergo a personality transformation to be more energetic. 1) Start with regular exercise and stress management techniques. 2) Have a proper diet that maximizes your energy and that contains fewer food substances that weigh on metabolism. 3) Get enough sleep. 4) Practice positivity to help you feel energetic. Good physical health and nutrition influence a positive mood, but this works both ways. Combine this with reducing negative self-talk scripts that bring you down. 5) Practice work-life balance so you nurture yourself with activities you enjoy, and participate in social activities that renew your spirit.



New Resource: Health and Happiness: Your Guide to Proper Physical Fitness, Healthy Nutrition and Leading a Positive and Balanced Lifestyle; 2017 by Brittany D. Costa.

Get a child care Checklist

Most parents worry about the safety and security of a child care center before using its services for their child. Although visiting and talking with other parents can alleviate concern, consider a checklist. Are hazard controls like covered sockets important?

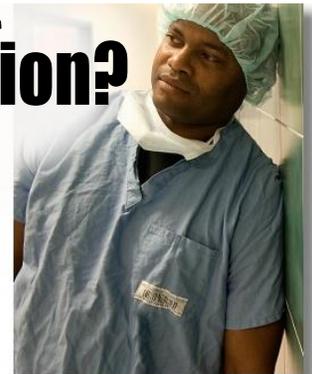


What about staff management of children who need extra attention? Is plenty of floor space available for children who crawl? A checklist can help you quickly evaluate the environment, staff, and program. Choosing the right program for you will help you stay focused at work and feel satisfied about those caring for your child. For information and a checklist visit:

<http://ocfs.ny.gov/main/publications/Pub1115B.pdf>

Is It Burnout or Depression?

"Burnout" was first coined in 1970 by an American psychologist who applied the term to exhausted health professionals. Now it is applied to almost any job or professional. Be cautious. Research published by the National Institutes of Health this year showed that there is really no clear definition of burnout. Consequently, what it is and how it is diagnosed are not consistent from one researcher to the next. And this makes it impossible to say how common it is! Some experts think many people mistake depression for burnout. This can be a roadblock to getting treatment for the disease. So, if you feel burned out, start with an assessment from a mental health professional and then formulate your intervention plan.



Source: National Institutes of Health; What is burnout? <http://nih.gov> [Search: PMH0072470].