

Your EAP News

COUNSELING SERVICES

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ONLINE WORK/LIFE AND WELLNESS

Mental Health Awareness Month:

Overcome Fear of Stigma to Seek Counseling

Personal challenges can impact well-being, and mental distractions that often accompany them can keep you from feeling like your best self. Your employee assistance program (EAP) is an easy path to help with challenges, but does stigma or embarrassment hold you back? You are sure of confidentiality, but you believe handling problems on your own better demonstrates you are not incompetent or weak. Here's the big reveal: Nothing could be further from the truth. Seeking counseling is a courageous and proactive decision that demonstrates strength, self-awareness, and a commitment to personal growth. Just as you would seek medical care for a physical ailment, seeking counseling for challenges or emotional pain is a vital aspect of self-care. Today, employers are committed to fostering a culture of support where seeking counseling is encouraged. So, go for it. Make the call. Your future self will thank you for it.



Get the Positivity Back in Your Team

Does your workplace team have a strong bond with a high level of trust? If not, getting the positivity back is probably easier than you think. Team morale will naturally erode if simple tasks that reinforce cohesiveness are ignored due to time pressures, deadlines, staff shortages, and overwork. This allows minor tensions and miscommunications to fester. So, create routine opportunities for facilitated discussions where the whole team can privately address conflicts, miscommunication, and perceived tensions to constructively resolve issues. Use this time to also clarify roles, responsibilities, and expectations. Dispel ambiguity and new potential sources of conflict. Now, witness how better you feel coming to work tomorrow.



How to Fix Your Day

Experiencing a negative event can disrupt your day, causing your previously uplifted mood to seemingly vanish. Take these actions to restore your positive mindset: 1) Admit things have been thrown out of whack and your feelings are normal. 2) Attempt a short “geographic” change (like a walk outside to change visuals away from the scene of the event). 3) Identify negative thoughts reverberating from the event. 4) Challenge the negative thoughts to disrupt their effects. 5) Identify positive thoughts to make #4 a speedier step. 6) Focus on what you can control—reaction, perspective, prevention, improvements, boundaries, self-care, etc. This gives you a constructive outlet to match your need to respond. 7) Plan a good thing or two—events, experiences, and treats—to rebalance the day. 8) Need support? Reach out to that friend to vent. 9) Find the lesson. Discover or consider what positive outcome exists indirectly or directly because of the event?) 10) Celebrate that you fixed your day!



Check Your Blood Pressure

Eleven million people in the U.S. have hypertension (high blood pressure) and don't know it. Are you one of them? Monitor your blood pressure if you haven't done so

before or if it's been a while since your last check. High blood pressure is often called the “silent killer” because it has virtually no noticeable symptoms until its effects suddenly create a hypertensive crisis, which could be a heart attack or stroke. Contrary to popular belief, experiencing a headache does not necessarily indicate high blood pressure! Scary fact: One-third of stroke victims experience vision loss—some permanently and in both eyes. Source: million-hearts.hhs.gov [search “hypertension”]



Avoid Workplace Communication Landmines



Many organizations view communication problems as their biggest and costliest challenge. Virtually nothing happens without communication, so this leaves a lot of room for trouble. Regarding impact on staff, employee conflicts, hard feelings, resentments, and even a desire to leave the employer entirely are consequences associated with problematic communication. How many of the following communication landmines do you recognize? 1) Misreading the tone of text (misinterpreting a received message creates unnecessary tension); 2) lack of clarity or information when given an assignment (leads to confusion, frustration, and delay or possibly fear of asking for further clarification); 3) failure to validate (not giving the speaker verbal and nonverbal cues that confirm the message is being received and understood, causing frustration and tension); 4) withholding information (deliberately withholding information or excluding coworkers from important discussions leads to feelings of exclusion and resentment); and 5) ignoring nonverbal cues such as facial expressions or other body language during a conversation meant to convey feeling and meaning (the person speaking feels the listener is disinterested or lacks empathy, creating tension). If there is one overarching strategy for preventing or overcoming communication challenges, it is promoting a workplace culture that fosters respect. This positive workplace lays the groundwork for better communication by promoting trust, collaboration, and mutual understanding among employees. Respectful workplaces solve conflicts faster and their frequency because employees are more willing to speak up, dialogue about issues, and find solutions. This shortens the life of conflicts and helps avoid damage to relationships.

Mental Decluttering— a Different Kind of Spring Cleaning



Mental clutter is overpowering stress created by the daily demands of modern life, our multiple roles, to-do lists, thoughts, emotions, responsibilities, and the constant influx of information. Enter the self-help concept of decluttering to reduce stress, improve concentration, enhance creativity, and cultivate a greater sense of well-being. Mental decluttering is about creating space for what truly matters and letting go of what no longer serves us mentally and emotionally. Signs indicating the need for mental decluttering include difficulty concentrating, experiencing a lack of creativity, and feeling disconnected from a positive sense of well-being. The practice of mental decluttering may involve various techniques, such as mindfulness meditation, journaling, prioritizing tasks, setting boundaries, and letting go of negative thoughts or emotions. New resource: “Declutter Your Mind and Stop Overthinking: 87 Tools & Techniques to Calm Your Mind & Improve Your Wellbeing (2023)”

- Voluntary:** You decide when to use the program services.
- Confidential:** Your personal information will not be shared with your employer or anyone in your family. Only you know when you call for assistance.
- Convenient:** EAP offers services with professional providers with offices nationwide. Services can be accessed in-person or virtual.
- No-Cost:** Services under the EAP are available to you, your spouse/partner and your dependents under the age of 26 at no-cost.



Mental Health Awareness Month

Building Better Mental Health

- Get restful sleep.** Sleep is not just for good physical health. It also plays an essential role in mental health.
- Strengthen your relationships.** Humans are social creatures, and strong relationships can have a positive influence on your mental health in various ways.
- Know when to reach out.** Making changes in your habits may not always relieve persistent mental distress. Working with a therapist can be a particularly powerful way to improve mental health.
- Put yourself first.** This doesn't mean that you should disregard the feelings or needs of those you care about, but it can be vital to stay aware of when you need to look out for yourself.



Call Your EAP Today To Access Support



EMPLOYEE ASSISTANCE PROGRAM

800-324-4327

Crisis Counselors 24/7