



Employee Assistance Program

1-800-822-0244 www.oer.ny.gov/eap

FrontLine Employee Wellness, Productivity, and You!

Practicing Detachment from Alcohol Issues



Ask for counseling help and support if you are concerned about a loved one's alcohol use this holiday season. Start with your EAP or other qualified expert and discuss the art of "detachment." Detachment is about stopping the preoccupation with the drinker's behavior—tracking what they are doing and where they are going, threatening, pleading, manipulating, and all the while growing resentful or even physically ill. Detachment is the "off switch" to enabling. It is a teachable skill, and with guidance you can discover how to use support groups to learn how to manage the alcoholic relationship in a new way. Learning to detach with awareness typically accelerates the alcoholic's awareness and willingness to accept treatment that enabling has helped to prevent.

Time Management Tip: Optimize Time Pockets



Time pockets are unplanned, short periods of unfilled time in a busy day that are opportunities for you to be surprisingly productive and get things done. Take advantage of time pockets with a list of to-dos at the ready. Items that are important but not urgent are ideal like planning a meal, penning a letter, having a spare key made, getting a haircut, putting air in your tires, or picking up the next greeting card. Have fun with time pockets, keep a list of completed tasks, and watch your productivity soar.

Inflation Stopper Apps for Your Phone



Technology apps can help you beat inflation and then some! For example, you scan the barcode of a product while in the store to discover where it can be purchased more cheaply. Other apps allow you to identify products for sale, that when purchased, can later be scanned for a rebate to a mobile payment service. Many like these exist. To find them, search "money saving apps" on your smartphone. Find the category labeled "Shopping."

Should You Screen Your Teen for Depression and Anxiety?



Moodiness is normal in teenagers. Even healthy teens will have emotional ups and downs. But depression and anxiety disorders are not simply mood swings. Left untreated, they can influence long-term health and social problems. With suicide being the second leading cause of death for young people 10-19,\* the U.S. Preventive Services Task Force recommends that all teens get screened for anxiety and depression. It's not difficult, and a doctor can do it. So ask, if it's not part of a routine office visit. The goal is earlier treatment and better outcomes, if or when spotted. (\*Nat'l Vital Stat Rep. 2021;70(9):1-114)

## Stop Stress, Right Now Anticipating the Holidays with a Self-Care Plan

Try creating a “holiday self-care plan” this year if you are facing isolation, an overwhelming list of “to-dos,” coping with grief, or facing past hurts. Don’t let the season just nudge you along with uncertainties, big to-do lists, and anxiety. Self-care means deciding how you will maintain health and wellness. Decide what holiday events you will (or will not) attend, be assertive about asking for help and support, stick to a budget, and decide you won’t feel guilty for not hosting the big party this year. Add emotional wellness decisions, too. For example, try letting go of lingering resentment from that argument you had last year with your brother-in-law. Discover relief that comes from no longer replaying the exchange in your mind. For real impact, schedule treats or pampering experiences for yourself during the season. Their real value is serving as fun experiences you can look forward to when stressed. If grieving the loss of a loved one, decide how you will remember your loved one during the holidays. Give yourself the opportunity and permission to feel loss. Ask for support you need, and don’t resist feelings of expressing sorrow because you fear “ruining” the holidays for others. With a holiday self-care plan, you can anticipate less stress during the season. In time, you may be sharing your planning secrets with others who need them as you discover more positivity in the seasons to come.



## Wake Up More Refreshed

Are you groggy when you first wake up or, even worse, feel like you haven’t slept at all? This is the experience of nearly 70% of people in a recent United Kingdom study.

There is little reason to believe the same does not apply throughout the Western hemisphere. *Here’s the fix:* Make earlier sleep time a priority. Try going to bed earlier for a week, and wake up early enough to have a routine that includes something pleasurable—taking your time, taking a walk, fixing a leisurely breakfast, or whatever else fits for you. The key: Make it enjoyable. In theory, your brain will adapt to this structure, and you will awaken more refreshed. As a result, you should begin to experience more satisfying days.



## Growing Older, Facing Death of Friends and Loved Ones

As we grow older, we experience an increasing rate of loss of family and friends to death. Research shows this experience can contribute significantly to the onset of depression among the elderly, a population that is especially vulnerable to this disease. More elderly today live alone than in the past, and some studies show one out of five have little or no verbal contact with other people for days at a time. But support is available, and guidance for developing a support network is too. Contact the EAP or a professional within your community for help to locate the support you need for someone about whom you have concern, especially if they are feeling grief or are affected by a loss. As you grow older, don’t let denial isolate you or keep you away from a support network that can help give you the resilience you need for emotional challenges the passing years can bring.



## Consume News with Awareness

The pandemic and war have offered plenty of fear and uncertainty. Has the anxiety interfered with your ability to sleep or be productive? Have you been too focused on the latest frightening news? It’s hard to avoid the news, but you can lessen its impact.

Tips: 1) Be aware that news is sold and used to sell products, services, and clicks; 2) News is designed to agitate the reader to click or flip pages; 3) It is natural to focus on bad or frightening news because it directly affects the human “fight-or-flight” trigger response. With this awareness and lessened intensity, experiment by consuming news in moderation and use more time for other things you want to accomplish in your life.

