EAP Designates November as Stress Less Month

Are you looking for some ways to address your stress? Would you like to experience a relaxing break during your work day? If so, check the line up of events for the EAP Stress Less Month taking place throughout November.

A number of programs will be provided by CDPHP. All UAlbany employees are eligible to attend regardless of your health insurance provider.

In this extra edition of the EAP ENews you will find the complete descriptions of each Stress Less program. The line up of events include:

♦ Emotional eating versus mindful eating
♦ Guided relaxation sessions
♦ Therapy dog visit
♦ “Maintain not gain” during the holidays program for weight management sessions
♦ Holiday hints for caregivers of loved ones with dementia or Alzheimer’s disease
♦ Tools for stress management program

Giveaways and door prizes will be available as well. EAP hopes faculty and staff will take time to use these opportunities to “stress less” during the month of November and gain tools to use throughout the year!

To register for any events during the Stress Less Month, go to the event sign-up page on the EAP website:

http://www.albany.edu/eap/event_sign-up.htm

EAP thanks the following Stress Less Month door prize contributors:

For Those in a Supervisory Role...

Need a good way to support your staff’s health and well-being and help them address stress? Encourage your employees to take advantage of the Stress Less Month offerings happening throughout November. And don’t forget to attend a program that you are interested in, too. EAP wellness programs are a benefit for ALL UAlbany employees!

EAP-sponsored events and services are open to UAlbany & Research Foundation faculty, staff, family members, UAS employees, retirees and GSEU members.
Emotional Eating versus Mindful Eating

Have you ever made room for dessert even though you’re already full or dove into a pint of ice cream when you’re feeling down? We all might have experienced this at some point in our daily busy routines, but has it become a stubborn habit that does not want to leave you? If the answer is yes, you can do something about it! Join us for this wellness session to help you deal with emotional eating by considering the mindful eating approach.

**Presenters:** Jignasha Shah, Sage College Graduate Student in the Master of Science Applied Nutrition Program and Jamie Swirn, Sage College Post Baccalaureate Student in Nutrition Science.

To Register

Contact: Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
442-5483

OR REGISTER ONLINE:

HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

Tuesday, November 1
12 noon—1:00 pm

Café Conference Room
Health Sciences Campus
All employees are eligible to attend programs provided by CDPHP.

Guided Relaxation for Stress Management

Thursday, November 3rd
12:00 pm—12:30 pm
Assembly Hall, Campus Center

Join Judi England, RN, licensed massage therapist and certified Kripalu yoga instructor as she facilitates this stress management program that incorporates breathing exercises, guided visualization, progressive relaxation and/or meditation.

Open to all UAlbany employees!

CDPHP members can earn up to 10 Life Points® for attending.

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bseckerson@albany.edu • 442-5483
Or register online at: http://www.albany.edu/eap/event_sign-up.htm

ALSO HAPPENING!
Stop by to visit with the therapy dogs from Therapy Dog International.
12 p.m. — 1:30 p.m.
Fireside Lounge/Assembly Hall
Employee Assistance Program
—— Stress Less Month ——

How to Maintain and Not Gain during the Holiday Season (3 sessions)

Thursdays • 12:00 p.m. – 1:00 p.m.
Standish Board Room • Science Library
November 10th, 17th & December 1st

Sometimes it’s not about losing weight, but about maintaining it! This 3-week program will provide tips, tools, and support to fend off holiday weight gain. The sessions will help participants create a plan for success by addressing ways to eat healthy, manage stress, stay active, and practice mindful eating, all while still enjoying the season! Connect with other UAAlbany employees in a supporting effort to maintain, not gain!

Open to all UAAlbany employees!

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bseckerson@albany.edu • 442-5483
Or register online at:
http://www.albany.edu/eap/event_sign-up.htm

CDPHP members: please bring your member ID card.

CDPHP members can earn up to 10 Life Points® for attending.
Helpful Holiday Hints for Caregivers

With the holidays fast approaching, family and friends who care for or interact with a person with some type of dementia or Alzheimer’s disease might be looking for some hints that could help make time together less stressful. Join us for this discussion provided by the Northeastern New York Chapter of the Alzheimer’s Association on how to better manage responsibilities during the busy holiday season so that the experience can be as positive as possible for you and your loved one. Bring your questions!

**Presenter:** Maura Fleming, Capital Region Program Manager with the Alzheimer’s Association of Northeastern NY. The Alzheimer’s Association provides: information and referral services, care consultations, support groups, education programs and safety services.

**To Register**

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442-5483
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Monday, November 14
12 noon—1:00 pm
Assembly Hall
Campus Center
Tools to Manage Stress

Wednesday, November 30th
12:00 p.m. – 1:00 p.m. • Room 375 • Campus Center

Gain a better understanding of how stress can impact your psychological and physical health. During this program, participants will:

- Practice two relaxation techniques
- Learn tools and techniques to prevent, manage, and relieve everyday stress by:
  - Addressing the stressor
  - Adapting to the stressor
  - Practicing healthy living
  - Relaxing and recovering

Open to all UAlbany employees!

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EAP Wellness Calendars Are Now Available!

The new year is just around the corner. That means it’s time to start handing out the annual EAP wellness calendars! This colorful calendar offers an array of tips for your health and well-being that will help you throughout 2017 and beyond. To request a copy be sent to you via campus mail, call the EAP Office at 442-5483 or click on the “Special Promotions” icon on the EAP website’s home page. http://www.albany.edu/eap

One per employee while the supply lasts.

Become an EAP Ambassador

“You’ve never attended an EAP event? Would you like to join me at the next EAP Lunchtime Wellness Program?”

To encourage UAlbany employees to take advantage of their EAP benefit, the EAP Committee invites employees to become an “EAP Ambassador” by inviting a co-worker who has never attended an EAP Lunchtime Wellness Program to join them.

Throughout the 2016-2017 academic year, “ambassadors” who bring first-time attendees will be entered into a drawing for an EAP wellness giveaway. A drawing will be held at the end of the fall AND the spring semesters. Ambassadors will fill out an entry form when they bring the first-timer to the EAP Lunchtime Wellness event. So, keep a lookout for an EAP program topic of interest and send out an invite to a co-worker!

If you are finding it difficult to be as productive as you used to be, perhaps a stressor in your life is impacting your ability to feel your best at work and/or at home. The Employee Assistance Program’s Assessment & Referral Service might be the answer. Take advantage of this free voluntary confidential employee benefit. Support, information, and referrals are available to assist you in finding a way to address your concerns.

If you would like to schedule an appointment for an Assessment & Referral session with EAP Coordinator Brenda Seckerson, CALL 442-5483 or EMAIL bseckerson@albany.edu

Disclaimer: Material presented in this newsletter is intended for educational or informational purposes only. It is not intended to replace the advice of a qualified health professional.

EAP is a joint labor/management program and is part of the NYS Employee Assistance Program. Contact Info: 1 Airline Drive, Albany, NY 12235. 518.486.9769