Take a Memorable “Staycation”

You can have an awesome stay-at-home vacation, but planning is the key. Structure the week, and get it all down on paper. Structure the week and get it all down on paper. Without a plan you will slip into habits like dilly-dallying in the morning, plopping in front of the TV, or surfing the web, which will eat up the day even before finally getting in gear.

Visit your local travel information center or AAA travel office to see what’s new. They’ll have the latest scoop on one-day events, specials, and new offerings. Pack it all in—from breakfast at the park to evening ice cream outings with great activities in between. Don’t forget the camera!

Day Travel Resources...

Explore New York!
http://www.iloveny.com/

Discover New York’s Nature...
Department of Environmental Conservation —Outdoor Activities
http://www.dec.ny.gov/62.html

Capital Region ...
http://www.albany.org/things-to-do/attractions/

The Berkshires, Massachusetts ...
http://berkshires.org/

Vermont...
http://www.vermont.gov/portal/travel/

Resource: Frontline—Employee Wellness, Productivity & You! Frontline newsletter is courtesy of the New York State Employee Assistance Program.
**July 2014**

**Special Notice...**

UAlbany EAP Office Re-Opens!

EAP Coordinator Brenda Seckerson has returned from her medical leave. Thank you for your patience while the EAP Office was closed during the month of June.

**July Wellness Tips**

Compliments of Personal Best Publications. (The same company that produces the popular EAP Wellness Calendar!)

Swap foods and save calories!

Learn 12 ways to cut calories. Go to: http://www.personalbest.com/extras/BUDWC/Images/CC2July14h.jpg

Summertime!

Make a great plate with heart-healthy fats.

Try this avocado wrap recipe. Go to: http://www.personalbest.com/extras/BUDWC/Images/CC4July14h.jpg
Go Ahead, Admit You’re Wrong

If you have a reputation for reluctance to admit you’re wrong, a few insights can motivate you to improve your ability to practice this acquired skill. You’ll also enhance your workplace relationships. The key for what some feel is a seemingly impossible task is recognizing the benefits you derive from it. Admitting you’re wrong when necessary demonstrates guts and willingness to be vulnerable. Practicing the skill also demonstrates high self-esteem and lack of a need to cling to something to protect yourself from an imaginary fear. Those in supervisory or management roles instantly recognize your capacity for being a team player. No one likes to admit they are wrong, but those who can do so with class are recognized as valuable workers and desirable work partners. They also can be counted on to be better communicators. Admitting you’re wrong facilitates the willingness of others with whom you associate to also be more open and forgiving, all of which contributes to the creation of better problem-solving scenarios and the accomplishment of the mission in your workplace.

Don’t Fall for Facebook® Syndrome

If one look at your Facebook® page tells you everyone else’s life seems more exciting and happier than yours, you are experiencing Facebook Syndrome. Social media has a direct bearing on how we feel about ourselves, according to a new study of 79 undergraduate students. Being denied the use of Facebook or receiving fewer “likes” and “comments” had a direct bearing on the study’s participants’ self-esteem and feeling of “meaningful existence.”

Do you feel stressed, anxious, or have negative thoughts about yourself after using social media? Take steps to detach from Facebook’s assault. Even creator Mark Zuckerberg didn’t mean for his invention to be a way of life. It is only supposed to be a utility. Do not use social media as a time filler, a way to validate your life’s worth, or to prove how much happier others are than you. Realize most people do not post negative information, and as a result you’re exposed to a selective set of information, which warps your perception. Step back from the screen and invest in real relationships—the 3-D kind that you can see and feel.

Source: www.uq.edu.au [at search bar: “Facebook Self-worth”]

Resource for Articles: Frontline—Employee Wellness, Productivity & You! Frontline newsletter is courtesy of the New York State Employee Assistance Program.

Disclaimer: Material presented in this newsletter is intended for educational or informational purposes only. It is not intended to replace the advice of your qualified health professional.
Sometimes an issue at home or work can have an effect on your ability to be as productive as you need to be. You don’t have to deal with it alone. Support is available through UAlbany’s Employee Assistance Program (EAP). The mission of UAlbany EAP is to provide services to support a healthy, productive workforce. Available to all employees is the voluntary, confidential Information, Assessment, and Referral Service provided by UAlbany EAP Coordinator, Brenda Seckerson. Take advantage of this confidential assistance available as an employee benefit.

Here are just a few of the concerns or stressors that might prompt an employee to reach out to EAP for information and support:

- Family, parenting, and relationship issues
- Work stress and conflict
- Substance abuse or dependency
- Elder Care
- Psychological Concerns (e.g., depression, anxiety)
- Legal and/or financial concerns
- Grief and loss
- Therapist referrals

**Early intervention is the key! Contact EAP.**

To schedule an appointment for confidential **Information, Assessment & Referral session**, contact:

**Brenda Seckerson**  
EAP Coordinator  
442-5483  
bseckerson@albany.edu

Employee Assistance Program-sponsored events and services are open to UAlbany and Research Foundation faculty, staff, family members, UAS employees, GSEU members, and retirees.

“Remember, there are no mistakes, only lessons. Love yourself, trust your choices, and everything is possible.”

~Cherie Carter-Scotts, PhD  
Author and International Life Coach  
(1949 - )
Stay in Emotional Control at Work

Control your emotions—don’t let them control you. It sounds simple, but it’s not. Still, it is one of the most important skills you can learn for managing workplace stress.

Three feeling states dominate negativity at work: anger, disappointment, and frustration. When you experience any of these, be capable of practicing the art of detachment. Don’t lose patience, mope at your desk, give people the silent treatment, or withhold information—these are unhealthy coping tactics.

**Detachment may include:**
- taking a short walk,
- counting to ten,
- changing your body posture to one that is erect and sure, with your chin up,
- doing slow, deep-breathing exercises, or
- taking a quick jog, if your work situation permits.

Reinforce this overall new coping strategy by checking your progress after 30 days. Ask a friend if they’ve noticed your improved mood.

Success Breeds Success

You’ve heard the phrase “success breeds success.” Is it true? Yes, say academic researchers who showed that a small positive reward or support for those starting businesses reinforced measurably their success—by 30%—over those who got no reward. Small and quick rewards made the difference, not the size.

The dynamic may carry over to any goal-oriented endeavor. Make small and quick rewards a part of any achievement strategy like learning new tasks, skills, habits, or instruments, and you’ll maximize the power of this phenomenon. Press release: www.stonybrook.edu [Search bar: “Success Breeds Success”]

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Resource for Articles *Frontline—Employee Wellness, Productivity & You! Frontline* newsletter is courtesy of the New York State Employee Assistance Program.
Parents’ Power to Prevent Drug Abuse

Parents who disapprove of drug abuse and put their foot down are more likely to have teens who don’t abuse drugs. Suffolk University (Boston, MA) researchers examined a national survey of more than 18,000 adolescents, and found that teens whose parents expressed strong disapproval of all types of substances (prescription drugs, alcohol, tobacco, and marijuana) were least likely to misuse prescription medicine—a growing teen problem. Combine disapproval with steering your teenager toward healthy behavioral choices. Talk about resisting peer pressure and discuss consequences. Encourage questions and dialogue. Research argues this approach will work better than “hoping for the best” or thinking you have no influence. Source: http://www.wolterskluwerhealth.com [Search bar: “Parental Disapproval”]

For more parenting tips, see the resource titled *6 Parenting Practices: Help Reduce the Chances That Your Child Will Develop a Drug or Alcohol Problem* produced by the Partnership for Drug-Free Kids.

Protecting the Elderly from Abuse

The National Center on Elder Abuse reports that 14% of elderly Americans face some form of elder mistreatment, neglect, or financial abuse. Elder abuse cuts across socioeconomic lines, and it isn’t all planned and purposeful. Adult children caregivers who have other life pressures, responsibilities, personal problems, financial stress, and job issues can be unwittingly at risk of committing elder abuse. This may take the form of ignored phone calls, mismanaged medications, lost tempers, and/or undermining an elderly person’s financial decisions, or even manifest itself in a delay in providing for the elderly person’s critical personal care needs. If you are an adult caregiver, do not let guilt or feeling that “this is all my responsibility now” prevent you from getting relief and experiencing the renewal you need in order to cope with your situation. Check out www.eldercare.gov where you will find support, resources, and numerous ideas to maintain your life balance and have a healthier relationship with an elderly loved one.

Contact UAlbany EAP for local resources for elder care and for caregiver support services. Be sure to check out what books are available in the EAP Lending Library on the topic of elder care.

442-5483
bseckerson@albany.edu

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2014 Consumer Action Handbook

It’s 148 pages thick. It’s free. And, it’s available in English or Spanish. It’s the 2014 USA Consumer Information Handbook published by the federal government. It’s packed with extensive help, tips, and resources for consumers. Read about your rights if you are stuck in a plane on a tarmac too long. Read the Consumer Bill of Rights for Cruise Lines. See an example of the perfect consumer complaint letter. Find a lot of practical tools and tips on everything from auto insurance to wills. To access the handbook, go to: http://publications.usa.gov/USAPubs.php?PubID=5131

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.”

~ James Dent
(American Professional Golfer, 1939 - )

Photo taken at Olana State Historical Site - a great day trip for a “staycation” vacation!

EAP is a joint labor/management program and is part of the NYS Employee Assistance Program - CSEA/C82/GSEU/MC/NYSCOPBA/PEF/UUP. Contact Info: 1 Airline Drive, Albany, NY 12235. 518.486.9769

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

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