The 3 R’s: Recreation, Relaxation, and Rejuvenation

It’s April which means the annual Earth and Wellness Day is just around the corner. This year’s theme focuses on the variety of ways we can de-stress and rejuvenate ourselves. Stroll through the Campus Center Ballroom and find exhibitors sharing information on such topics as recreation, outdoor activities, and animals. Stop by the “Relaxation Lounge” to enjoy a 20 minute chair yoga or chair meditation experience, spend a few minutes doing some coloring, or learn how to crochet or knit. Bring a soil sample to receive a free soil analysis to prepare for the gardening season. Check out the ongoing demonstrations, and vote on the two photos you’d like to see win the photo contest. Take advantage of your EAP benefit and join us for this annual event!

Thursday, April 21
11:00 am–1:30 pm
Campus Center Ballroom

Exhibitor Fair
Student Poster Session
Free Soil Analysis*
Photo Contest Voting
Door Prizes
Light Refreshments

*See page 4 for soil analysis instructions.

“Relaxation Lounge”
Campus Center

Fireside Lounge
Adult Coloring
Knitting/Crocheting/Fiber Arts

Assembly Hall
11:30–11:50–Chair Yoga with Judi England
12:00–12:20—Chair Yoga with Judi England
12:30–12:50—Chair Meditation with Nikhil Jain

1:00–1:20—Chair Meditation with Nikhil Jain

Demo Schedule
Ballroom
11:20–11:30
Hula Hoop Fitness
Kristyn Muller

11:40–11:50
Body Fit
Jessica Blasioli

12:00–2:10
Zumba
Felicia Brunner

12:20–2:30
Hula Hoop Fitness
Kristyn Muller

12:40–12:50
Arm Knitting
Valerie Chew

1:00–1:10
Tae Kwon Do
UAlbany Tae Kwon Do Club

For more details about the event:
http://www.albany.edu/eap
How to Survive Admitting a Mistake

Nothing creates a feeling of vulnerability more than admitting to a big mistake at work. In one moment it can feel as though your integrity, job status, reputation, and self-esteem are hanging in the balance. Conquering this fear is not easy, but the payoffs can be significant in elevating your reputation for two reasons. The first is that everyone makes mistakes, and the second is that admitting a mistake creates anxiety and trepidation.

Almost everyone fears admitting a mistake, so those who do are often elevated among their peers because they show confidence, strength, and fearlessness. Secondary benefits of admitting a mistake may include relief, empathy from others, closer relationships, forgiveness, and perhaps increased status as the go-to person because of your experience. Admitting a mistake can pay off well, but there is a time erosion factor for which you must be aware. The longer it takes to admit the mistake, and the more defensive you become, the less the payoff. Eventually being forced to admit to a mistake carries the least payoff.

Should You Be Screened for Depression?

The United States Preventive Services Task Force, part of the U.S. Department of Health and Human Services, has recently announced its newest recommendation that medical doctors routinely screen for depression, especially in children, young adults, and women who have recently been pregnant. Depression has many symptoms, but in early stages it may be barely noticeable. Feeling less excited about things than you once were or taking longer to get things done are a couple of examples. Asking questions about these and other symptoms can help doctors spot the diagnosis of major depression early enough to help prevent a disabling or life-threatening condition.

If you are concerned about depression, contact UAlbany EAP for confidential assessment, information, and referrals to support your well-being.

Source: http://www.uspreventiveservicestaskforce.org [search “depression”]

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

EAP Assessment and Referral Service

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 UAlbany Employee Assistance Program’s Assessment & Referral Service might be the answer. Take advantage of this free voluntary confidential employee benefit. Confidential support, information, and referrals are available to assist you in finding a way to address your concerns. Help is only a phone call or email away.

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 www.albany.edu/eap
New Sedative Drug Crisis

The heroin epidemic in North America has received much attention, but overdose deaths from prescription sedative drugs (benzodiazepines, or “benzos”) like Xanax, Valium, and Klonopin have also soared. Benzos are prescribed for anxiety, mood disorders, and insomnia which are common complaints among employees. Research in the American Journal of Public Health reports overdose deaths are up 400 percent since 1996! A key finding: 75 percent of heroin deaths also involve these medications. Combining benzos or alcohol with heroin can increase the risk of death. Overdoses from benzos have increased at a faster rate than prescriptions for them have.

Did you know that talk therapy can be more effective for many, if not the majority of complaints treated with benzos? Solutions from talk therapy may also last longer if you acquire life skills to manage stress and solve personal problems more efficiently. Could you benefit more from talk therapy and less from benzos? Talk to your doctor about the best options for you. Contact UAlbany EAP for referrals for therapists who take your health insurance plan.

Breathing Easy on Campus

Have you been thinking about quitting smoking? If so, in addition to the powerful health benefits, Smokefree.gov outlines some other great side effects that people report from giving up smoking such as: feeling more in charge of one’s life, not worrying about how much money is being spent on cigarettes, and not searching for places to smoke and bothering others with secondhand smoke.

And speaking of secondhand smoke, as a reminder, UAlbany’s workplace smoking policy prohibits smoking in all University buildings and residence halls. Out-of-doors, smoking is not permitted within 30 feet of exterior ventilation intakes, within ten feet of building entrances and open windows, and in all exterior stairwells. These designated perimeters help to keep secondhand smoke from entering buildings and affecting those with allergies and asthma. For the University policy go to: http://www.albany.edu/hr/assets/Smoking.pdf

For additional information on quitting, contact the NYS Quitline for support. http://www.nysmokefree.com/

National Drug Take-Back Initiative April 30, 2016 10 am - 2 pm

The National Prescription Drug Take-Back Day is designed to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

To find a local drop-off site, go to: http://www.deadiversion.usdoj.gov/drug_disposal/takeback/

Three Rules of Work: Out of clutter find simplicity; From discord find harmony; In the middle of difficulty lies opportunity.

~ Albert Einstein

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.
April is Stress Awareness Month

The best way to manage your stress is to learn healthy coping strategies or alter your response if it’s a situation that cannot be avoided. Here are some tips and tricks found on the Helpguide.org website to help you avoid unnecessary stress.

- Express your feelings instead of bottling them up. Be more assertive and communicate your concerns in an open, respectful way. If you don’t voice your feelings, resentment will build and the stress will increase.
- Be willing to compromise. When you ask someone to change their behavior, be willing to do the same. If you are both willing to bend at least a little, you’ll have a good chance of finding a happy middle ground.
- Manage your time better. Poor time management can cause a lot of stress. But if you plan ahead and make sure you don’t bite off more than you can chew, you’ll find it easier to stay calm and focused.
- Reframe problems. Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.
- Adjust your standards. Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with “good enough.”

For more information, please contact the EAP office or visit the resource for this article at: [http://www.helpguide.org/articles/stress/stress-management.htm](http://www.helpguide.org/articles/stress/stress-management.htm)

Compiled by Seema Mathura, EAP Office Work Study Student

More Earth & Wellness Day Information

Free Soil Analysis at UAlbany Earth and Wellness Day
Provided by Cornell Cooperative Extension

Free Soil Analysis

Soil Sample Instructions: Dig down about four (4) inches, take a few tablespoons of dry soil, and place it in a Ziploc-type bag. This can be done in a few areas and blended together to form one sample from a garden or the front lawn. The sample should be labeled with contact information and location, such as vegetable garden or rose bed, etc. At the UAlbany Earth and Wellness Day event in the Campus Center Ballroom, take your sample to the Cornell Cooperative Extension table. There you will fill out a form and submit your soil. The Cooperative will test the soil at their lab and mail you your soil’s pH level along with any recommendations for amendments. First sample is free of charge.

There is a $3.00 fee for each additional sample submitted for analysis.