THE ONLY CONSTANT IN LIFE ...IS CHANGE...

The saying goes that change is the only constant thing in life. If WE choose to make a change it somehow seems a bit more manageable than if the change is imposed upon us due to circumstances beyond our control. What is the best way to approach change? How can we be flexible and adaptable? How do we empower ourselves to forge ahead in a positive manner and not let the unexpected derail us?

All of these questions can be answered by addressing our perspective and attitude. Finding ways to see the positive side of change will help us to keep moving forward. Therefore, our mindset is the key to adapting to change. What if we approached it this way? View the $30 late fee on a credit card account as the “wake up call” needed to address financial well-being. View the test results showing that there is a rise in the cholesterol level as the “nudge” needed to begin to engage in a healthier lifestyle. View the financial need to move into a smaller home or apartment as a means of “right-sizing” in order to have less “things” to take care of and less stress.

If we strive to be more mindful of our attitude towards events that prompt change and challenge ourselves to find ways to take advantage of them to enhance our lives, then change won’t be so overwhelming. We will empower ourselves to use this “constant” occurrence in our lives as a means to keep moving ahead and growing. And if we are parents and mentors, what a great role model we’ll be!

BACK-TO-SCHOOL TIME...

Parents...How do you prepare your child or teen to go back to school?

To set up an appointment, contact
Brenda Seckerson, MA, CEAP
EAP Coordinator
bseckerson@uamail.albany.edu
442-5483

Food Rule #14

“Eat foods made from ingredients that you can picture in their raw state or growing in nature.”


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EMPLOYEE ASSISTANCE PROGRAM

@ WORK MEETINGS

9 Weeks for $99!

Uptown Campus
Wednesdays, 11:30 am-12:15 pm
August 18 - October 13
Humanities Room 290

For More Details & Registration* Info:
http://www.albany.edu/eap/9th_WW_Program_Flyer.pdf

*Deadline to Register: August 12

What does EAP have planned for the fall semester?

Lunchtime Wellness Program
Topics Include:
Healthy Eating
Ways to Increase Your Savings
Suicide Prevention & Awareness

Additional EAP-Sponsored Programs:
How to Use EAP in the Workplace
6-Hour Defensive Driving Class
Annual Seasonal Flu Shot Clinic

Other topics and events as well!
Stay tuned...

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

UAlbany Aquatics
Adult Learn-to-Swim Program

Spread the word! The fall semester adult swim class has been scheduled.
For ages 18 - 100 years old
Beginner swimmers through advanced swimming levels
Red Cross certified instructors & lifeguards

September 10 - December 3
Fridays 9:30 am
Cost: $35.00 (cash)
Registration: At UAlbany pool in the PE Building on Sept. 10 at 9am

Class is open to faculty, staff, students, & the public

“Laughter is inner jogging.”
~ Norman Cousins, political journalist and world peace advocate (1915-1990)

In September experience the NIA workout with Anita Hanson on Thursdays from 5:30-6:30 pm in the PE building on the Uptown Campus. NIA is holistic fitness for body, mind, & spirit. To learn more, go to:
www.nianow.com

For classes currently available through the UAlbany Recreation Department, go to: http://www.albany.edu/eap/Updated_2010_Summer_Flyer.pdf