UNIVERSITY AT ALBANY
State University of New York

Employee Assistance Program

UALBANY EMPLOYEES' MONTHLY LINK TO INFORMATION ON HEALTH & WELL-BEING

JULY 2010

EAP E-News

YOU ARE ON VACATION. BUT, ARE YOU RELAXING?

You've been planning your vacation for several months. The time has come, and you are off to someplace you've never been before. It's the break you've been needing to relax and rejuvenate. But once you are at your destination, thoughts of work, unfinished projects, co-workers, etc., keep you distracted from "being in the moment". You can't seem to give yourself permission to relax and enjoy your vacation. You are not alone! For information on this phenomenon and tips on how to address it, **click here**.

GOOD CHOICES, HEALTHY HABITS — IT ALL BEGINS AT HOME

Summer has officially begun. With this change of season comes children home for the summer break, vacations, cook-outs, picnics...all the fun things we associate with summertime. We find our schedules are a bit off. Some of our routines are interrupted. These changes don't necessarily mean that we throw our healthy ways out the window or that new ones can't be established during this time. Learn how one family, highlighted on the *America on the Move* website, made small changes to develop some "healthy habits". It can be a family affair!

FYI.. The **"Wellness Tips and Helpful Resources"** page on the EAP website provides a variety of information and community resources to support your health and well-being. Be sure to mark it in your **"Favorites"**. http://www.albany.edu/eap/links.htm

EAP ASSESSMENT AND REFERRAL SERVICE ~ AVAILABLE WHEN YOU NEED SOMEONE TO TALK TO...

Whether it's work stress, family and relationship issues, interpersonal difficulties, substance abuse or dependency, aging parents, financial difficulties, or another issue that is causing you distress, as the University's EAP Coordinator I am available to meet with you to listen, help you sort out your needs, and provide resources and information that can assist you with addressing your concerns. **For more information on the Assessment and Referral Service, go to:** http://www.albany.edu/eap/personal_assessment_referral.htm

EAP GOALS:

- To provide confidential support, assessment & referrals for employees, family members, and retirees
- To promote health and well-being through a variety of enrichment programs
- To foster a greater sense of community

Food Rule # 5

"Avoid foods that have some form of sugar (or sweetener) listed in the top three ingredients."

Pollan, Michael. *Food Rules: An Eater's Manual*. New York: Penguin Books, 2010.

Reading the labels when buying food is an essential part of healthy eating!

To set up an appointment, contact

Brenda Seckerson, MA, CEAP

EAP Coordinator

bseckerson@uamail.albany.edu

442-5483

EMPLOYEE ASSISTANCE PROGRAM

July July

FOR YOUR INFORMATION...

WeightWatchers

@ WORK MEETINGS

The next Uptown Campus program will begin in August.

More details to come!

It's so R.A.D!

Rape Aggression Defense

Women's Personal Safety and Self Defense

The Rape Aggression Defense System is a Self-Defense program for women. The R.A.D. System is a comprehensive course that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training. The course culminates with a dynamic simulation. Dynamic Simulation gives the participants the opportunity to use what they have learned in realistic training scenarios against "aggressors" wearing special safety equipment.

July 14th, 21st and 28th 6pm-10pm

Cost: Free

Participants need to attend all three sessions to complete the course.

Where: University at Albany East Campus, George Education Center, Room 110A

Sign up: Contact Officer Brett McLaughlin bmclaughlin@uamail.albany.edu **OR** call 518-442-3131.

For more info on R.A.D. please visit www.rad-systems.com

FOR SUPERVISORS & DIRECTORS... HOW TO USE EAP IN THE WORKPLACE

Join us as we discuss UAlbany's EAP and explore how those in a supervisory role can utilize the program more effectively in the workplace.

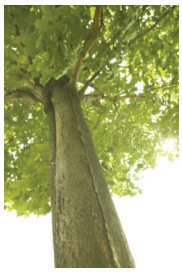
Topics will include:

*Overview of Employee Assistance Program
*Identifying and Managing Performance Issues
*Making Referrals to EAP

Tuesday, July 20th
10:00 – 11: 30 pm
University Hall Room 306

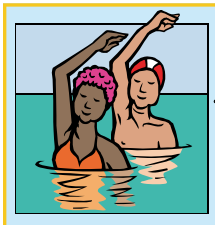
For registration info, go to: http://ww.albany.edu/eap/June_2010_EAP_for_Supervisors.pdf

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



"Nature, time, and patience are the three great physicians."

Chinese Proverb



Pilates, Yoga, Zumba, and Aqua Action...

These are all UAlbany Recreation Department fitness offerings! For more details, go to:

http://www.albany.edu/eap/July_2010_Summer_Flyer.pdf

THE WORLD WITHIN REACH

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