HOW RESILIENT ARE YOU?

How would you describe your ability to “bounce back”, adapt, and move forward after experiencing a difficult time either personally or professionally? Having a strong sense of resiliency can serve us well throughout our lives. This ability helps us to navigate the inevitable challenges that we all face from time to time in life. Over the years, research has determined that a “combination of factors” help us build resiliency. The American Psychological Association (APA) outlines these factors which include “accepting change as a part of life, having caring and supportive relationships, and avoiding seeing crises as insurmountable problems.” The APA also identifies “maintaining a hopeful outlook” as another contributing factor. For more APA information and other resiliency resources, go to the EAP website and check out Building Your Resiliency Toolkit. http://www.albany.edu/eap/links.htm

In the months ahead, EAP will continue to explore how building our resiliency helps us at home and in the workplace.

FOOD FOR THOUGHT… “RULES” FOR HEALTHY EATING

Have you been reading more food labels, and thinking about where your food comes from, and making different choices when it comes to the food you purchase? How about having a “manual” to guide you? Journalist Michael Pollan (The Omnivore’s Dilemma and In Defense of Food) continues his examination of food, its history and its industrialization, in his new book Food Rules: An Eater’s Manual. This “handbook” outlines with simplicity and humor the steps to take to shop and eat REAL food - not what Pollan refers to as “edible foodlike substances”. Over the next few months, the EAP E-News will bring you one of Pollan’s rules to provide you with more “food for thought” about this important wellness topic.

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
Avoid products containing ingredients that cannot be found in an ordinary pantry. Even better, avoid anything that contains more than five ingredients. Better still, if you can’t pronounce most of the ingredients, you don’t want to eat them.


EAP ASSESSMENT AND REFERRAL SERVICES ~ AVAILABLE WHEN YOU NEED SOMEONE TO TALK TO…

The Employee Assistance Program (EAP) Coordinator is available to provide free, confidential assistance to all UAlbany employees. EAP focuses on such concerns as work stress, family and relationship issues, inter-personal difficulties, substance abuse or dependency, aging parents, legal matters and financial concerns. For information on the Assessment and Referral Services: http://www.albany.edu/eap/personal_assessment_referral.htm

Brenda Seckerson, MA, CEAP
EAP Coordinator
bseckerson@uamail.albany.edu
442-5483

Offering Resources and Support to UAlbany Employees

Save the Date!
EAP Annual Spring into Wellness Fair
Wednesday, April 21st

2010 Theme…
“The 3 R’s of Wellness: Resiliency, Relationships, & Resources”

Cholesterol/Glucose Screenings Clinic
8:30 am — 11 am in the Fireside Lounge
45 Fair Exhibitors Participating!
11:00 am — 1:30 pm in the Ballroom
Mark April 21st on your calendar as a special day to focus on your health & well-being!
More Details to Come!

EAP G O A L S:

• 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
**FOR YOUR INFORMATION...**

**EAST CAMPUS**

**Estate Planning, Wills, & Trusts**
A "Legally Speaking Workshop" provided by The Legal Project

March 10th
12 noon—1pm
Room 110A

No matter what your age, knowing about wills and trusts and planning for the future is important for our family’s well-being. Join us for this program presented by a local lawyer. Bring your questions!

Registration Deadline: March 8th

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

**DOWNTOWN CAMPUS**

**Chair Yoga Class...**

**Chair Yoga Class...**

**Chair Yoga Class...**

Thursday, March 4th – April 29th
12–12:45 pm in Richardson 02

Take a refreshing break with gentle stretches and breathing to feel good from the inside out. Prerequisites: ability to sit and breathe! Instructor: Carol Day Young

Class Fee: 8-class access card for $30.00
(Such a deal! $3.75 per class!)
Or, drop-in fee $5.00 per class

**LUNCHTIME “ART BREAK” AT THE UNIVERSITY ART MUSEUM**

Museum Director Janet Riker will offer a tour and give a talk on the current exhibition titled...

**Carroll Dunham Prints: A Survey.**

Friday, March 12th
12:00—12:45 PM

The Sun, C. Dunham

For more info on the exhibit, go to UAlbany Art Museum:

http://www.albany.edu/museum/calendar.html

**6-HOUR DEFENSIVE DRIVING CLASS**

**Tuesdays, March 16th AND 23rd**

5:30 - 8:30 pm
Assembly Hall ~ Campus Center

Fee: $30.00

Check Payable to: Gateway Driving Center

Space is Limited. Register Early.

Registration Deadline: March 10th

*You must attend both sessions to receive credit.

Register online or call 442-5483

For details: http://www.albany.edu/eap/annual_events.htm

**Monthly Elder Caregiver Support Group**

You don’t have to feel alone in your efforts of being a caregiver! Join us for this 4-month program providing an open discussion about elder care-giving facilitated by Christine Damon, Eldercare Respite Coordinator from Catholic Charities Caregiver Support Services. Go to EAP Web Calendar for program fee and registration details.

Starts Tuesday, March 17th!

**To register for EAP classes/events, call 442-5483 or go to:**

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

**To access details and informational flyers for all EAP events, go to the EAP Web Calendar:**

http://www.albany.edu/eap/monthly_eap_calendar.htm

**UAlbany’s Recreation Department Fitness Class Opportunities...**

Tuesday noontime fitness class open to faculty, staff, & students!

For info the spring semester schedule, go to:
http://www.albany.edu/eap/Spring_2010_Semester_Flyer.pdf

---

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

---

**UNIVERSITY AT ALBANY**
State University of New York