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

For Faculty & Staff in a Supervisory Role...

How to Use EAP in the Workplace

In our continued effort to inform supervisors and directors how to use EAP more effectively in the workplace, another How to Use EAP in the Workplace will be offered. Please join us!

Topics include:
- Overview of Employee Assistance Program
- Identifying and Managing Performance Issues
- Making Referrals to EAP

Registration Deadline: September 20

Wednesday, Sept. 22
2:00 – 3:30 pm
University Hall Room 306
Click here to register.

EAP E-News

When you need someone to talk to...

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

Sleep...we need to get our ZZZZ’s...

With the start of a new academic year, schedules and routines change again. “Change” is the operative word during these times it seems. With change comes stress. Stress can affect our ability to sleep. And getting enough sleep can make a big difference in the way in which we handle change and stress. Do you get the picture? Everything is connected.

To be healthy, taking the necessary steps to get the number of hours needed to feel rested is just as vital as eating well and exercising. The Centers for Disease Control and Prevention (CDC) has information on its website to address “sleep hygiene” for adults, children, and teens. Take a moment to review the tips to see if you are doing all you can to address the need to get enough zzz’s. http://www.cdc.gov/sleep/hygiene.htm

National Assisted Living Week...September 12 –18

Do you know a friend, neighbor, or loved one in need of assisted living? Some signs that indicate a need for additional care include:
- Difficulty with Daily Activities - dressing, bathing, cooking, house keeping
- Memory Loss - repetition, misplacing, forgetting
- Medication concerns - missed doses or over doses, running out
- Lack of Socialization - isolation, loss of interest, depression
- Fear - more dependent, paranoid, worried, anxious

Assisted Living is a “bridge” level of care that allows seniors to live independently with a safety net of services which assist them in their daily living skills. For community resources, contact UAlbany’s EAP.

Turn your face to the sun and the shadows fall behind you.

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

Moving our bodies can help us to “de-stress” and make us feel good inside and out!

Coming In September... Yoga, Pilates, Nia, Zumba, and much more! Check out the UAlbany Recreation Department’s fall semester fitness class schedule: Go to:

http://www.albany.edu/eap/Fall_2010_Revised_Flyer.pdf