It’s springtime, which means the annual UAlbany Earth and Wellness Day is just around the corner. This year’s theme is Unplug to Reconnect. An array of exhibitors will be in attendance highlighting the numerous ways that we can take a break from our electronics and “connect” with activities that bring wellness, relaxation, and joy. Join us for this festive day designed to offer community resources to support your personal wellness efforts as well as to provide information on how to lead a more sustainable life. Stop by the Campus Center to discover ways you can unplug and reconnect to enhance your well-being!

Unplug to Reconnect

Co-Sponsored by EAP and the Office of Environmental Sustainability

In the “Health Zone”
8:30 am - 1:30 pm
Fireside Lounge, Campus Center
All health services are FREE!

Provided by St. Peter’s Health Partners

Cholesterol Lipid & Glucose Screenings
(12-hour fasting optional)

♦ Blood pressure checks
♦ Pulmonary screenings

Hearing screenings!

PLUS...
♦ Chiropractic Assessment
♦ Sleep Hygiene/Disorder Information

Take advantage of these great health benefits!

EAP website: http://www.albany.edu/eap

Exhibitor Fair
11:00 am - 2:00 pm
Campus Center Fountain & Ballroom

Approximately 45 Exhibitors
Free Soil Analysis*
Demonstrations
Live Music
Door Prizes
Free Refreshments

Clothing Exchange
11:00 am - 2:00 pm
Assembly Hall, Campus Center

*See page 4 for soil analysis instructions.

Hearing screenings!

Demo Schedule

11:20-11:30
Hula Hoop Fitness
Kristyn Muller

11:40–11:50
Chair Yoga/Exercise
Christine Barton

12:00–12:10
Hand Weight Lifting
Christina Bieg

12:25–12:35
Hula Hoop Fitness
Kristyn Muller

12:40–12:50
Drumming
Kate Rogers

12:55–1:10
Tai Chi
Asian Arts Group
Perhaps you’ve noticed that certain personality styles at work complement yours, while others rub you the wrong way. Research shows that dominant parts of one’s personality don’t change and are genetic, not learned or attributable to environment. This is good news because you can be confident that changing others’ personalities is out of the question. A better approach is recognizing their strengths and using these strengths in areas where you fall short.

At work, three dominant categories appear when you’re trying to solve a problem—employees who are imaginative (the idea people), those who are analytical and ask effective questions that impartially challenge the idea people, and those who are inherently critical, driven to find the rub, the catch, why something won’t work, and the risk. Accepting each of these personalities as resources takes real guts because you must appreciate and value a style unlike your own—one you may usually avoid. This week, practice this resource approach with the benefit of your employer’s goal or mission in mind. See if the end result isn’t better solutions, found more quickly, that improve productivity.

The CAGE Questionnaire

Do you or a loved one have a problem with alcohol?

To determine if you or a loved one might have an issue with alcohol usage, answer these four questions identified as the CAGE Questionnaire. If you answer “yes” to one question there is the potential for a problem. If answering “yes” to more than one question, a problem most likely exists.

- Have you ever felt like you needed to Cut down on your drinking?
- Have people Annoyed you about how much you drink?
- Have you ever felt Guilty about your drinking?
- Have you ever had an Eye-opener—a drink first thing in the morning—to “steady your nerves” or cure a hangover?

The best way to address alcohol abuse is to reach out for help.

Contact UAlbany EAP for confidential assistance, resources, and referrals.

Additional resources:
- Capital District Alcoholics Anonymous 518-463-0906 http://www.aaalbanyny.org/content/Meetings
- National Council on Alcoholism and Drug Dependence (NCADD) http://ncadd.org/

Resource: Frontline—Employee Wellness, Productivity & You! Frontline newsletter is courtesy of the New York State Employee Assistance Program.
What You Can Do About Heroin

Heroin is an opioid drug derived from morphine, a naturally occurring substance extracted from the opium poppy plant. Heroin is illegal, with no medicinal purpose, but it has proliferated in the West, nearly doubling its number of regular users since 2007. Heroin is cheaper and purer now, which has contributed to the number of overdoses. Nearly 30% of people who use heroin will become addicted to it and acquire a ferocious urge to seek out and continue using the drug. This gives heroin its reputation as the “hardest” of hard drugs.

According to the Drug Enforcement Administration (DEA), as of 2011, nearly 4.2 million people nationwide are believed to have tried heroin. You can help play a prevention role, starting with awareness. Many heroin addicts report using drugs like Oxycontin and Vicodin (two commonly stolen medications) prior to ever using heroin. Both have heroin-like effects when abused. Protect any prescription painkillers from theft, and dispose of old prescriptions properly. Never share them. Do you know a drug addict? Avoid enabling, and act quickly to insist on treatment; arrange for help at a point of crisis, when the addict’s interest and motivation to accept help usually peak. If you miss the opportunity, try again at the next crisis point. Source: http://www.drugabuse.gov/

For additional information, contact UAlbany EAP. bseckerson@albany.edu 442-5483

National Drug Take-Back Initiative

April 26, 2014 10 am - 2 pm

The National Prescription Drug Take-Back Day aims 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/

April is Stress Awareness Month

Learning to Detach as a Means of Managing Stress

“Getting away from it all,” also known as detachment, is a powerful stress management technique, but it may be the hardest to practice. Real detachment requires removing oneself from all sources of stress, including thinking about it, aided by engaging in unrelated enjoyable activities or distractions. This is tough to do in modern times. Detachment can also feel a bit disloyal if you think your employer really doesn’t want you to forget about work entirely while on vacation. Detachment can also be tougher if you play a pivotal role in your organization. And the more stressful your position, the harder detachment can be. If detachment sounds out of reach, plan to experience it for shorter periods of time. Find opportunities to regularly detach, even for 15-20 minutes. Leave the smartphone behind. Take away distractions and feel the difference detachment can make.

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

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.
To accomplish great things we must not only act, but also dream, not only plan, but also believe.

~ Anatole France, French poet and novelist (1884-1924)

Dark Chocolate Health Benefits

Now you can say why chocolate is good for your heart. Researchers discovered that the good bacteria present in your stomach produce compounds that are anti-inflammatory when they digest dark chocolate, which in turn produce an anti-inflammatory effect on the cardiovascular system. The bacteria are *Bifidobacterium* and lactic acid bacteria. They are the heroes in the process. Long-term risk of stroke may be reduced for those who eat dark chocolate (cocoa powder). This is sweet news. (Yea! Dark chocolate is medicinal!) Other foods with this effect are garlic, acai berries, and pomegranates. [www.acs.org](http://www.acs.org) (search: dark chocolate)

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

More Earth & Wellness Day Information...

Hosiery Recycling

Want to keep more waste out of the landfills in honor of Earth Day? Bring your laundered pantyhose with snags and holes to the Assembly Hall on Earth and Wellness Day and be entered to win a prize! Your used pantyhose will be reincarnated as (and we’re not kidding here) park benches, playground equipment, anchor rope, carpets and even toys!

Soil Sample Instructions

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

Dig down about four (4) inches and 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 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. **One sample per person.**