November—3rd Annual EAP Stress Less Month

Are you looking for some ways to address your stress? Would you like to experience a relaxing break during your work day? Maybe you’d like to learn some tricks to eat well and find foods that can help reduce stress. Perhaps you are contemplating retirement and feel some stress about starting a new life. Then get your calendar out and make plans to attend one or several of the events EAP has lined up for its Stress Less Month taking place throughout November. Topics include:

- Chair yoga
- Guided relaxation session
- Meal prepping tips to make life less stressful
- SUNY Retirement Corps—Stressing less about starting a new life after retirement

Giveaways and door prizes will be available as well. EAP hopes faculty and staff will take time to use these opportunities to “stress less” during the month of November and gain tools to use throughout the year.

See page 4 for the complete schedule of events.

EAP Wellness Calendars Are Now Available!

How did this happen? We are just a few months away from a new year which means it’s time to start handing out the annual EAP wellness calendars! This colorful calendar offers an array of tips for your health and well-being that will help you throughout 2017 and beyond. To request a copy be sent to you via campus mail, call the EAP Office at 518.442.5483 or click on the “Special Promotions” icon on the EAP website’s home page. [www.albany.edu/eap](http://www.albany.edu/eap)

One per employee while the supply lasts.

Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.

~ Lou Holtz
Coping with Disaster From a Distance

You don’t have to be in the middle of a natural disaster to be affected by it. It is common to feel sadness, anxiety, grief, helplessness, and anger when family and friends are impacted by an event such as the catastrophic hurricane in Puerto Rico. You may also have a physical reaction such as headaches, difficulty sleeping, or difficulty concentrating. It is important to take care of yourself even as you try to help those in the disaster area. Be sure to eat healthy, exercise, and get plenty of sleep, and try to be more patient with yourself.

For practical tips for relieving disaster-related stress, visit [disasterdistress.samhsa.gov](http://disasterdistress.samhsa.gov). If you continue to experience stress, consider making an appointment with your UAlbany EAP Coordinator or calling the Disaster Distress Helpline at 800.985.5990 or Text: “TalkWithUs” to 66746. (Spanish-speakers should text Hablanos to 66746.)

Self-Diagnosing Alcoholism

Alcoholism has been called a disease of denial for decades, which is why education about denial is essential in addiction treatment programs. It’s the #1 roadblock to self-diagnosis for those whose drinking is contributing to life problems. A common description of denial is found in the statement, “I don’t have a problem with alcohol, because I can take it or leave it. I can quit drinking at any time.” Of course, anyone who drinks can do these things. It’s “staying stopped”—which is what’s required to arrest the illness—that’s the challenge. The following are also associated with denial. Do you recognize them in yourself or someone you know?

- Knowing certain symptoms of the illness one does not have, and relying upon these to convince oneself and others that a drinking problem does not exist
- Creating rules to manage risk associated with a history of overdrinking (e.g., never drinking before 5 p.m.)
- Relying upon or maintaining a definition of alcoholism that excludes oneself, but changing this definition over time so it continues to fit one’s drinking pattern. (e.g., I may drink in the morning, but it’s never affected my job.)

Discover more about the progression of alcoholism and discover a path to wellness that works for you or someone you know by visiting with a professional counselor, EAP, or other knowledgeable expert.

Is It Burnout or Depression?

“Burnout” was first coined in 1970 by an American psychologist who applied the term to exhausted health professionals. Now it is applied to almost any job or professional. Be cautious though, because research published by the National Institutes of Health this year showed that there is really no clear definition of burnout. Consequently, what it is and how it is diagnosed are not consistent from one researcher to the next, which makes it impossible to say how common it is! Some experts think many people mistake depression for burnout. This can be a roadblock to getting treatment for the disease. So, if you feel burned out, start with an assessment from a mental health professional and then formulate your intervention plan.


Resource for Articles: Frontline—Employee Wellness, Productivity & You! Frontline newsletter is courtesy of the New York State Employee Assistance Program.
National Drug Take-Back Initiative

October 28, 2017 10 am - 2 pm

The National Prescription Drug Take-Back Day is designed 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/

Get a Child Care Checklist

Most parents worry about the safety and security of a child care center before using its services for their child. Although visiting and talking with other parents can alleviate concern, consider a checklist. Are hazard controls like covered sockets important? What about staff management of children who need extra attention? Is plenty of floor space available for children who crawl? A checklist can help you quickly evaluate the environment, staff, and program. Choosing the right program for you will help you stay focused at work and feel satisfied about those caring for your child. For information and a checklist visit: http://ocfs.ny.gov/main/publications/Pub1115B.pdf.
October is Domestic Violence Awareness Month. Every day, week, and month throughout the year it’s important to stay aware of this type of violence and remember that there is help and support available. For information on domestic violence, contact UAlbany EAP and/or access the New York State Office for the Prevention of Domestic Violence website: http://www.opdv.ny.gov/

Or, call the NYS Hotline: 1-800-942-6906, for English & Español/ Multi-language Accessibility.

Deaf or Hard of Hearing: Dial 7-1-1

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

For more program details, visit the EAP website calendar. http://www.albany.edu/eap/monthly_eap_calendar.htm