Stress Management: Discover Your “Flow”

One important stress management technique is detachment which helps build resilience. An example is taking a vacation. One powerful and healthy way to detach that you may not have heard of is “flow activity.” A flow activity is any activity such as gardening, painting, reading for pleasure, needlework, or dancing that can absorb your complete attention in a meaningful, goal-directed, pleasurable, and completely distracting way. When you are busy and under stress, it’s easy to fall into an “eat-sleep-work-repeat” cycle. Interrupting this course of stress with two to three hours a week of flow activities that help you completely detach will significantly elevate your happiness. You will experience more balance and engagement with your job.

To learn more about flow, check out the TED Talk by Mihaly Csikszentmihaly titled “Flow, the secret to happiness.”

https://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow

EAP Wellness Calendars Are Now Available!

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 2019 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

One per employee while the supply lasts.

“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”

~Desmund Tutu
Respecting Personal Boundaries at Work

Respect in the workplace brings to mind things like tolerance, awareness of diversity, and bias. But disrespect has its own issues that can impact productivity. One of them is not respecting the personal boundaries of a co-worker. Do you walk through a co-worker’s door unannounced, call after hours when he or she is at home, or sit in a chair close by while the coworker is on the phone, waiting your turn to speak with him or her? Employees who appreciate the importance of honoring personal boundaries will get along better, and here’s why. When you disregard personal boundaries, you send this nonverbal message: “I’m more important than you, so I don’t need to respect your space.”

All of us teach each other what our personal boundaries are and how we want to be treated. Making them known is a combination of assertiveness, diplomacy, and immediacy. “I would love to speak with you right now, but I need to take this phone call in private” combines all three elements of how to establish a personal boundary. The most important rule in maintaining personal boundaries is to practice what you preach. In other words, if you don’t want people phoning after 8 p.m. to discuss a work issue, don’t phone them after 8 p.m.

Relationships—The Secret to Happiness

Many articles, books, and speeches have discussed the secret to finding happiness, but there is only one 75-year study that has attempted to pin down the answer. It’s the Grant and Gluek Study which began in 1934 and continues today. The project focuses on the lives of two completely different groups of people—a large group of low-income people from Boston, Massachusetts and a similarly large group of Harvard graduates. The only finding common to both groups of what ultimately brings joy is quality relationships. Recent studies on the negative effects of loneliness lend support to these findings. Developing strong and positive relationships is a social skill that also has some important ingredients and can be learned. If you’re past your teens and younger years and you find your health and relationships are lacking, it can be a bit more of a challenge to fire up an active friends network. For advice on reestablishing a social life after lots of time away from the practice of doing so, start with a visit to UAlbany EAP.

Caregiver and Depression

Do you care for a chronically ill person who also suffers with depression? If so, guard and protect your mental health. Research has shown that caregivers are more at risk for depression themselves if they care for a person with depression. Have social and psychological support systems and practice basic stress management skills. October 11, 2018, is National Depression Screening Day. It’s dedicated to education, reducing the stigma of depression, and encouraging people to get screened. Most professional counselors can screen for depression in minutes. Contact UAlbany EAP for a referral.

Source: www.caregiver.org/depression-and-caregiving

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

October 27, 2018 10 am - 2 pm

Held each spring and fall, 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: https://takebackday.dea.gov/

Synthetic Marijuana (K2)

Spice (or K2) is a dangerous psychoactive drug that is smoked, vaped, or drunk as a tea. It recently made national news when over 70 people using it overdosed within hours of each other in New Haven, CT. Spice is a mixture of plant materials like herbs and a lab-produced chemical that acts on the brain in a manner similar to THC. THC is the psychoactive substance in cannabis. These chemicals are far stronger than THC. Withdrawal from them is difficult, and addiction is more likely. Spice is dangerous and unpredictable, and no users can be sure of what they are consuming. Many drug screens still don’t detect Spice which makes it attractive to users. (That’s changing fast.) Spice is found nationwide, and much of it has been laced with fentanyl which can cause death. If you are concerned about a family member, a friend, or yourself, contact UAlbany EAP.

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

Great American Smoke Out—November 15

Every year on the third Thursday of November the American Cancer Society holds the Great American Smokeout. Did you know when you quit smoking that in as little as 20 minutes your body will start to feel the benefits? Your heart rate drops to a normal rhythm. That’s a pretty amazing immediate result of making this kind of change! Remember, you don’t have to do this alone. Research shows that smokers are the most successful in kicking the habit when they have support. Contact UAlbany EAP for resources to help you with your plan to be smoke-free.

Help:

...IT’S ONLY A PHONE CALL AWAY!

If you are finding it difficult to be as productive as you used to be, perhaps a stressor in your life is impacting your ability to feel your best at work and/or at home. The Employee Assistance Program’s Information, Assessment and Referral Service might be the answer. Take advantage of this free voluntary confidential employee benefit. Support, information, and referrals are available to assist you in finding a way to address your concerns.

If you would like to schedule an appointment for an Assessment and Referral session with EAP Coordinator Brenda Seckerson CALL 518.442.5483 or EMAIL bseckerson@albany.edu www.albany.edu/eap

Disclaimer: Material presented in this newsletter is intended for educational or informational purposes only. It is not intended to replace the advice of a qualified health professional.
Employee Assistance Program

Stress Less Month

For the fourth year in a row EAP has declared November as Stress Less Month. As we know from experience, November is a particularly busy time on campus and in our personal lives as we head towards the end of the fall semester and get ready for the holiday season. It’s a perfect time to remind ourselves of the importance of pausing during your day to take a break to relax, rejuvenate, and replenish in order to alleviate some stress.

EAP encourages all employees to take self-care seriously and to support coworkers in doing the same. One way to keep on track with this effort is to find a “stress-less friend” at work. You can make a commitment to help each other be proactive when it comes to relieving stress, find creative ways to incorporate stress-less activities into the day, and attend one of the EAP Stress Less events together. By doing so, you’ll be saying to yourself that you are worth taking the time to use your EAP benefit to support your health and well-being both in and out of the workplace.

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

Friday, November 2: - Health Sciences Campus
“Hope and Resilience” with Judi England
Noon — 1:00 pm, Café Conference Room, A Wing

Wednesday, November 5: - Uptown Campus
“Better Night’s Sleep” with Barbara Stevens provided by CDPHP
Noon — 1:00 pm, Room 375, Campus Center

Thursday, November 7: - 4 Tower Place, Stuyvesant Plaza
“Better Night’s Sleep” with Barbara Stevens provided by CDPHP
Noon — 1:00 pm, Room 407

To register for Stress Less events: http://www.albany.edu/eap/event_sign-up.htm

“It’s not the load that breaks you down, it’s the way you carry it.” ~ Lou Holtz