

Your EAP News

COUNSELING SERVICES

LEGAL/FINANCIAL CONSULTATIONS

ONLINE WORK/LIFE AND WELLNESS

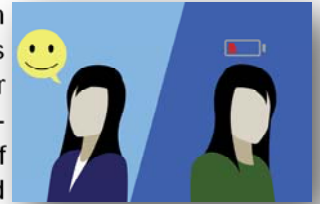
Mental Health Month: Practice Preventive Mental Health Care

There is such a thing as “preventive mental health,” just like there is preventive physical health. Here’s one approach: Practice self-compassion—be kind and understanding to yourself, especially during difficult times. Treat yourself with the same empathy and support that you would offer a close friend. And here’s another: Establish healthy boundaries—set limits on your time, energy, and resources to avoid burnout and resentment. Learn to say no to requests that don’t align with your values or goals. Preventive mental health lowers stress and builds resilience for when the going gets tough. Learn more in the workbook, “Better. Mental. Health. for Everyone” by Dr. Abraham Low.



Emotional Labor and Customer Service Stress

“**E**motional labor” refers to the practice of maintaining a positive attitude and friendly demeanor while working under stress, particularly with difficult and irate customers. Burnout risk is naturally high in such jobs, but a few healthy practices can dramatically improve your resilience. Practice each with awareness of its benefits. 1) Take care of yourself physically, mentally, and emotionally with enough rest, healthy eating, and regular exercise. 2) Practice focusing on the positive aspects of your job, such as helping customers and solving their problems. 3) Practice empathy with customers. It improves their demeanor and leads to positive interactions with you. 4) Use more positive language during interactions. It reduces tension, and it de-escalates conflict. 5) Seek support. Colleagues, supervisors, and your company EAP offer opportunities to vent, process events, and blow off steam. This is normal and healthy. It won’t feed cynicism; it’s just the opposite—it will help you stay positive and motivated in your job.



Overcome Springtime Stressors

Springtime can include a surprising amount of stress. A menu of stressors typically includes final exam preparation, graduation planning and festivities, dating and relationship issues, loss of focus on school as it comes to an end, recreational pursuits, sport schedules, social events, college planning, and tough financial decisions. The big overlay is parenting challenges. If you’re unfortunate enough to check all the stress boxes above this month, don’t suffer physical and psychological effects. Pick up some tips from your EAP or other professional counseling resources. Anxiety or depression can affect you at any time of year, and some say May is one of the most challenging times.



Get It Scheduled to Get It Done

If you create to-do lists that pile up without acting on them, you may accumulate to-do lists for days, weeks, or even months and be frustrated that so much is unaccomplished. The solution is scheduling. The phrase “If it doesn’t get scheduled, it doesn’t get done” is one of the most important concepts in time management. In short, if you don’t set aside a specific time to do a task or complete a project, you are still at the mercy of procrastination and distraction. By scheduling your task, you commit yourself to prioritizing it and allocating the time needed to complete it. Try it to see if you move forward.





Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, daily functioning and ability to relate to others. Mental illness doesn't develop because of a person's character or intelligence. Just as diabetes is a disorder of the pancreas, a mental illness is a disorder of the brain that can make it difficult to cope with the ordinary demands of life. No one is to blame—not the person and not the family. As a family member or friend, you play a critical role in helping a loved one during and after a mental health crisis. During a crisis, providing support, listening, and helping to connect them to resources like a crisis hotline can be beneficial. If a loved one is at risk of harming themselves or others, encourage them to seek immediate help. If they refuse, you may need to seek emergency care. After a crisis is over, you can continue to be supportive by watching out for signs of a crisis, encouraging your loved one to receive ongoing treatment, and continuing to offer help. Your EAP can connect you with a professional that can provide support and guidance.



What can you do when someone has a mental breakdown?

If someone you know is experiencing a mental health crisis, try to be present and nonjudgmental. Make it clear that you are there to listen to them and help them, and let them tell you how you can best support them. The following tips can also help during a breakdown.

- ◇ Create a safe environment
- ◇ Listen
- ◇ Offer help and support
- ◇ Encourage treatment
- ◇ Honor their experience

CONTACT YOUR EAP TODAY TO LEARN MORE
YOUR EAP IS HERE TO HELP

If you are feeling overwhelmed or struggling with your mental health, please know that you are not alone and that there are resources available to provide support. Your Employee Assistance Program (EAP) is here to provide confidential support and counseling services.

Remember to have compassion with yourself. Practice self-care, and seek support when needed. Your EAP is here to help.



No-Cost, Convenient and Confidential

EAP Benefits are:

Voluntary: You decide when to use the program's services.

Confidential: Your personal information will not be shared with your employer or anyone in your family. Only you know when you call for assistance.

Convenient: EAP offers services with professional providers with offices nationwide. Services can be accessed through In-Person Therapy or Tele-Therapy.

No-Cost: Services under the EAP are available to you, your spouse/partner and your dependents under the age of 26 at no-cost.



Access services under your EAP, today!
Call to speak to your care coordinator, 800-324-4327
(Español 800-324-2490) or email info@ieap.com.

Visit our Member resource site.
www.4eap.com

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