

# Let's Talk

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## 10 Tools to Live your Life Well

1. Connect with others
2. Stay positive
3. Get physically active
4. Help others
5. Get enough sleep
6. Create joy and satisfaction
7. Eat Well
8. Take care of your spirit
9. Deal better with hard times
10. Get professional help if you need it

Anyone can thrive in the face of stress. You can build more of the life you want. Mental health is one of your greatest assets. Emotions, thoughts and attitudes affect your energy, productivity and overall health. No matter how stressful a situation can be use one of the ten tips listed above to promote your well-being.

If you or a loved one are experiencing symptoms of stress or for more information call 920-320-4650. Your EAP has certified and trained professionals to get you the help you need. Make the confidential call today.

## Common Questions regarding the Employee Assistance Program

**Q: How does the program work?**

**A:** An employee assistance program is a program offered by the employer to their employees/staff. It is paid by the employer and offered to the employees at no charge.

**Q: Who can use the program?**

**A:** Any employee of the company, their spouse and dependent children up to age 26.

**Q: Is it confidential?**

**A:** Yes! The only way the employer knows that the employee accessed the EAP is if the employee was told/mandated to see a counselor at the EAP and has signed a release of information allowing the counselor to update the employer.

**Q: How many sessions does the employee, spouse, or dependent receive?**

**A:** The amount of sessions depends on what Session Model the company has. The EAP offers companies a 3-session model, 6-session model or 8-session model.

**Q: Can the counselors give referrals if needed?**

**A:** Yes! Referrals can be given after the initial assessment or at any follow up appointment. The counselor, along with the client, will determine the best fit for the situation and works with the client in finding a provider within their insurance plan when possible.



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[hfmhealth.org/eap](http://hfmhealth.org/eap)

## Seasonal Affective Disorder

Symptoms of seasonal affective disorder usually occur in the autumn and winter months. It can begin during the teen years and in adulthood. Women tend to be affected by it more than men.

Hopelessness, increased appetite with weight gain, increased sleep, less energy and ability to concentrate, losing interest in work and other activities, sluggish movements, social withdrawal, unhappiness and irritability are symptoms that can be experienced.

Seasonal affective disorder can turn into long-term depression. Bipolar disorder and thoughts of suicide may also occur. By getting enough sleep, eating healthy foods, taking medications, exercising, participating in activities that make you happy, soak up the sun as often as possible, Consider seeing a therapist, watching for signs that your condition is getting worse and having a plan in place if it does are some ways to manage your symptoms.

For more information about seasonal affective disorder or to get help, contact your Employee Assistance Program at 320-4650 or 888-604-3405.

Resource: [www.nlm.nih.gov](http://www.nlm.nih.gov)

**Winter is here and the spring season will soon be upon us. Here are eight ways to provide safety for yourself and others on the road:**

Review your vehicle's maintenance schedule, test your battery, inspect your tires, check the coolant, inflate your tires, test the wipers, keep an emergency kit in your vehicle and consider getting an overall checkup done.

**An ounce of prevention is worth a pound of cure**

Reference: [erieinsurance.com](http://erieinsurance.com)

Happy New Year!

New Year's Resolutions can be difficult to make and keep. Choosing specific, realistic goals can help you obtain success. Pick only one resolution. Start with small steps. Try to avoid repeating past failures. Remember that change is a process. Don't let small stumbles bring you down. Get help and support from your friends and family. Renew your motivation and always keep working on your goals.

Reference: [www.psychology.about.com](http://www.psychology.about.com)