

EAP

Employee Assistance Program

December 2022 Employee Newsletter



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Anticipating the Holidays with a Self-Care Plan

Try creating a “holiday self-care plan” this year if you are facing isolation, an overwhelming list of “to-dos,” coping with grief, or facing past hurts. Don’t let the season just nudge you along with uncertainties, big to-do lists, and anxiety. Self-care means deciding how you will maintain health and wellness. Decide what holiday events you will (or will not) attend, be assertive about asking for help and support, stick to a budget, and decide you won’t feel guilty for not hosting the big party this year. Add emotional wellness decisions, too. For example, try letting go of lingering resentment from that argument you had last year with your brother-in-law. Discover relief that comes from no longer replaying the exchange in your mind. For real impact, schedule treats or pampering experiences for yourself during the season. Their real value is serving as fun experiences you can look

forward to when stressed. If grieving the loss of a loved one, decide how you will remember your loved one during the holidays. Give yourself the opportunity and permission to feel loss. Ask for support you need, and don't resist feelings of expressing sorrow because you fear "ruining" the holidays for others. With a holiday self-care plan, you can anticipate less stress during the season. In time, you may be sharing your planning secrets with others who need them as you discover more positivity in the seasons to come.

Should You Screen Your Teen for Depression and Anxiety?

Moodiness is normal in teenagers. Even healthy teens will have emotional ups and downs. But depression and anxiety disorders are not simply mood swings. Left untreated, they can influence long-term health and social problems. With suicide being the second leading cause of death for young people 10-19, the U.S. Preventive Services Task Force recommends that all teens get screened for anxiety and depression. It's not difficult, and a doctor can do it. So ask if it's not part of a routine office visit. The goal is earlier treatment and better outcomes, if or when spotted. Learn more [here](#).

Practicing Detachment from Alcohol Issues

Ask for counseling help and support if you are concerned about a loved one's alcohol use this holiday season. Start with your EAP or other qualified expert and discuss the art of "detachment." Detachment is about stopping the preoccupation with the drinker's behavior—tracking what they are doing and where they are going, threatening, pleading, manipulating, which can contribute to resentment and even physical illness. Detachment is a teachable skill, and with guidance you can discover how to participate in the relationship in a new way.

Uncovering bullying behaviors

It's a myth that bullying in the workplace is always obvious. Bullying may be invisible to bystanders or impossible to label as such with only one stand-alone incident in the absence of its context. This is what makes mistreatment of others insidious. And it's what makes a complete "bullying behaviors checklist" difficult to construct. Do you practice bullying behaviors? Rather than a checklist, examine two questions: Do you desire or seek to control or influence your coworker's behavior motivated by your own desires, needs, or self-serving motives? If not, are these motives hidden behind what you often label as "helping" (i.e., helping someone grow or know their place; helping someone not get too ambitious, "helping them not getting burned," or "learning the politics of this place"?) Still need a list

of bullying behaviors? Find one [here](#).

Consume News with Awareness

The COVID-19 pandemic and war in Ukraine have offered plenty of fear and uncertainty. Has the anxiety interfered with your ability to sleep or be productive? Have you been too focused on the latest frightening news? It's hard to avoid the news, but you can lessen its impact. Tips: 1) Be aware that news is sold and used to sell products, services, and clicks; 2) News is designed to agitate the reader to click or flip pages; 3) It is natural to focus on bad or frightening news because it directly affects the human “fight-or-flight” trigger response. With this awareness and lessened intensity, experiment by consuming news in moderation and use more time for other things you want to accomplish in your life.

MEDICINE *of* THE HIGHEST ORDER

