

## Stop the Doomscrolling

“Doomscrolling” is the excessive consumption of negative news online. Thousands of news sources compete for viewers' attention.



Research studies show that humans are more attracted to negative news than to positive news because our brains naturally pay attention to what threatens us. Negative news grabs attention—not just in newspapers but also online. If you find yourself drawn to social media or news sites, repeatedly searching for

more details about the latest negative story, and if that starts consuming excessive time, interfering with your work or social life, or causing ongoing anxiety and stress, consider seeking support by calling UR Medicine EAP at (585) 276-9110.

**UR Medicine EAP**  
179 Sully's Trail  
Suite 200  
Rochester NY 14534

(585) 276-9110

**Email:**  
[EAP@urmc.rochester.edu](mailto:EAP@urmc.rochester.edu)

**Website:**  
[urmc.rochester.edu/EAP](http://urmc.rochester.edu/EAP)

## Building Resilience: Mastering Composure Under Fire

Negative interactions at work are bound to happen, but why let them throw you off your game? Instead, master the skill of “staying composed under fire” or “workplace emotional resilience.” It takes practice, but you'll keep your productivity and well-being intact by understanding these four principles:



1) **Choose your reaction:** The key to staying in control is realizing that your reaction is a choice. It may feel like pure reflex, but with practice, it can become intuitive.

2) **Identify emotions:** Be aware by identifying emotions like frustration, anger, or stress that appear in response to everyday interactions.

3) **Pause Before Reacting:** Practice pausing before reacting. This gives you a mini-time gap to respond more thoughtfully rather than impulsively.

4) **Reframe from negativity:** When you witness negativity on the job, see it as a reflection of the other person's stress or struggles and focus on solutions, not drama.

## Avoid Passive-Aggressive Communication at Work

Passive-aggressive communication is distressing and contributes to poor morale, higher turnover, and lower productivity. Recognizing its impact and avoiding it can create a more positive workplace, reduce stress, and decrease burnout. Have you ever expressed yourself using passive-aggressive communication?

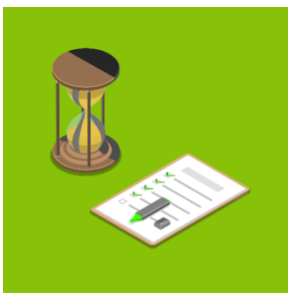


Below are common behaviors:

- Sending emails to a coworker but copying in their supervisor
- Withholding information
- Using the silent treatment
- Leaving notes that create distress (e.g., “See me” or “We need to talk”)
- Giving a compliment containing a hidden insult (e.g., “Wow, good work for a newbie.”)
- Using an insincere tone (e.g., “Yeah, sure, I’ll get that done pronto.”)
- Undermining a positive relationship between two coworkers with gossip or falsehoods.

Steering clear of passive-aggressive communication is key to maintaining a harmonious workplace. By becoming mindful of our behaviors, we can each build stronger professional relationships.

## The Power of Feeling Time Affluent



Do you have enough time to do the things you want and need to do? If you answered yes, it means you are “time affluent.” Time affluence is key to feeling happy and satisfied with life. The opposite would be feeling constantly under pressure, rushed, and “without a second to breathe.” The feeling of being in control of your time isn’t necessarily acquired by having money but by appreciating time as an irreplaceable commodity and applying skills that give you more control over it.

To gain time affluency, consider these seven skills:

- 1) Learn to prioritize less important tasks from consuming time.
- 2) Practice doing key tasks in “chunks of time.” This increases focus and speed and gives you more life balance
- 3) Learn to say no; this requires learning when and what to say no to while staying proficient at it
- 4) Delegate more—a cost-free example might be delegating household chores to other family members

- 5) Reduce/avoid social media/technology use
- 6) Place time gaps between chores to enjoy a break rather than stitching them together all day and feeling rushed
- 7) Discover the art of mindfulness and utilize this life skill to appreciate the present moment

## Fifteen Benefits of Walking



Knowing the positive impact of a regular 30-minute walk could help you stay motivated. Below is a list of walking benefits.

Which of the benefits makes you want to put the spring in your step?

1. Decreased risk of cardiovascular disease and cancer
2. Decreased risk of cerebrovascular disease
3. Decreased risk of type 2 diabetes
4. Decreased risk of cognitive impairment and dementia
5. Improved mental well-being
6. Improved sleep
7. Increased lifespan
8. Increased effectiveness of immune function
9. Greater calorie expenditure during and after the walk
10. Reduced effects of stress
11. Improved self-esteem
12. Positive self-talk from achieving walking goals
13. Improved overall endurance
14. Improved insulin sensitivity and glucose control
15. Alone time to reflect on thoughts, feelings, and goals for improved self-awareness and personal growth.

Talk to your doctor about your exercise plans. Incorporating short, intense bursts of walking fast or jogging for, say, 20 seconds periodically can help you achieve greater health benefits in less time compared to a moderate walking pace alone!

Source: [The multifaceted benefits of walking for healthy aging: from Blue Zones to molecular mechanisms](#)