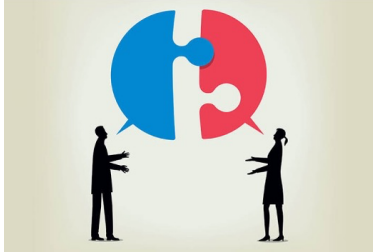


Turbulent Times



In today's climate, where political news seems to dominate every conversation and social media feed, it's easy to feel overwhelmed by the constant bombardment of information and divisive language. Political stress can impact our mental health, relationships, and overall well-being. However, recognizing and managing this stress is crucial for maintaining a balanced and healthy life. Here's a guide to

help you navigate the turbulent waters of political stress and find some peace, so you can manage its impact on your life.

- **Recognize the Sources of Stress:** Before you can manage political stress, it's important to identify what's causing it
- **Set Boundaries with Media Consumption:** One of the most effective ways to manage political stress is to control your media consumption.
- **Practice Self-Care and Mindfulness:** Taking care of your mental and physical health is essential for managing stress
- **Focus on What You Can Control:** Ultimately, you can't control the political climate, but you can control how you respond to it.

[For more information, download our Navigating Political Stress PDF](#)

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

(585) 276-9110

Email:
EAP@urmc.rochester.edu

Website:
urmc.rochester.edu/EAP

Using Emotional Intelligence in the Workplace



Emotional intelligence (EI) is being able to recognize, understand, and manage your emotions while also recognizing, understanding, and influencing the emotions of others. EI can strengthen relationships, create fewer conflicts, and increase job satisfaction. Here are some tips on how to practice emotional intelligence at work.

- When a coworker shares a concern, listen without interrupting, and show you're engaged by nodding, maintaining eye contact, and paraphrasing what they've said. With your boss, listen carefully to feedback or instructions, and ask effective questions to ensure you understand.
- When tensions arise, decide to remain calm. Encourage others to take a break, which will defuse tense situations. If your boss is under pressure, offer solutions so your calm demeanor influences their mood.
- Have awareness of your emotional triggers and manage your response to them. If a coworker's comment annoys you, pause and take a breath. You'll find your response is thoughtful rather than impulsive.
- If you feel frustrated or upset by something your boss has said or done, take time to cool down before addressing the issue. Then speak to them from a place of understanding.

Choosing a Positive Attitude at Work



Many employees think a positive work attitude is shaped by the environment, job satisfaction, and how they are treated. While a positive work environment can foster a good attitude, your attitude is controlled by you. Think of your attitude as a skill that can be developed and applied in any situation. Challenges can be approached in a professional demeanor with optimistic eyes. When the work feels stressful, define your boundaries to prevent burnout, and your attitude will remain positive. Even in less-than-ideal conditions, you can choose to maintain a positive attitude. Why? While you may not control the conditions around you, you can control how you

respond to them. The payoff is maintaining your well-being, but it will have a lasting effect that improves the overall environment.

What Is the “National Loneliness Epidemic” About?



With today's times of remote work, digital communication, and the isolation of the elderly, people socializing in person has dropped over 70% in the past 20 years. Loneliness is more than a feeling of sadness from a lack of social contact with friends, family, and meaningful relationships. Loneliness has been linked to mental health disorders, cardiovascular disease, and decreased life expectancy. It's important to be proactive and intentional about maintaining social connections because your relationships are lifetime resources. You can counter loneliness by focusing on meaningful relationships and assessing your social media use. Social media should enhance and not replace, real-life interactions. If you're concerned about isolation, whether your own or someone else's, reach out to UR Medicine EAP for support.

Learn more at [Our Epidemic of Loneliness and Isolation](#)

Dangers of Excessive Screen Use



Studies have shown compulsive internet usage can lead to addictive behaviors and impair intellectual and physical growth. Teens average 4.8 hours of daily screen time. Signs of addiction can appear as disinterest in other activities, withdrawal symptoms when offline, and using screens to escape negative feelings. Family counseling is the most effective approach to addressing excessive screen use. Helping your teen establish a healthy balance of screen use is a family effort rather than a task for your teen to tackle solo. Family counseling helps establish healthy screen habits, promotes offline activities, improves family communication, and supports children's mental and emotional well-being. UR Medicine employee assistance program can help your teen with depression, anxiety, aggression, defiance, or even bullying.

Learn more at [Excessive Internet Use Disrupts Key Parts of the Teenage Brain](#)

Counseling for Stress Management?



You may want to consider seeking support when you experience persistent, overwhelming stress that you feel interferes with your daily functioning. Physical symptoms of stress such as headaches, gastrointestinal issues, or consistent sleep problems are also indicators that it is time to seek support. When stress is unmanageable, it will also negatively affect your relationships with your family, friends, and colleagues.

Based on the signs mentioned above, it may be beneficial to reach out to the Employee Assistance Program (EAP) or seek additional support and resources. Doing so can provide you with the necessary help and tools, including lifelong skills, to better manage stress both now and in the future.

Resource: [UR Medicine EAP](#)