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Focus on Excellence, Not Perfection

Excellence at work involves setting high standards and striving to achieve them. But not letting go of a work project because it is not “perfect” is a path to frustration and burnout. Most people know that perfectionism is not attainable, but it may not feel like it when it’s your project. Just one more tweak seems critical. And then another. Start by not labeling yourself “a perfectionist.” Next, think about your relationship with mistakes and failure. Do you see these things as personal flaws rather learning experiences? If so, being self-critical is likely a habit that accompanies your perfectionism. Talk to a professional counselor. You will learn how to reframe how you view mistakes, errors, and imperfections, and see these as opportunities to practice letting go, patience, and self-love.

Teaching Children to Be Better Problem Solvers

If you are parent of young child, here’s a “formula” for teaching problem solving. (Be patient and do not rush the process): 1) Encourage the child to explain the situation needing a fix, solution, or answer. 2) Ask questions that prompt critical thinking and solutions. 3) Help the child break the problem up into smaller parts. Tackle one piece at a time. 4) Let the child brainstorm for answers. 5) Guide the child to the solution. 6) Praise the effort. 7) Talk about mistakes as learning tools, and okay. 8) Have a post-event discussion and reflect on the steps to solving a problem. For more create more opportunities for learning the problem-solving process, create problems. Example: “I don’t know what to make for dinner, but this is what we have in the refrigerator.”

Is a Marital Workshop the Answer?

Could you benefit from a marital/couples workshop as a way to have a more satisfying relationship? Such workshops allow for time away from distractions, usually 1-2 days, while participants explore many aspects of relationship wellness. Marital workshops may facilitate changes you desire if traditional, weekly counseling hasn't brought the results you seek. Marital workshops help a couple reorient their view of the relationship to attain "team focus" rather than an adversarial one. Improving communication is paramount, especially with the use of deeper empathy, listening, and validation skills that help partners feel truly understood. All relationships have challenges, and stressful times can test resilience, so workshops are usually designed to give you a lasting framework that both partners understand as their go-to approach to stay cohesive in times of significant stress. Most importantly, a marital workshop can help couples feel more positive and hopeful about the future, and in control of where their relationship is going. Many research studies have shown that negative communication patterns of couples threaten physical and immune health with slower healing and more vulnerability to physical illness. That's a strong incentive to repair a relationship that is not working. One benefit might be a longer life. Learn more: "Best Guide to Marital Counseling Retreats" <http://www.guidedoc.com/best-marriage-counseling-retreats-us> Also: "Transform Your Marriage Vision Retreat: A Self-Guided Getaway for Couples Paperback" (2021) available at online book sellers.

Living Better in the "Sandwich Generation"

The "sandwich generation" refers to adults raising children under the age of 18 while also caring for elderly parents. Are you a member of this select group? If so, key stressors may include finding time for yourself—sleeping well, eating, and engaging in physical activity; setting boundaries with finite time and energy resources, financial stress, a need for emotional support, and wondering what resources are out there to assist you. Learn ways to find more support from Aging and disability resource centers <https://www.usaging.org/adrcs>

Dating Violence Prevention Month

There's a great concern about teen dating violence because recent research points to a strong correlation with domestic violence in later years. Parents are on the front lines in providing education and awareness. And they should keep an eye (and ear) out for signs of abuse. Many teens are unaware of what constitutes abusive behavior. They rely on parents to tell them, but 80% of parents don't believe teen dating violence is a serious problem. Here's why: Many teens won't acknowledge victimization for fear of being embarrassed or losing the relationship to which they attach strong social value. If you are a parent with a teen, don't wait to detect a problem. Be proactive using the resource below. Avoid having your child wonder years later why you didn't say more about how to prevent or protect themselves from abuse. Learn more here. <https://www.cdc.gov/violenceprevention/pdf/DMpromotionalbrochure-508.pdf>

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