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Your Self-Care Checklist

When stress strikes, do you have a set of wellness practices you can turn to manage pressure, stress, and strain—ones tailored to how your body and mind uniquely respond to tension? Start and develop such a checklist, and over time, add to and amend it until you have the support tactics that will keep you resilient. Include whatever works for you—from lighting a scented candle to doing laps around the track. Then make this tool your personal action plan during periods of unusual personal stress. Don't waste time dreaming up stress-management ideas for your checklist. Pick and choose from a menu of hundreds of strategies by searching for "100 ways to manage stress." Many pages with hundreds of ideas will appear, and you can consider which ones feel right to you. Then keep your checklist at the ready for when the going gets tough.

Fight Inflation with Frugality

The 2022 inflation crisis is the worst in decades, but ways exist to save money, and one is living frugally. Frugal doesn't mean "cheap." Frugality is a lifestyle, and those who live it argue they live about the same as they did before, but for less! Big savings can follow years of living frugally. One key principle of frugality you can start using today is, before making any purchase, asking "Is this a want or a need?" This awareness eliminates a ton of impulsive purchases—things you buy without much (or any) prior thought. To learn more, check out Sammy Reinkemeyer's 2021 book: "Beginners Guide to Living Frugally."

Discover Your Maximum Potential

Personal effectiveness is the practice of getting the best out of yourself. Have you tried to assess your life by examining your goals and what's truly most important to you and then acquiring skills to achieve your potential and your best life? Focusing on personal effectiveness allows you to gain insight into your strengths, weaknesses, and values. You increase your self-awareness, which helps you overcome roadblocks and take action to reach your most exciting personal goals. An entire industry on personal effectiveness exists, with education and training products. Nearly all can be purchased or found online. Be cautious, however. Many self-help and self-improvement materials are not scientifically sound, despite their online recommendations. Some may claim you have psychological problems or deep-seated "personal issues" that you really don't. Still, many personal effectiveness materials have stood the test of time and are effective and powerful. To get started, seek opinions and guidance from professional counselors, your employee assistance program (EAP), or other licensed medical and mental health professionals. They can help you find the right resource for self-help that can help you get to that "next level" in your life. The link will take you to the most popular personal effectiveness materials purchased by the public in 2022.

Keeping a Psychologically Safe Workplace

A psychologically safe workplace is one where employees speak up, take risks, and make mistakes without punishment, repercussions, and ostracism. The business case for a psychologically safe workplace is the promise of improved engagement, reduced turnover, higher productivity, better attendance, and more ideas to solve problems. One dominant sign of a psychologically unsafe workplace is fear that leads to holding back on speaking up at meetings. Another is the inability to confide in a trusted coworker. In general, negativity in the workplace is contagious, so to play a role in maintaining a psychologically safe workplace, be self-aware. And then encourage inclusion and collaboration, and reward participation.

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Employee Assistance Program

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