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Saving at the Pump

Perhaps you're one of the many feeling the "pain" from the significant increase in gas prices over the last few weeks. To find relief follow a few of the suggestions that have been outlined by the U.S. Department of Energy (2011):

Eliminate Aggressive Driving ("speeding, rapid acceleration, and braking" can lower gas mileage by 33% at highway speed (5% at city speed); **Observe the Speed Limit** "you can assume that each 5mph you drive over 60mph is like paying an additional \$0.24/gallon" if you pay \$3.52/gallon; **Remove "Junk in the Trunk"** An extra 100lbs can decrease fuel efficiency by 3%; **Using Cruise Control** provides a more constant speed increasing fuel efficiency; and **Maintaining Properly Inflated Tires** can improve gas mileage by over 3%.

References: U.S. Department of Energy. (2011). *Drive more efficiently*. Retrieved from <http://www.fueleconomy.gov/feg/driveHabits.shtml>

"Speeding, rapid acceleration, and braking can lower gas mileage by 33% at highway speeds"

Message from Your EAP

Bon Secours EAP offers short-term counseling services to you and your immediate family members by trained professionals that specialize in a wide range of personal and job related issues. It's our main goal to keep your lives balanced so your personal stressors do not impact your job performance. Services are confidential and provided at no cost as a benefit of your employment. To utilize your EAP benefit, call our main office at 757.398.2374 Monday-Friday from 8:30 a.m. to 5 p.m. or visit us on the web: www.eap-hamptonroads.org

Stress Tip Increasing Physical Activity

It is important for our physical and mental health to engage in physical activity. Fun and easy ways to incorporate exercise can include:

- Mowing the lawn with a push mower
- Walking the dog
- Washing the car
- Riding a bike
- Planting flowers or vegetables
- Taking a walk while discussing your day with a loved one

Depressed? How to Help Yourself

We all have our days of sadness; however, when these days interfere with your ability to function normally you may be suffering with depression. Signs may include exhaustion, difficulty concentrating, overeating or loss of appetite, irritability, and/or digestive problems. A few ways to help yourself can include:

- Scheduling an appointment with your doctor
- Exercising
- Engaging in enjoyable activity
- Replacing negative thoughts with positive thoughts
- Talking to a trusting source like friends or family
- Postpone important decisions until you feel better

Source: National Institute of Mental Health. Retrieved from <http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml#pub12>

Stress Management on the go

If you can't manage stress at the gym, think about practicing more stress management on the go. Consider these stress-busting habits:

Make decisions earlier- Think about the problems you face. Identify the most urgent and those that's decision can be made rather easily and get them off your plate. This will allow you to free up time and make better decisions.

Slow down, strategically detach- Slowing down can help you work more efficiently, avoid distractions, and leave on time.

Practice the art of saying "no"- Your energy is a resource and "biting off more than you can chew" can be a huge burden. Say "no" when you can and be aware of your capabilities.

Education, Support & Upcoming Events

Stay aware and assess your health

Free online screening tools available at www.mybonsecours.com

"It's all about eating right"

Understand the effects your diet has on your health www.eatright.org

Bon Secours Sponsored events

Check out the latest events that are sponsored by Bon Secours by going to www.bshr.com and clicking the news and events tab

Always Helpful!

Want to Quit Smoking?

www.smokefreevirginia.org is a free government funded website that provides education, resources and updated smoke cessation product offers.

Alcoholics Anonymous (AA)

Local support groups can be found on the Virginia AA website at <http://www.aavirginia.org/hp/meetings/waw.asp?search=true>



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EMPLOYEE ASSISTANCE PROGRAM

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