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### Avoid Cubicle Crisis

Although the stress of working in an office cubicle has been the substance of Dilbert comic strips and much office lore, it can be less stressful if you make your space efficient and personal. Best ideas: (1) Use a large, clear plastic desk pad with frequently needed information slipped underneath it. You'll manage information more effectively. (2) Add a small bulletin board for those small pieces of paper you need, but frequently shuffle around on your desk. (3) Add greenery (small plants), trophies, certificates, or cartoons. (4) Add or frequently rotate photos of family, friends, and your last vacation. (5) Manage information by making it available at your fingertips. (6) Get rid of the dust!

*Add a small bulletin board for those small pieces of paper you need*

### Message from Your EAP

Bon Secours Employee Assistance Program 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 a.m. to 5 p.m. or visit us on the web: [www.bshr.com/eap](http://www.bshr.com/eap)

### Stress Tip

### Reduce the Stress of Cooking

By Lita Staskey, MBA

Cooking can be thought of as a stress reducer but to some can have an adverse reaction. To help eliminate the tension of your daily meals make a few changes to your routine. Some suggestions: (1) Prepare, prepare, prepare. Know what ingredients are required and do as much prep work as you can BEFORE you begin. Having everything handy will make the process feel less rushed. (2) Choose simple and quick meals for the nights that you'll be working later than normal, save the fancy stuff for the weekend. Crock-Pot recipes are delicious and can be ready by the time you return. (3) Your diet can affect your mood so incorporating healthy and nutritious foods can be helpful. Suggestions are foods rich in vitamin c and b vitamins like almonds, salmon, broccoli, cantaloupe and blueberries.

## Have a Happy Heart

Add "participate in an activity that makes me happy" to your to-do list of managing stress, exercising, eating well and getting enough sleep. Research from the University College London says happiness leads to a healthier heart. Levels of cortisol—a stress hormone—were 32% lower in people who reported having more happy moments during the day, a lower chemical marker for artery damage (fibrinogen) and other factors that could have explained the phenomenon.

Source: <http://www.mentalhealth.org.uk>  
(News/April 19).

## Could You Benefit from Al-Anon?

It is estimated that an alcoholic affects the lives of at least four other people, which is why it is often called a "family disease." Al-Anon is a 12-step, self-help group created more than 50 years ago, not long after Alcoholics Anonymous began. Could Al-Anon help you? Learn more from the EAP. Three types of people can potentially benefit greatly from Al-Anon: those troubled by someone else's drinking, those who grew up with a problem drinker, and those whose lives have been affected by someone else's drinking.

## Education, Support & Upcoming Events

### Stay aware and assess your health

Free online screening tools available at  
[www.mybonsecours.com](http://www.mybonsecours.com)

### "It's all about eating right"

Understand the effects your diet has on your health  
[www.eatright.org](http://www.eatright.org)

### Looking for Credit Counseling?

If you're in need of credit counseling and/or education contact one of these local resources:

- \* Consumer Credit Counseling (757)424-2060
- \* Catholic Charities (757)484-0703

### Always Helpful!

#### Want to Quit Smoking?

[www.smokefreevirginia.org](http://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>

### Good Help to Those In Need\*



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EMPLOYEE ASSISTANCE PROGRAM

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