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Get a Grip on Worry

We live in anxious times. Watching the nightly news can give us plenty to worry about. Add the usual life stressors of family, job, financial stress and illness and we can feel overwhelmed.

Obsessive worry can itself become a problem and a drain on your energy and can affect your emotional and physical health.

Get out of the habit of late night worry. When we are tired, our problems seem bigger and scarier. Many people use the time before falling asleep to review and obsess over problems. A way to disrupt this habit is to keep a notebook by the bed and jot down your thoughts so you can relax and not feel like you may forget something important. This process can also organize your thoughts. Then say: "I have my worry list; I can let this go until tomorrow." Quieting your mind in this way will hopefully lead to a good night's sleep.

Put your worries in perspective. Will this be important a month from now, a week from now? Most won't be.

Message from Your EAP

We offer 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 help you keep your life 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: virginiaemployeewellness.com

**Stress Tip
Reality Check**

Have an Upsetting Situation? Ask Yourself These Questions.

What am I doing, or not doing that is contributing to this situation?

What is the worst that can happen in this situation?

Am I taking action to resolve this situation, or am I just worrying about it?

Are my emotions helping me or hurting me?

Am I being too hard on myself or others in this situation?

Am I taking this situation too personally or too seriously?

Are there other explanations for this situation, besides my assumptions?

Alcohol Awareness Month

April is National Alcohol Awareness Month, sponsored by the National Council on Alcoholism and Drug Dependence, Inc. More than 18 million individuals in the U.S. suffer from alcohol use disorders.

Ask yourself these questions if you are wondering about your drinking:

Do you sometimes feel guilty about your drinking? Are family members or close friends expressing concern about your consumption? Have any of your blood relatives had problems with addiction?

EAP can help you address your problem. Call 398-2374 for a confidential appointment.

Lunch at Your Desk, Again?

Many of us think we are being productive by eating at our desk. We often eat while working at our desk 2-3 times a week, according to a study conducted by the American Dietetic Association. If you aren't using that time to get fresh air, move around and take a stretch, chances are you are starving your body of sunlight, exercise, socializing with others and having better food than lunch in a cup. Get away from your desk and you will feel more refreshed, have a better attitude about your job or at least manage your stress better by lunching with a coworker or friend and taking a real break.

Education, Support & Upcoming Events

Stress Reduction/Mood Enhancement with Marsha Engle

When we experience chronic stress, our nervous systems get stuck in 'high alert', creating numerous physical and emotional consequences. Mindfulness tools reset our nervous systems back to a more healthy state and even create new, healthy neuropathways in our brain. The practice of mindfulness allows us to be more alive, more fully engaged in the moment, allowing more joy into our lives.

In this 4-week workshop learn how to:

- Use breath techniques to calm and soothe or energize and activate
- Control obsessive and racing thinking
- Experience relaxation through visualization and meditation
- Use humor and play to live more fully
- Utilize easy yoga postures to achieve more desirable emotional states

April 9, 16, 23, 30 (Tuesdays)

6:30-8 pm

\$75 for 4 sessions

**Wellspring
Psychotherapy
2940 N. Lynnhaven Road
Suite 150
Virginia Beach**

**Call 880-8713 to
register**

**Space is limited so
call now to reserve
your spot.**



**BON SECOURS
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