

NEELY EAP

July 2021

NEWS LETTER

GET THE MOST FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM



WELCOME

We are so pleased to be your employee assistance provider. Employee Assistance Programs (EAPs) are a first-line response to providing prevention and short-term problem resolution services. We provide short-term counseling services, seminars, legal services, and financial advice, all FREE of charge to you. Each month our newsletter will be packed full of wellness information and updates about upcoming seminars and webinars.

JULY'S SEMINAR

Please join us for our live seminar **Working from Home with Kids**. This seminar will help you gain additional tools and strategies to remain resilient through these difficult times.

July 8th @ 3pm

[Click Here
Registration](#)

UPCOMING QUARTERLY WEBINAR

**Improving Leadership through
Communication & Delegation**

Available August 30th

HIV/AIDS Awareness

By Aaron Ballesteros

Mental Health Challenges



When I talk with my patients, whether in-person, via telehealth, or over the phone, I will always ensure that we set up an individualized self-care plan. This self-care plan has three main parts the **mind**, the **body**, and the **soul**. Today I want to focus on what, on the surface, would just impact the body but can have an impact on all (3) of these things, and that is HIV/AIDS. Before we move on, this is a topic that carries a lot of stigma and shame. This article will shed some light on some of the misconceptions.

STATS

According to the CDC (Center for Disease Control), "At the end of 2019, an estimated 1,189,700 million people aged 13 and older had HIV in the United States, including an estimated 158,500 (13%) people whose infections had not been diagnosed," and Texas was 3rd for HIV infection rates.

Options, Treatments, and Insight

There are ways that we can prevent the spread of HIV, by using Pre-exposure prophylaxis (PrEP), refraining from illicit drug use that can lead to risky behavior, and getting tested on a basis for HIV as recommended by your health care provider.

If you are exposed to HIV or you have tested positive for HIV, this can be devastating news. The most important thing to know is that there are options for you when it comes to treatment, whether it is PEP (for exposure to prevent acquiring HIV) or Antiretroviral therapy (ART) for those that have HIV. Speaking with a qualified medical professional can be a good idea to see what treatment is best for you, and how you should move forward so you can tend to your body's needs.

Whether its PrEP; PEP; or ART; there are many ways to treat, prevent, and manage HIV. Knowledge is power and the more we know the better. Did you know that a person that has HIV and that has been taking their Antiretroviral therapy (ART) can be considered undetectable? This means that their viral load is so low in their body that it is not detectable by many tests. And when one is undetectable, they are also extremely unlikely to transmit the HIV virus! Even more reasons to get tested, know your status, and follow your medical practitioners' medical advice!

Tools

As for the mind and soul, talking with a therapist can help greatly. When you make an appointment with a therapist, you enter into a judgment-free relationship where you can learn to develop coping skills and mechanisms to help with whatever may come your way. If you find yourself questioning your HIV status and are experiencing anxiety, try a grounding technique such as "Square Breathing". Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and wait to take your next breath for 4 seconds. Do this 4 times to assist in the calm-down process. Other techniques you can do is go for a mindfulness walk, jog, or run to help clear your headspace before making the decision to talk to a medical professional about testing.



Closing/Words of Wisdom

It can be scary facing the unknown, but we can also be doing harm to ourselves in the dark. Form a strong support system and move forward with decisions that when you look back on them, you're going to be proud of them.

Sources:

Center for Disease Control and Prevention. (2021, June 24). What is HIV. Retrieved from About HIV: <https://www.cdc.gov/hiv/basics/whatishiv.html>

POSITIVE MINDSET

By Aaron Ballesteros



This summer, we are encouraged to look upon Independence Day with new meaning to mark this country's effective return to normalcy after a year and a half of a pandemic disruption and over 600,000 lives lost. July Fourth can serve as a breakthrough moment in the nation's recovery and our own. In addition, holidays like the 4th of July can be a great time to allow us to bring family, friends, and loved ones together and reconnect.

Focusing on Connection



We can focus on connecting with those that we love and care about during the holiday! We lost a lot of connection when it came to the start of the pandemic, and even now, we are somewhat slightly isolated. With lessening restrictions, more people getting vaccinated, and keeping up with safety protocol, we can focus on quality time rather than spending money on a big holiday get-together and expensive fireworks. We can consider using the foods that we already have at home. Many cities also offer public firework shows that can assist us in cutting down on costs as well.

A Couple of Tools to Help Out...

If we find ourselves in a new situation where we don't have what we are used to, this is causing us to feel a certain way. Take a moment and ask yourself, "What emotion is sitting with me right now?" Anxiety? Stress? Overwhelm? Defeat? Once you have identified that emotion, willing to accept that emotion, then you can look at the situation from a perspective of what you can do rather than what you cannot. Mindset is very powerful, and if we allow ourselves to be consumed by negative thoughts, we can be pulled into having more of them.

For every negative thought you have, I want to challenge you to write it down, and next to it, write three positive things or three things that you are going to do to make the situation better. This can help us get into a more positive headspace and improve our mindset.

Connecting in person may be difficult because some of us may still be wary of COVID or have a compromised immune system, etc., but this shouldn't keep us from connecting with others. We can still FaceTime, Zoom, and have Skype Parties during this holiday. These are ways that can keep costs down but bring us all closer when we were possibly growing apart.

Let's focus on what moves us towards staying connected rather than the disconnection that most of us have endured over the past year.





WHAT CAN MY EAP DO FOR ME?



At Neely EAP, we understand the challenge of balancing work and life stresses while staying mentally healthy. That's why we've partnered with your employer to offer you the following services, free of charge:

- 24/7 Hotline, Access to Confidential Services
- Short-Term Counseling *Couch Time Check-In* (preventive annual counseling session)
- Legal and Financial Assistance
- Wellness Trainings
- Online Employee Training Vault
- Critical Incident Stress Debriefing
- And more. log in online at www.neelyeap.com

About Logo

For decades enslaved African Americans look to the North Star for hope, inspiration, and freedom. Neely EAP (NEAP) provides the hope that your situation will improve, the inspiration to move you in the right direction, and the freedom to live your best life.