

# NEELY EAP

JANUARY 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.

### JANUARY'S SEMINAR

Please join us for our live seminar **Resiliency and COVID**. This seminar will help you gain additional tools and strategies to remain resilient through these difficult times.

January 28<sup>th</sup> @ 3pm

[Click Here  
Registration](#)

### UPCOMING QUARTERLY WEBINAR

Cultivating Confidence in  
Female Leaders

Available March 18<sup>th</sup>

## 2021 ALREADY STRESSFUL?

### WAYS TO REDUCE DAILY STRESS

**B**etween 70 and 80% of all diseases and illnesses are stress related, and the leading causes of death are lifestyle diseases. Yet we do not need statistics to tell us that we feel stressed, exhausted, and creatively depleted when we do not care for ourselves. Below are a list of ways to reduce stress.

#### Environmental Strategies

The first domain to examine for ways to reduce stress is the space around you. What can you see, smell, hear, touch and taste? What makes you drop your shoulders and say, "Ahhhh"? Look for ways to bring beauty to your environment. Here are a few things to get you started:

- Enjoy being
- Light a scented candle
- Try aromatherapy
- Bake bread or cookies

#### Cognitive Strategies

The second domain to address when reducing stress is how you think about and perceive information. Mental interpretations determine your emotional reaction, so dwelling on problems, thinking of the worst-case scenarios, and berating yourself over mistakes will all increase your levels of stress. Alternatively, allowing yourself to make mistakes and move on, thinking of the best possible scenarios, and interpreting mistakes. Here are some cognitive strategies to reduce stress:

- Reframe the problem
- Choose positive thoughts
- Meditate on positive words
- Practice positive affirmations
- Take responsibility for your thoughts

#### Creative Strategies

Creativity is a great way to channel stress into beauty. Use the arts to relax and process your challenges at the same time. Product is not as important as process. These are some creative strategies to alleviate stress:

- Write a letter
- Paint
- Draw
- Knit/Crochet/Needlework
- Create pottery/work with clay

#### Relational Strategies

As long as we interact with people, we will have relational stress. This is even more important in relationships that are meaningful to us. But, just

By Brittney Lopez

as relationships may create stress, they are also a source for reducing stress. Try these relational strategies to decrease stress:

- Cook a special meal for a loved one
- Be kindly assertive
- Vent to a friend
- Meet someone for lunch/coffee
- Call a friend

#### Physical Strategies

Often, you will feel stress in your body through tight muscles, nervous movement, and stiffness. To reduce stress, move your body through stretching, aerobic exercise, or rhythmic motion. Care for your body by making healthy nutritional decisions. Try the following to reduce stress physically:

- Dance
- Bicycle
- Run
- Take a nature walk/hike
- Walk a dog

#### Humorous Strategies

A saying we have around our house is that in some situations you just have to laugh or cry, and we like to choose to laugh. Laughter diffuses tension. Have you ever said, "I needed a good laugh"? Do something humorous to chuckle away your serious stress:

- Go see a movie comedy
- Watch a funny sitcom
- Read a book of comics
- Laugh out loud
- Giggle with a friend

#### Management Strategies

Some stress is created or increased because of procrastination, disorganization, and inattention to details. By managing time, money, plans, and clutter, you can make a difference in how you feel in as little as 15 minutes. Some management strategies are:

- Prioritize tasks
- Delegate
- Make and follow a budget
- Problem solve one dilemma at a time
- Organize a closet/cabinet

#### Sources:

Paper based on a program presented at the 2008 Southern Association for Counselor Education and Supervision Conference, October, 2008, Houston, TX. Denis' A. Thomas is an Assistant Professor at Lindsey Wilson College. She has spent the last several years studying and researching resilience and believes that managing stress well contributes to resilience.

[https://www.counseling.org/resources/library/VI STAS/2011-V- Online/Article\\_27.pdf](https://www.counseling.org/resources/library/VI%20STAS/2011-V-Online/Article_27.pdf)



# SEX TRAFFICKING AWARENESS MONTH

By Brittney Lopez



January was first declared as National Slavery and Human Trafficking Prevention Month in 2010. Since then, January has been a time to acknowledge those experiencing enslavement and those who have escaped. Although slavery is commonly thought to be a thing of the past, human traffickers generate hundreds of billions of dollars in profits by trapping millions of people in horrific situations around the world, including here in the U.S. Traffickers use violence, threats, deception, debt bondage, and other manipulative tactics to force people to engage in commercial sex or to provide labor or services against their will.

## What is Sex trafficking?

Anyone selling sex who is under 18 is legally a trafficking victim. There are a number of racial myths and stereotypes associated with sex trafficking. While available evidence shows that racial minorities are more likely to be victims of sex trafficking, there is no truth behind the stereotype that certain races of men are more likely to be traffickers than men of other races.

## How to Recognize Sex Trafficking?

Sex trafficking occurs when individuals are made to perform commercial sex through the use of force, fraud, or coercion. Any child under 18 who is involved in commercial sex is legally a victim of trafficking, regardless of whether there is a third party involved. Someone may be experiencing sex trafficking if they:

- Want to stop participating in commercial sex but feel scared or unable to leave the situation.
- Disclose that they were reluctant to engage in commercial sex but that someone pressured them into it.
- Live where they work or are transported by guards between home and workplace.
- Are children who live with or are dependent on a family member with a substance use problem or who is abusive.
- Have a “pimp” or “manager” in the commercial sex industry.
- Work in an industry where it may be common to be pressured into performing sex acts for money, such as a strip club, illicit cantina, go-go bar, or illicit massage business.
- Have a controlling parent, guardian, romantic partner, or “sponsor” who will not allow them to meet or speak with anyone alone or who monitors their movements, spending, or communications.

## Support Services to Employees

Employees that encounter human trafficking and child sexual exploitation on regular basis have access to support. Neely EAP is here to support you. We can help employees get through this very difficult event. Get connected with a counselor.

## Sources:

<https://polarisproject.org/sex-trafficking/>



## 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
- Secure the Wheel (taxi fare reimbursement)
- Critical Incident Stress Debriefing
- And more. Call 1-866-828-2077 or log in online at [www.neelycounseling.com](http://www.neelycounseling.com), **select My Account**