

NEELY EAP

November 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.

NOV'S SEMINAR

Please join us for our live seminar **Coping with the Holiday Blues**. This seminar will help you handle the range of emotions triggered by the holidays.

Nov 18th @ 3pm

[Click Here To Register](#)

UPCOMING QUARTERLY WEBINAR

Understanding How to Communicate Your Value Effectively

Nov 4th @ 3pm

[Click Here To Register](#)

Holiday Blues: What are they and how do you manage them?

By Jayde Walz



The holidays are right around the corner! Big meals, time off work, and gatherings with friends and family define this time for many people. However, this time can also be defined by depression or anxiety with feelings such as loneliness, sadness, or grief.

If you relate more to the latter time, you are not alone. The National Alliance on Mental Illness (NAMI) reported a survey conducted regarding the Holiday Blues; the survey found that 64% of people are affected by the holiday blues, with 24% being greatly affected. What are the Holiday Blues and how can you manage them?

What Are Holiday Blues? How Can I Manage Them?

NAMI explains that the Holiday Blues can have many triggers and can be presented in a variety of emotions. For many, the holidays can be an incredibly stressful time. Planning dinners, buying presents, and being around large groups of people can be stressful events that can take a toll on one's mental health. The holidays may also be a time of grieving, as many have sentimental memories of family or friends that may have passed. Physical factors such as colder temperatures, less sunlight, a change in routine, and a change in diet can all contribute to various emotions as well. Regardless of the trigger, Holiday Blues can present an array of emotions such as depression, anxiety, loneliness, and fatigue. Those that already have a mental health condition may experience worsening symptoms during this time for any number of reasons. Holiday blues can impact both your work and home life. At work, you may find yourself more distracted, less motivated, and more fatigued throughout the day. At home, you may find yourself isolating, becoming easily frustrated, or feeling more tense. How can you manage Holiday Blues to minimize the impact on your work and home life?

Dr. Ken Duckworth, the medical director for NAMI, offers the following advice for avoiding and managing Holiday Blues:

- Stick to normal routines as much as possible.
- Get enough sleep.
- Take time for yourself, but don't isolate yourself. Spend time with supportive and caring people.
- Eat and drink in moderation. Don't drink alcohol if you're feeling down.
- Get exercise, even if only for a short walk.
- Make a to-do list. Keep things simple.
- Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties, or sending holiday cards.
- Set a budget for holiday activities. Don't overextend yourself financially in buying presents.
- Listen to music or find other ways to relax.



Learn more about this topic in the November EAP Seminar: **Coping with the Holiday Blues**

Seminar Link: https://us06web.zoom.us/webinar/register/WN_HZSOfcxTZGrLCDHFVw6Wg

Keep an eye out for a **Drop the BS podcast** episode this month covering weight maintenance during the holiday!

Source Information:

<https://neelycounseling.com/podcast/>

<https://www.nami.org/blogs/nami-blog/november-2015/tips-for-managing-the-holiday-blues>



By Jayde Walz

November 3rd, 2021 is National Stress Awareness Day. This day was founded to increase awareness regarding stress and how people can reduce it in various aspects of their lives. According to the American Psychological Association Center for Organizational Excellence, about 65% of employees stated that a significant cause of stress was work with over a third of those employees stating the stress was chronic.

Stress is our body's automated response to pressure in our lives. Some of the most common sources of pressure in the workplace are added responsibility, long working hours, being unhappy in your job, and low salaries (Watson, 2020). This stress, on top of what you may be facing in your personal life, can lead to various physical symptoms such as headaches, fatigue, and difficulty sleeping, and/or emotional symptoms such as depression, irritability, and changes in sex drive. So how do you manage this stress and prevent negative symptoms?

Tips for Workplace Stress Management

- **Keep track of your stressors.** Keep a journal for a week or two to identify which situations create the most stress and how you respond to them. Taking notes can help you find patterns among your stressors and your reactions to them.
- **Develop healthy responses.** Instead of attempting to fight stress with fast food or alcohol, do your best to make healthy choices when you feel the tension rise. Exercise, yoga, hobbies, getting enough sleep, and limiting caffeine intake in the evening are all examples of healthy responses.
- **Establish boundaries.** Establish some work-life boundaries for yourself. That might mean making a rule not to check email from home in the evening, or not answering the phone during dinner.
- **Take time to recharge.** To avoid the negative effects of chronic stress and burnout, we need time to replenish and return to our pre-stress level of functioning. This recovery process requires "switching off" from work by having periods of time when you are neither engaging in work-related activities, nor thinking about work.
- **Learn how to relax.** Techniques such as meditation, deep breathing exercises, and mindfulness (a state in which you actively observe present experiences and thoughts without judging them) can help melt away stress.
- **Talk to your supervisor.** Employee health has been linked to productivity at work, so your boss has an incentive to create a work environment that promotes employee well-being. Start by having an open conversation with your supervisor.
- **Get some support.** Accepting help from trusted friends and family members can improve your ability to manage stress. Utilizing your EAP benefits can also provide the support you need.

Source Information:

<https://nationaltoday.com/national-stress-awareness-day/>

<https://www.webmd.com/balance/guide/causes-of-stress>

<https://www.apa.org/topics/healthy-workplaces/work-stress>

[https://www.comstocksmag.com/article/how-manage-](https://www.comstocksmag.com/article/how-manage-workplace-stress)

[workplace-stress](https://www.comstocksmag.com/article/how-manage-workplace-stress)





WHAT CAN MY EAP DO FOR ME?



About Our Logo

For decades, enslaved African Americans looked 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.

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