

NEELY EAP

October 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.

OCT'S SEMINAR

Please join us for our live seminar **How to Beat the Afternoon Slump**. The seminar will help you find the energy to finish your day on a positive note.

Oct 14th @ 3pm

[Click Here
To Register](#)

UPCOMING QUARTERLY WEBINAR

**Understanding How to
Communicate your Value
Effectively**

Nov 4th @ 3pm

[Registration
Open Soon](#)

Life with Diabetes - Diabetes Awareness

By Natasha Eckelbarger



The American Diabetes Association reports over 34 million Americans have diabetes, meaning over ten percent of the American population have been diagnosed with some form of diabetes in their lifetime. This disease is so prevalent that most of us know someone with diabetes if you don't have it yourself. According to the CDC, those with diabetes are three times more likely to develop depression or anxiety. It is possible to live a normal life after a diagnosis, but learning to manage and live with diabetes takes research and effort. Therefore, it's important to highlight these efforts to support those experiencing life with diabetes. Below, you'll learn about the effects of diabetes, the warning signs, and how to support loved ones with diabetes.

Living with Diabetes

Diabetes is a metabolic disorder that affects how the body utilizes food for energy and growth. The three common types of diabetes include Type One, Type Two, and Gestational Diabetes. The most significant concern for those with diabetes is blood pressure. High blood pressure or low blood pressure can negatively affect those with any type of diabetes. Another element to consider is how a diabetes diagnosis can affect mental health. Those with diabetes often experience depression and anxiety from dealing with the stress of diabetes. The Centers for Disease Control report less than 50 percent of diabetics experiencing poor mental health are not seen by a mental health professional. According to the **American Diabetes Association**, unregulated blood pressure can lead to heart attack, blood vessel damage, stroke, and kidney failure.

Because of the increased risk of high and low blood pressure, it's essential for those with diabetes to monitor their blood pressure multiple times a day. Along with monitoring blood pressure, those with diabetes must be extremely careful about what they eat and drink. Diabetes can affect the entire body, but diabetes won't take away from a life well-lived with planning and patience.

Warning Signs of Diabetes

Several warning signs point to diabetes. Watch out for the following symptoms:

- Chronic fatigue
- Uncommonly frequent urination
- Feeling hungry even after eating
- Blurred vision
- Frequent infections or difficulty healing cuts or scrapes
- Numbness or tingling pain in the hands or feet
- Unexplained weight loss



Supporting Friends and Family with Diabetes

Those with diabetes need support and understanding from those around them, especially if the diagnosis is new. There are several things you can do to show support for your loved ones with diabetes. First, check in often and listen more than you talk. Second, validate their feelings around their diagnosis, even if those feelings are difficult to experience. Third, don't be afraid to encourage them to eat healthily and exercise. You could even become a workout partner and accompany them on walks or trips to the gym. Finally, don't nag or judge your loved one with diabetes. Instead, focus on the positive and make it your responsibility to learn how to support them.

What You Can Do to Help

Out of the 34 million Americans with Diabetes, over seven million are undiagnosed. Raising awareness around diabetes is a great way to help the cause and support a loved one on their diabetes journey. Wearing the diabetes ribbon or displaying it in your home or vehicle is a simple way to spread awareness. Supporting diabetes fundraisers or creating your own is another great way to raise awareness and work towards a better understating of this prevalent disease. Finally, get engage with issues like the price of insulin, paid sick leave, and funding for research programs can significantly impact the diabetic community.

COVID-19 and Domestic Violence: An Epidemic Within the Pandemic

By Natasha Eckelbarger

October is Domestic Violence Awareness Month, and while lock-downs and quarantine have helped slow the spread of the Corona Virus, these measures have exacerbated another epidemic in our country: domestic violence. While most of us avoided social gatherings and crowded places to stay safe from the virus, victims of domestic violence were trapped with their abusers. The pandemic has spotlighted domestic violence and how global issues like the pandemic can increase the risk domestic violence victims face every day.

How COVID Impacts Intimate Partner Violence (IPV)

COVID-19 has been defined by lockdowns, social distancing, and work-from-home orders. Most of us have experienced feelings of isolation and anxiety, but those dealing with intimate partner violence (IPV) are juggling their physical and emotional safety, as well. According to the **New England Journal of Medicine**, one in five women and one in ten men experience violence or abuse from an intimate partner. With the stress of COVID-19 and strict stay-at-home orders, experts expected an increase in domestic violence services and calls to the domestic violence hotline. Instead, calls dropped by 50 percent, and services were being utilized less than before the pandemic.

Constantly living in fear of IPV can majorly impact mental health, leading to anxiety, depression, and suicidal ideation. **The American Psychiatry Association** reports most women are too fearful to reach out for mental health support during and even after their abuse has ended due to fear of retaliation from their abuser. This often leads to the development of Generalized Anxiety Disorder, Major Depressive Disorder, and Post Traumatic Stress Disorder.

Potential Solutions

Although the pandemic has heightened the risk involved with domestic violence, experts are working towards solutions to decrease the gap during the pandemic. Because COVID increases stress around economic and social issues, addressing them first could reduce domestic violence both during the pandemic and afterward. According to the **University of California Davis**, increased communication resources (potentially coming from government aid on a city or state level) could help. By focusing on resources like trained therapists, shelters, social workers, and intervention programs, perhaps we can lower the number of 4,000 deaths caused by domestic violence a year.

How to Support Loved Ones in a Domestic Violence Situation

If you know someone in a domestic violence situation, you know the frustration and anxiety around supporting them all too well. However, there are several things you can do to help your loved ones without putting them in harm's way. First, ask them how they want to communicate. Is there an app they prefer? Would they rather receive a text instead of a call? Maybe it's safer for them to communicate through an online game instead of traditional channels. Remember, you want to communicate as safely as possible, which means avoiding their abuser.

Second, stay in touch without making the abuser suspicious. You can do this by coming up with excuses to talk, like getting the kids together. You can also come up with code words or emojis they can use to let you know they are safe or if they need help. Finally, listen and believe them. So often, it takes time to remove a domestic violence victim from their situation and widely depends on them. Be a judgment-free, safe place for your loved one dealing with IPV.

If you don't feel safe at home, visit [thehotline.org](https://www.thehotline.org), call 1-800-799-SAFE, or text "START" to 88788. Remember to delete your browsing, text, and call history afterward.



Warning Signs of Domestic Violence

There isn't an exact science to pinpoint who will be abusive and who won't. But often, abusers share similar traits. Here are some warning signs from the **National Coalition Against Domestic Violence**.

Abusers commonly feel obligated to their partner as if they are an object or a piece of property. They also typically minimize the violence or physical, emotional, or sexual abuse they inflict. Abusers blame outside circumstances for their outbursts, including the victim, work, or other stressors. Abusers often appear as friendly, ordinary people to those outside of the relationship and will work to maintain this image to the outside world. Other warning signs include extreme jealousy, a hair-trigger temper, violence towards animals, and verbal and emotional abuse.





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.