

NEELY EAP

GET THE MOST FROM YOUR EMPLOYEE ASSISTANCE PROGRAM

FEBRUARY 2022



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.

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WELLNESS SEMINAR

Please join us for our live seminar "Building Sustainable Healthy Habits ." This seminar will help identify and change negative patterns in your life.

FEB 17 @3PM

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QUARTERLY WEBINAR SERIES

What is Diversity and Inclusion?

FEB 3RD @3PM

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Mental Health Participation: By the Numbers

by Jayde Walz

Receiving mental health care is essential for those who face mental health challenges. According to Dr. Joel L. Young, Untreated mental illness can lead to worsening health problems, unexplained aches and pains, chronic physical health problems, homelessness, and job stability issues. Various factors can cause people not to seek mental health care when it's needed. These factors include financial difficulty, fear of criticism, and lack of knowledge surrounding mental illness. But what exactly do the numbers say when it comes to those seeking mental health care?

Data from the National Health Interview Survey compiled by the Centers for Disease Control found the following:

- In 2019, 19.2% of adults received mental health treatment.
- Non-Hispanic white adults (23.0%) were more likely than non-Hispanic black (13.6%) and Hispanic (12.9%) adults to have received any mental health treatment, and 8.6% of Asian-Americans sought mental health treatment (APA).
- The percentage of adults who received mental health treatment in the past 12 months was lower among those aged 18–44 (18.5%) compared with adults aged 45–64 (20.2%) and 65 and over (19.4%)
- Nearly one in four women received any mental health treatment (24.7%) in the past 12 months, compared with 13.4% of men.



With 1 in 5 adults experiencing mental illness (NAMI), it is imperative to understand factors that prohibit people from seeking care. From the statistics above, it is important to note several potential factors:

- Non-Hispanic Black and Hispanic adults were much less likely to receive mental health treatment. This could be due to fears surrounding race and discrimination, lack of resources, and much more.
- Those aged 18-44 were the age group that received the least treatment. This could be due to the busy lifestyle of young adulthood, lack of knowledge surrounding mental health, lack of resources, or fear of stigmatization, to name a few.
- Women were much more likely to seek care than men. The most significant potential reason for this is social norms surrounding men feeling the need to manage their own emotions.

The reasons that prohibit people from seeking care are endless; it is crucial to spread awareness about the importance of mental health and come together as a community to provide resources to those who may need them. While there may be many differences from one person to the next, we all are on this crazy rollercoaster of life, and it's essential to help each other through.

Check out more in our quarterly seminar “What is Diversity and Inclusion?” on February 3rd!

Register Here

References:

APA: <https://www.apa.org/pi/oema/resources/ethnicity-health/asian-american/article-mental-health>

CDC: <https://www.cdc.gov/nchs/products/databriefs/db380.htm#:~:text=Interview%20Survey%2C%202019.,Summary,from%20a%20mental%20health%20professional>.

Dr. Joel L. Young: <https://www.psychologytoday.com/us/blog/when-your-adult-child-breaks-your-heart/201512/untreated-mental-illness>

Healthy Habits: Where to Start

by Jayde Walz

Bad habits can be tough to break. However, replacing them with healthy habits can have a massive impact on your life, both personally and professionally. Some common bad habits include eating out too much, not exercising enough, and saving projects till the last minute. While we may get by on our bad habits, they aren't doing anything to improve our lives. For example, eating out too much prevents us from saving money and improving our health. Not exercising enough can cause fatigue that impacts our daily lives, and saving projects till the last minute causes stress that has mental and physical implications. While it may seem impossible to break bad habits you have had for several years, I'm here to tell you it's possible, and you can do it!

The most important thing to know about breaking bad habits is you don't have to change overnight. The most effective way to replace bad habits with healthy ones is to start small. For example, maybe you currently eat out five times a week; next week, try only eating out three times a week. After a few weeks of that, try going down to only once a week. This slow but steady process helps ensure you don't get frustrated or feel overwhelmed by making a change.

The Cleveland Clinic offers some advice on healthy habits.

- Use stairs and furniture as makeshift gym equipment
- Drink one extra glass of water per day
- Replace diet soda with carbonated water
- Take a 10-minute walk
- Correct your posture
- Go to bed 30 minutes earlier



What are some bad habits you have? Take some time to write down habits you want to change. Next to them, write down what you hope to replace with the habit. Then pick one and develop a plan of how you will achieve it. Repeat this process for each habit you want to change and enjoy the feeling of living a healthier life!



Learn more at the February Monthly Seminar: Building Sustainable Healthy Habits on February 17th.

Register here

Check out Episode 65: Success Requires You to Anticipate Resistance of the **Drop the BS Podcast** with Dr. Kirleen Neely to learn even more!

References:

Cleveland Clinic Article: <https://health.clevelandclinic.org/11-simple-health-habits-worth-adopting-into-your-life/>



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
- Work life referrals for adult care, childcare, pet care and more
- Wellness Trainings & Online Employee Training Vault
- Critical Incident Stress Debriefing

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.

