

NEELY EAP

GET THE MOST FROM YOUR EMPLOYEE ASSISTANCE PROGRAM

AUGUST 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
"Preventing Burnout
and
Finding the Balance"

AUG 11TH @3PM

[REGISTER HERE](#)

QUARTERLY WEBINAR SERIES

Inclusive Leadership

SEPT 8TH @3PM

REGISTRATION
OPENING SOON

Burnout: What it is and How to Help Yourself

By: Courtney Garcia-Echeverria

Burnout - Chances are, you've heard the word before. What exactly is burnout? According to the American Psychological Association (APA) Dictionary of Psychology, burnout is defined as "physical, emotional or mental exhaustion, accompanied by decreased motivation, lowered performance, and negative attitudes towards oneself and others." Burnout also happens when your work-life balance is not proportional to your personal life. With an increase in working from home and technology being such a prominent part of our lives, burnout is on the rise.

It is quite possible that you associate burnout with only ER doctors and social workers, but burnout does not discriminate based on career path and could affect you or someone you love. Burnout can affect many areas of your life, and even cause extreme health problems. Thankfully, there are ways to overcome this often-debilitating state of being.

Here are the most common symptoms of burnout to be on the lookout for:

- Fatigue
- Feeling dissatisfied with your work
- Headaches or muscle pain
- Changes to your diet or sleep patterns
- Loss of motivation
- Withdrawing from responsibilities
- Using food, drugs, or alcohol to cope

Thankfully, there are many simple ways that we can overcome and even prevent burnout from starting. Here are a few tips to get you started:

- Prioritize your mental health
- Take breaks
- Exercise
- Practice mindfulness
- Build and enforce work-life boundaries
- Explore a hobby that you enjoy

Burnout is highly preventable and highly treatable. If you think that you may be experiencing burnout after reading some of the symptoms above, please speak with a therapist through your EAP benefits and they will be happy to assist you in exploring treatment options.

For more information on Burnout and finding balance, tune into your incoming August seminar: "**Preventing Burnout and Finding Balance**", on August 11th.

References:

<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>
<https://health.clevelandclinic.org/signs-of-burnout/>
<https://dictionary.apa.org/burnout>



Pets and Mental Health

By: Courtney Garcia Echeverria

Dogs, cats, cows, horses, pigs and even birds. Am I just naming cute animals? Well... yes, BUT I am also naming animals that are good for your mental health. Actually, any and all animals are good for your mental health. If you're allergic to other animals - try a rabbit! Birds can encourage social interaction and can help with loneliness. Snakes, lizards, and reptiles are good for those who want an exotic companion. Even fish can help by relaxing muscles and lowering heart rate while watching them roam around their aquarium. Studies have shown that just playing with a dog raises levels of the feel-good brain chemicals oxytocin and dopamine. These chemicals create positive feelings and can help with loneliness, anxiety, depression, and reduce stress.

Here are some ways that pets can help with your mental health:

- **Reduce stress:** Studies have shown that interacting with animals has been shown to decrease cortisol, a hormone that relates to stress, and it increases oxytocin, a natural feel-good hormone.
- **Purpose:** Pets give us a sense of purpose, togetherness, affection, and companionship. A pet helps you not feel alone.
- **Pets aid in helping make human friends:** Meeting friends while taking your dog on a walk, to the park, or even on a routine vet visit.
- **Anxiety/depression:** Pets can help us with this by getting us out in sunlight, and often forcing us to get out of bed for their feeding time/bathroom breaks, give us a better self esteem, and make us think more optimistically.
- **Unconditional love:** Above all, your pet doesn't care how you did on a test, or that you broke your promise to yourself to not consume sugar. Your pet is simply happy to see you and spend time with you. This love releases dopamine, the chemical involved when pleasure is sensed.



If you ever needed a sign to get a pet - consider this your sign. If you are wondering if owning a pet is the right path for you, consider reaching out to a therapist using your EAP benefits. Your counselor will be able to assess the level of compatibility between you and the type of pet that you would like.



References:

<https://www.newportacademy.com/resources/well-being/pets-and-mental-health/>
<https://www.heart.org/en/healthy-living/healthy-bond-for-life-pets/pets-as-coworkers/pets-and-mental-health#:~:text=Evidence%20suggests%20that%20attachment%20to,and%20improve%20your%20overall%20health.>



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.

