

NEELY EAP

GET THE MOST FROM YOUR EMPLOYEE ASSISTANCE PROGRAM

NOVEMBER 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

"Combating the Stress of the Holiday with Cheer"

NOV 17TH @ 3PM

[REGISTER HERE](#)

QUARTERLY WEBINAR SERIES

Respect in the Workplace

NOV 10TH @ 3PM

[REGISTER HERE](#)

Combating the Stress of the Holiday with Cheer

By: Courtney Garcia Echeverria

Holiday cheer? Yes, but with holiday cheer comes the holiday stress. Between making sure that the house is clean, food is prepared, and the finances are in check- holidays can bring unwanted stress, anxiety, and depression in a time meant to be happy. Because the holiday season often requires us to keep track of and pay attention to more responsibilities than usual, the brain's prefrontal cortex goes into overdrive. Over time, a high level of demand can decrease memory, halt the production of new brain cells, and cause existing brain cells to die. Fortunately, holiday stress is a special kind of stress: an acute reaction to an immediate threat. This means that once the holidays are over, we find ways to relax, and the stress gets relieved. This article will review a couple of common causes of holiday blues and help you with ways to combat them.

1. **Acknowledge your mood:** Don't feel like celebrating? That's ok. Want to break that 50-year family tradition that you find horrific? That's ok. Going through a hard loss and want to sit the holiday out this year? That's ok. Give yourself the ok to feel your emotions and acknowledge them. This brings me to point number two (2), set boundaries.
2. **Setting boundaries:** Setting boundaries can be challenging, especially with family. This holiday season, give yourself time to recharge your battery. Challenge yourself to say no. Don't take on more than you can handle, and refuse tasks that you believe will cause unwanted stress. Even too many fun activities can have a negative impact on us mentally if we are overbooked and drained. All things in moderation, i.e., including food.
3. **Eat, drink, and be merry...moderately:** It is important not to abandon healthy eating habits. Overindulgence adds to your stress levels and guilt. If you can, eat a healthy snack before your holiday meal. By doing this, you will prevent yourself from going overboard.
4. **Practice gratitude:** conscientiously reflect on your life and why you are thankful. A study published earlier this year in the journal of Psychological Science found that people who expressed gratitude to others felt significantly closer to those afterward.
5. **Practice generosity:** Neuroscience research shows that performing an altruistic act lights up the same pleasure centers in the brain as food and sex. Whenever you feel the impulse to be generous, act on it. As you do, notice the expansive feelings in your body and mind. Without expecting anything in return, notice how good it feels inside when you see someone happy because of your sincere generosity. Include yourself in your generosity as well.

THANK
YOU



With holidays quickly approaching, it is important to start implementing techniques that help you to be calm and able to enjoy these next few months! If you need more ideas or help to practice and using the listed ones above, please use your EAP benefits and talk to your counselor.

Please tune into the November seminar to hear more information about overcoming your stress. [Click here to register.](#)

References:

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<https://www.hopkinsmedicine.org/health/wellness-and-prevention/4-mindful-tips-to-destress-this-holiday-season>
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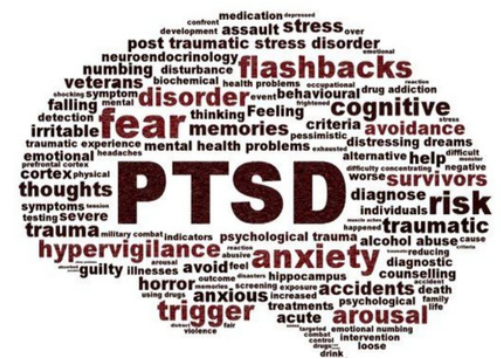
Veteran PTSD

By: Courtney Garcia Echeverria

Anxiety, survivor's guilt, jumping at sudden noises, not wanting to leave home, and nightmares. Could you possibly have PTSD? PTSD is an acronym for **Posttraumatic Stress Disorder**, which is common in veterans and even more so for combat veterans. If you have experienced some life-threatening event or significant trauma, you may develop signs of PTSD. Being a veteran may come from witnessing injuries or deaths or being harmed. According to one of the largest studies of mental health risks among the U.S. Military, the rate of PTSD is nearly 15 times higher in veterans than non-veterans. Veterans with PTSD also have high psychiatric comorbidity rates. For example, one study showed that major depressive disorder is three-to-five times more likely to emerge in those with PTSD than in those without it. The signs of PTSD may not show up immediately after the incident but could take months or even years to rear its head.

Common symptoms of PTSD are:

- Feeling upset when getting reminders of what happened
- Nightmares, memories, or flashbacks of the event
- Being emotionally cut off from others
- Losing interest in things you used to care about
- Feeling constantly on guard
- Having frequent angry outbursts
- Difficulty sleeping
- Trouble concentrating
- Getting startled easily



With counseling, you will be helped with ways to understand the thoughts that you're having and the reactions to them that you may experience. You will also learn coping techniques to help in trying situations. Research has shown several specific types of counseling to be very effective for treating PTSD. Counseling can help you explore how you think about your trauma and painful memories and reframe your thoughts surrounding them. If you believe that you may have PTSD and would like more guidance on what it is and how to cope, please use your EAP benefits to find a counselor that can help. You will never have to battle alone. Thank you for your service.

References:

https://www.maketheconnection.net/conditions/ptsd?gclid=CjwKCAjwKmaBhBMEIwYlNuwI_Trg2RP7Vepnb977uoRzX7LLSj1WHz-ZCtviuo4GZPv_ERONuuV0RoC4-IQAvD_BwE
<https://newsroom.cigna.com/veterans-mental-health>



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.

