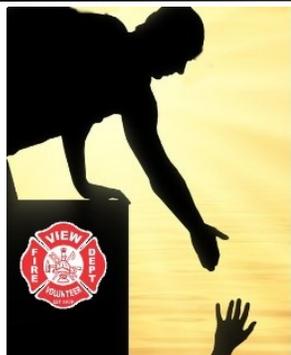


# EAP REACHING OUT

A PUBLICATION OF THE ADIRONDACK EMPLOYEE ASSISTANCE PROGRAM

## Helping First Responders: Peer Influence and Suicide Prevention



**E**ach year, more firefighters and police, along with other first responders, die by suicide than in the line of duty. Fortunately, the family-like closeness among first responders makes peer education and training a strongly promoted approach to prevention. Like in the field, “having each other’s back” is key, but recognizing signs of distress is critical. So if you are a first responder, would you recognize a coworker’s distress enough to act? Common signs include substance misuse, domestic partner violence, legal and occupational problems, the end of an intimate relationship, serious financial problems, depression, anger management issues, anxiety, and sleep problems. A life-preserving skill is your willingness to ask a distressed coworker about suicidal thoughts: “Are you having thoughts about suicide?” Think of this as the “Jaws of Life” question because of its ability to help save a life.

Explore more: [www.theiacp.org](http://www.theiacp.org) [search “suicide toolkit”]

## Dozing at Your Desk?

**S**uddenly your eyes close and you’re dozing at your desk—perhaps with your fingers still on the keyboard. You may discover willpower has little effect on this frustrating after-lunch phenomenon (caused by several metabolic processes), but you can manage it by planning ahead for it rather than fighting the losing battle. Begin with simple stretching exercises for a minute or two *before* sitting down to work after lunch. Every 30 minutes, stretch again. Engaging muscles will help counter sleepiness. Find loads of stretches at [www.ochsner.org](http://www.ochsner.org) [search “fit at desk”].



## Good First Impressions Like a Bit of Insurance

**R**esearchers found that making a good first impression is not only important, it also provides a buffer effect in case you later have a bad day, experience a slip-up, or make a mistake. Your good first impression establishes trust with others. Later, tolerance for a mistake you make is more likely. Failure to make a good first impression can compound the effect of future mistakes. Making a good first impression is like buying insurance to cover your reputation—at least a little bit.



Source: [www.unh.edu](http://www.unh.edu) [search “no second chance first impression”]

## Does Diet Affect Mental Health?

**N**utrition affects mental health, and nutrients with the most effect are B vitamins, vitamin D, antioxidant-rich foods, omega-3 fatty acids, and fiber. News about heart health and diet is more popularly understood, but how nutrition affects the brain is obviously as important. Does your diet suffer from a lack of these nutrients? (Talk to your doctor before considering supplements.) Among hundreds of research findings, some have shown negative effects of processed foods before age three on a child’s IQ; relief of depression symptoms related to omega-3; and fiber’s role in supporting gut microbes as important to brain health. Older males may benefit by moderate consumption of nuts.



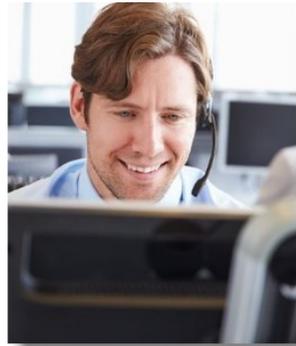
Explore more: [www.binghamton.edu/](http://www.binghamton.edu/) [search “diet mental health”]

# Do I Need Professional Counseling?



**Y**ou might be surprised at how resilient human beings are simply by considering your life struggles over which you have prevailed. But could you have surmounted these obstacles faster if you had engaged a professional counselor? Consider professional counseling if any of the following are part of your experience right now: 1) Every day is a struggle, and your own efforts to correct or fix some unwanted set of life challenges are lingering on. 2) You are frustrated with a behavior or emotional reaction you haven't been able to rid yourself of for very long. An example might be how quick you are to get angry or the inability to let go of a past hurt that prevents you from trusting others or enjoying life the way you see others do. 3) You are struggling with the ability to get excited about life, feel hopeful, or feel energized about a hobby or activity you once enjoyed. 4) You've "relapsed" or gone back to participating in some behavior you thought you'd permanently quit. 5) You feel overwhelmed by problems, and your constant worrying about them causes you to feel detached and distracted, unable to fully and emotionally participate in life around you. 6) You use withdrawing from others or avoidance of social events as a way to cope with #5 above. 7) You are in a relationship characterized by long-term struggle and conflict, and coping with the other person's behaviors is not improving your happiness. You feel trapped and unsure of what to do about it.

# Customer Service Tip: Stop the Stress Before It Starts



**C**ommunication with customers can reduce stress or make it worse. Practice these more pleasant responses and see whether you aren't more buoyant about your job at the end of the day. Don't say, "I don't know"—say, "I'll find out." Don't say "No!"—say, "What I can do is...." Don't say, "That's not my job"—say, "Let's find the person who can help you." Don't say, "Calm down"—say, "You're right, this is a problem." Don't say nothing.—say, "I will be with you in a moment." Hint: When you're alone, practice speaking these lines aloud. You will develop reflexes that establish a more affirming tone. This, in turn, influences customers to do the same.

# "ePresenteeism" A Risk for Remote Workers

**P**resenteeism means "coming to work despite illness, injury, anxiety, etc., often resulting in reduced productivity." Presenteeism is also "working long hours at a job without the real need to do so" (dictionary.com). Are you at risk for "ePresenteeism?" It's real.



ePresenteeism can be a slippery slope for clocking more hours, leading to adverse effects on mental health caused by added stress, possible burnout, and work-life balance disruption. The pattern can be difficult to break once it starts, so take care of yourself and create good work-life balance habits. Eighty percent of HR managers fear remote working has fueled a culture of ePresenteeism. Beyond negative health effects, another concern is loss of workers from turnover (quitting) as a way of overcoming the habit. Work-life balance is a learned skill. Turn to your EAP if you're feeling trapped by your own work habits.

Explore more: [www.theundercoverrecruiter.com/epresenteeism-burnout/](http://www.theundercoverrecruiter.com/epresenteeism-burnout/)

# About Your EAP

**R**eaching Out is a publication of Adirondack Employee Assistance Program to provide relevant information you can use. EAP is an employer-sponsored benefit provided at no cost to you and your household members. EAP offers professional, qualified resources to assist you in resolving all types of personal or family related concerns. All contacts with the EAP are strictly confidential to the fullest degree allowed by law, so your complete privacy is assured.



Our professional support team remains available to you 24/7 by phone or video so you will not experience any disruption in support during the current health restrictions.

Have a legal or financial question? Legal and financial experts are available for a **free** 30-minute consultation per issue to discuss your personal issues. Simply call our EAP partner firm, CLC, toll-free at (866) 262-5749. Inform the CLC customer service representative that you are covered through Adirondack EAP.

These are challenging and uncertain times for all of us. We are all experiencing various levels of concern for the safety and welfare of ourselves and our loved ones. Call us at (518) 793-9768 when you feel the need to talk.