

# EAP REACHING OUT

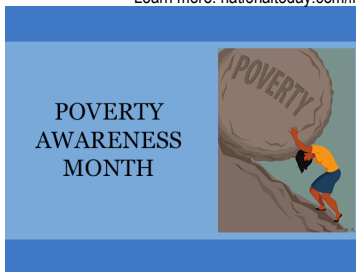
## HELP FOR YOUR FAMILY AND YOU

### International Quality of Life Month

**T**here's always something you can do to improve the quality of your life. Welcome to International Quality of Life Month. It's a simple observance and reminder that encourages people to evaluate and enhance their physical, mental, emotional, and social well-being. How busy is your life? In the hustle, it's easy to overlook areas of our lives that require improvement. As humans, we tend to merely cope with life's challenges rather than actively seek change to make things better. So, engaging in self-reflection during Quality of Life Month helps remind us that being intentional in the pursuit of happiness and being proactive—taking action—rather than taking life as it comes will actually make life qualitatively better. What tweak or correction in your life might be the one that could make it more fulfilling? And how can your EAP help?



Learn more: [nationaltoday.com/international-quality-of-life-month/](https://nationaltoday.com/international-quality-of-life-month/)



### Investing in Experiences over Material Possessions

**R**esearch shows that investing in experiences leads to greater and more enduring happiness compared with purchasing material items. The belief is that experiences create lasting memories and foster social connections that contribute to longer-term happiness and personal growth. For example, you're more likely to frequently and fondly recall a camping trip experience as a child than a toy, both of which brought happiness. While possessions seem to lose novelty over time, experiences stick around and become part of our identity, and the stories we tell about them add to our sense of fulfillment. This year, try embracing new experiences and reflect on whether they truly enhance your overall happiness. If the discovery turns true, create a new habit that will enrich your life.



Learn more: <https://integrative-med.org/investing-in-experiences-over-possessions-boosts-happiness/>

### Embrace Frugality for Big Rewards

**F**rugality often gets a bad rap and misunderstood as meaning “cheap,” but it really means being sparing, thrifty, prudent, or economical in the consumption of resources. Frugality can promote financial stability and reduce anxiety when practiced with awareness. Could frugality be a good thing for you? When you're frugal, you avoid waste and extravagance. Finding a balance between prudent financial management and enjoying life is also crucial for maintaining mental well-being. Get started on your frugal journey by checking out the resource below and turn to your Employee Assistance Program for any sort of assistance to support your financial goals and overall wellness. (Trivia: Warren Buffett's net worth is \$142 billion, yet he only lives in a five-bedroom house with two and a half bathrooms.)



Learn more: "Frugal Living for Dummies" by Deborah Taylor-Hough



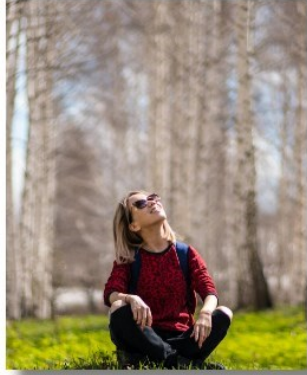
### ADIRONDACK EAP Service to Community

**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.

We always welcome feedback from our members.  
**518-793-9768**

## Stress Tips from the Field: Journey through Forest Bathing

**F**orest bathing is a practice that involves immersing oneself in the sights, sounds, and smells of a forest. Originating in Japan during the 1980s (called “shinrin-yoku”), forest bathing encourages individuals to slow down, be present, and connect with nature through mindful sensory engagement rather than merely hiking or exercising. To practice forest bathing, make use of all your senses—sight, sound, smell, touch, and taste. (Regarding taste, if the forest doesn’t offer a safe means of tasting something, just substitute a carried snack to savor.) Forest bathing can reduce stress levels by lowering cortisol (the stress hormone), improve mood, enhance immune function, and lead to improved cardiovascular health by lowering blood pressure and heart rate.



Learn more: [www.psychiatry.org/news-room/apa-blogs/forest-bathing-benefits-mental-physical](http://www.psychiatry.org/news-room/apa-blogs/forest-bathing-benefits-mental-physical)

## Loneliness...at Work

**E**mployee loneliness is a growing problem in the workplace. It doesn’t mean being physically or remotely isolated or stuck in a back office. Workplace loneliness refers to feeling disconnected and emotionally detached from coworkers despite being surrounded by people all day. If you feel like you are simply “going through the motions” at work, lacking meaningful social connections, and experiencing a diminished desire to engage or collaborate on projects, this sense of feeling invisible or undervalued can harm productivity and mental health. Loneliness can happen when social connections don’t meet our personal needs, even in busy office settings. This often includes feeling like you can’t be your true self, which makes it seem like no one really knows who you are. A recent survey found one in five employees feels lonely on a typical workday. Try this engagement fix: Decide to build relationships with coworkers rather than leaving it all up to chance. Initiate conversations and show genuine interest in others’ experiences. Look for common interests to discuss. Invite a colleague for coffee or lunch. Small efforts to connect with others can make your workplace feel more supportive and reduce feelings of loneliness. Try talking to your Employee Assistance Program (EAP) for advice on feeling more connected at work. Remember, these feelings can sometimes be linked to depression, and your EAP can help figure out whether that’s a factor in your workplace loneliness.



Learn more: [ridleyconsultants.com/loneliness-at-work/](http://ridleyconsultants.com/loneliness-at-work/)

## What You Should Know about Mini-Stroke

**A** mini-stroke, clinically known as a transient ischemic attack (TIA), is a temporary disruption of blood flow to the brain that results in stroke-like symptoms. Although TIAs do not cause permanent damage, they serve as critical warning signs for potential future strokes. About one in three people will have a larger, more serious stroke within a year following a TIA. Symptoms of a TIA last only a few minutes, but they are similar to a larger stroke and include weakness, numbness or paralysis in the face, slurred speech, trouble understanding others, temporary blindness, dizziness, and loss of balance or coordination. See a doctor without delay if you experience a TIA.



Learn more: [www.yalemedicine.org/conditions/transient-ischemic-attack](http://www.yalemedicine.org/conditions/transient-ischemic-attack)

## Respond Better in a Workplace Crisis

**W**orkplace crises—violence, accidents, equipment breakdowns, or incidents that damage mission, function, and reputation—happen. Know how to support your organization in a crisis so that you avoid contributing to confusion and chaos through miscommunication.



- 1) Don’t panic. To avoid panic, use a tactic called “presence of mind.” For a few seconds, focus not on the crisis but on yourself. Decide not to panic, take a few slow breaths, and count to ten slowly if needed. This helps stop the cascade of physiological reactions known as the “fight or flight” response.
- 2) If your organization has protocols and procedures for dealing with a crisis, be familiar with them so when a crisis happens you can act as needed.
- 3) Avoid sharing rumors. Increased anxiety can lead to rumor sharing as a coping mechanism and as a way of “filling in the gaps” when accurate information is scarce.
- 4) If safety is an issue, make it the priority in a crisis.
- 5) Maintain confidentiality. Don’t share sensitive information about the crisis outside official channels.



# Community Events:

## Lights at the Lake

**Through March 2, 2025**

Canada Street, Beach Road and Charles R. Wood Park  
Lake George, NY 12885

Walk-through holiday light displays run from Shepard Park on Canada Street, along Beach Road, and through the Festival Commons in Wood Park. The Lake George event includes free skating at the rink on Beach Road. Admission to the light displays and skating is free. Skate rentals are available for \$5.



**Lake George's First  
Ice Skating Rink!**

Sponsored by the Village of Lake George and the Town of Lake George

*Hours of Operation*

This ice rink will be available to all at no cost\* **EVERY** Thursday, Friday, Saturday, and Sunday until Sunday, March 2, 2025.

Thursday	Friday	Saturday	Sunday
4:00-8:00pm	4:00-8:00pm	12:00-8:00pm	12:00-6:00pm

The ice rink will also be available **all week** from 12:00-8:00pm during the following weeks:

- \* Christmas Week
- \* New Year's Week
- \* President's Day Week

\* If you do not own ice skates, there will be rentals available in all sizes for \$5.00 each.  
*Free admission, family-friendly, and a fun winter activity for all to enjoy!*

## Osteoporosis: Diagnosis, Risk Factors, Prevention and Treatment

**About this event**

**Saturday, Jan 18, 2025**

**1:00 PM - 3:00 PM**

**First Presbyterian Church, 8 W Notre Dame Street Glens Falls, NY 12801**

**The Adirondack Branch of AAUW (American Association of University Women) invites you to a free seminar on Osteoporosis: Diagnosis, Risk Factors, Prevention and Treatment presented by Dr Lee Alekel. Registration is required. Please contact [conniebosse0@gmail.com](mailto:conniebosse0@gmail.com)**

## **Area Blood Drives: [www.redcrossblood.org](http://www.redcrossblood.org) Find a Blood Drive**

January 8	Cool Insuring Area 1 p.m.—6 p.m.
January 10	Glens Falls Family YMCA 10 a.m.—4 p.m. Aviation Mall 12_5 p.m.
January 17	JA Barkley Hose Company 1—5 p.m.
January 22	333 Glen Street 10 a.m.—3:00 p.m. Holiday Inn Lake George 1 p.m.—5 p.m.
January 24	BOCES, 267 Ballard Road, Wilton 9 a.m.—2:00 p.m.
January 27	Harrisena Community Church 12 p.m.—5 p.m.
January 29	Aviation Mall 1 p.m.—5 p.m.
January 30	333 Glen Street 10 a.m.—3 p.m. Glens Falls BPOE 1 p.m.—5 p.m.