

TIDBITS

Mindful Awareness - Pay attention to the present moment, stay centered and self-aware with calm breathing and positive thoughts as ways to manage stress and connect with one's inner experience.

Peaks of Productivity - Identify when you experience your high and low energy periods during the day. Divide your work tasks according to these energy levels. Perform difficult tasks when energy is high and less-difficult tasks when energy is low.

Stress Management Tool Kit - Identify how you react to stress: how your eating habits change, the onset of headaches, sleep loss or irritability. Once you recognize these effects, focus on how to fight back. If needed, seek the assistance of your call your EAP 1-800-300-0628 and speak to a counselor.

Emotionally Intelligent - EI is your aptitude for perceiving others' emotions accurately and expressing your emotions in a reasoned way. People who do these things well are said to have "people skills." It is believed that EI is as important as your IQ as a predictor in success.

Signs of Chronic Pain and Substance Abuse - 1. Using the medication not just for pain but also to achieve a feel-good state. 2. Prescribed dose seems way too low. It takes more to feel the effects. 3. Pain has subsided, but your desire to use the medication you were given is growing. You are worried about the pain coming back, but the effect of the drug is really the motivating factor. 4. The medication has become part of your life, and you are planning and coordinating your life around obtaining and using the medication, even to the detriment of your family, things you enjoy and parts of your life that you value.

**Your Employee Assistance Program is here to assist you 24/7, 365 days a year
Call 1-800-300-0628 to schedule an appointment.**