

THE FRONTLINE EMPLOYEE

Wellness, Productivity & You!

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Ecstasy Trouble

Ecstasy (or MDMA) is an illicit drug manufactured in clandestine laboratories. Users experience a hallucinogenic and speed-like experience lasting three to eight hours. It is used predominantly by teens and young adults, and is popular at drug parties, raves (all-night parties), and rock concerts. Post-use symptoms may include a suppressed appetite, an excessive thirst, and an unusual need to sleep. Ecstasy plays havoc with the brain and may cause lasting cognitive impairments or death. It is addictive. What can parents do? The best advice is to practice the three "knows": 1) know where your children are going; 2) know who they are with, and 3) know or meet the parents of friends. Learn about illicit drugs at the Drug Enforcement Agency web site: www.usdoj.gov/dea/concern/concern.htm.

Bad Attitudes Can Be Conta-

All of us have occasional fluctuations in attitude. That's life. But are you often cynical, pessimistic, and sarcastic at work? Have others complained? Attitudes are like colds. They're catching. They can dampen morale and negatively affect productivity. Your difficult attitude probably didn't begin at work. It only makes its home there. Instead, it may be a coping strategy to manage anger, depression, or disappointments. If your attitude is getting in the way, find out what remedies the EAP can offer.

Volunteer and Meet Someone Special

Volunteering could help you bump into that special someone as you help others. That's the purpose of Single Volunteers, a nonprofit organization with chapters forming throughout the United States. Single Volunteers has two missions: supply volunteers to meet the needs of worthy community organizations, and always send an equal number of single men and women members to do a job. Single Volunteers was founded by two innovative singles who got tired of asking, "Where are all the great men (and women)?" Learn more at www.singlevolunteers.org.

9/11 Anniversary

Next month when the U.S. marks the first anniversary of the September 11 terrorist attacks. Will you benefit from the ceremonies and media attention certain to come or, is hearing as little as possible your preference? Each of us will experience the anniversary of 9/11 differently. For those personally affected by 9/11, the decision to watch film clips, ceremonies, and special media programs can be a difficult one. Think carefully about what helps you with grief or loss. Do you benefit from learning as much as possible about what happened? Are you helped by deeply moving and symbolic tributes? All of us deal with grief and loss differently. Knowing what works for you and respecting differences in others will help heal the nation.

Taking Action Against Anger

Anger is not a bad thing, but it can get out of control. Fight back! Practice managing your anger with this popular tool. Identify a repeating event in your life that invokes an anger response that you would like to control. Copy and use the tool ten times. Then consider whether your anger response to the recurring event has reduced.

- 1) Event and first symptom of anger
- 2) Thoughts and beliefs that caused anger
- 3) How I responded to this event
- 4) What I did well in response to this event
- 5) What I will do next time



Time to give blood again

After September 11, millions of people responded generously with their resources. Many people gave blood – so much of it that the Red Cross briefly asked people to stop donating. The Red Cross wants everyone to know that now blood supplies are extremely low. With 34,000 pints of blood needed every day, blood donations were down 13 percent this past June compared with a year ago. What most people don't know is that the shelf life of donated blood is only 42 days. Most people who give blood feel good about having made a difference. Catch the feeling.

Source: American Red Cross

EAP Answers for the Injured

Being injured and having to stay home from work is no vacation. Consider how the EAP might help. Common complaints of employees off work with injuries include boredom, accelerating conflicts with family members, feelings of inadequacy from the inability to perform daily tasks because of the injury, uncertainty about how to structure the day and worry about your job and whether you are missed. Short-term support and problem solving from the EAP can help you feel better about going back and perhaps hasten your return.

When Helping is Hurting

Most people have heard of the term “enabling.” Enabling is defined as preventing another person from experiencing the adverse consequences of their problematic behavior. Enablers are often emotionally close to the person they enable. They are caught in a cycle of behavior that unwittingly helps the person with a problem grow worse. Over time, enablers may experience the deterioration of their own physical or mental health. A desire for help may only come with a crisis.

Enablers break their cycle by getting past the fear of what will happen when they “let go.” Enablers often fear the demise of the person they enable, so maintain their role in an undesirable relationship rather than risk losing it by choosing healthier behaviors. Enabling behavior is often first learned in childhood, when as a child, it was necessary to care for an adult with personal problems.

Answer these questions to see if you need help breaking an enabling cycle:

- 1) Do your feelings about the person that you enable alternate between love and hate?
- 2) Do you fear that no one would be there for the person if you stopped enabling?
- 3) Have you failed to keep promises to yourself about stopping enabling behaviors?
- 4) Do you feel confident in giving counsel or advice to others about their enabling relationship problems without resolving your own?
- 5) Do you argue with others who point out your enabling behaviors? “Yes” answers indicate that help or support is desirable. Discover resources by contacting the EAP.



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