

# Make it happen

# Explore

August 2019 Newsletter

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Where do you use your imagination, courage and energy? **Get ideas on ways you can improve life in your community and beyond...**

August 31 is International Overdose Awareness Day. **Learn more about overdosing and signs to look for...**

Social media can be a great way to connect...when you use it wisely. **Here are some tips to consider...**

College can be such an exciting time. It's important to take the steps to be prepared. **Watch this video to learn about what steps you can take...**

## Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

# Resources *for* Living®

# One small step for humankind



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2019 marks fifty years since a human being first walked on the moon. What an extraordinary “mission accomplished”! It took ingenuity, bravery and painstaking preparation. Humans have always been hard workers and explorers.

Most of us aren't planning any upcoming trips to space. But we still use our ingenuity and drive. Where do you use your imagination, courage and energy?

## Be an explorer right here on earth

One way to be an explorer is to find ways to make our own planet a better place. There's really no end to the ways you can help improve life right here. You can:

- Volunteer at a library, hospital or food bank
- Help train service animals
- Help underprivileged children or people with special needs
- Assist military service people and their families.
- Give support for people with mental health or substance misuse challenges
- Advocate against bullying, domestic abuse or homelessness
- Get involved in human rights or environmental concerns
- Mentor or foster children or be a big brother or sister

- Learn to train others on mental health stigma and other important topics
- Volunteer in the U.S. or in overseas countries
- Make and donate items like hats, gloves and blankets
- Organize arts programs where they don't exist
- Visit nursing home residents who have no family and read, sing or perform in senior housing

## The list could go on and on

Not sure what you want to do? That's where the exploration comes in.

Consider your interests, talk to family and friends, think about society's needs and search online at sites like [greatnonprofits.org](https://www.greatnonprofits.org). Because this is an exploration, you may need to try out different projects until you find what clicks for you.

Remember, we can't all go to the moon and most of our goals don't defy gravity. But our efforts and explorations on earth are all major steps for mankind.

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law.



# Don't wait: Learn about overdosing now



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August 31 is International Overdose Awareness Day around the world. It's a day set apart to focus on deaths caused by the overdose or misuse of prescription drugs, opioids, depressants, alcohol and/or stimulants.<sup>1</sup>

## What is an overdose?

When there are more substances in your body than it can handle, you may suffer an overdose. Even drugs prescribed by your doctor can cause a deadly overdose if you take the wrong amount, take them at the wrong time or mix them with other drugs.

## The U.S. is number one

Usually, when the U.S. is a leader, we feel proud. But, in this case, the U.S. tops the world in substance overdose deaths. In the 12 months leading up to January 2017, over 64,000 Americans died from drug-related causes.<sup>1</sup> There's no pride in that.

## What can we do to curb this tragic problem?

The most important thing you can do is get medical help if you or someone you know is misusing substances. Sadly, many people don't or won't admit their misuse. In some instances, they may not even realize they're at risk.

<sup>1</sup>[International Overdose Awareness Day](#). Accessed June 2019.

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All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

## What are the signs of an overdose?

Someone may be suffering an overdose if he or she<sup>1</sup>:

- Is unconscious
- Makes gurgling noises while sleeping
- Has seizures
- Has a very bad headache
- Feels chest pain
- Has breathing difficulties
- Acts paranoid, agitated and/or confused

These are common symptoms. But a person with an overdose may not show all these signs. Just one or two can be enough to cause concern.

## What should you do if you suspect an overdose?

If you come upon a person who is unconscious or showing any of the symptoms above, call 911. If doctors or paramedics arrive in time, they can often help save a life. Never allow someone to sleep it off if you suspect an overdose. That could be a fatal decision.

## Bottom line: Be aware and cautious

Certain drugs are helpful and others are simply dangerous. Misusing them — and other substances — is always cause for concern and action.

# SOCIAL MEDIA

## DO'S & DON'TS

Social media can be a great way to connect...when you use it wisely.  
Here are some tips to consider:



GIVE OTHER PEOPLE **CREDIT**  
WHEN YOU SHARE THEIR CONTENT.



### **BE REAL.**

PEOPLE WHO FOLLOW YOU  
WANT TO SEE THE REAL YOU.



### **SHARE POSITIVITY.**

POST STORIES, VIDEOS AND COMPLIMENTS  
THAT HELP OTHERS FEEL GOOD.



REMEMBER THAT THE **"INTERNET IS FOREVER."** THINK BEFORE YOU POST.



POST HATEFUL CONTENT, CALL NAMES  
OR GET INTO MUD-SLINGING.

### **JUST KEEP SCROLLING.**



### **BELIEVE EVERYTHING YOU READ.**

CONSIDER THE SOURCE AND WHETHER IT'S A CASE  
OF "CONFIRMATION BIAS."



USE SOCIAL MEDIA TO **AVOID** YOUR OTHER  
LIFE TASKS OR FACE-TO-FACE INTERACTIONS.



### **OVERSHARE PERSONAL DETAILS**

ABOUT YOUR LIFE. WOULD YOU WANT YOUR BOSS  
TO READ YOUR POST?



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