

Enjoy the view

Recharge

October 2019 Newsletter

Featured Article:
How do you recharge?

Monthly Awareness:
October is Depression Awareness Month

Infographic:
Eating healthy during holiday season

Let's Talk video:
Assertiveness



Remember you're human. Humans need to pay attention to their "low battery" signals and find ways to recharge. **Time to recharge? Here are some tips...**

Mental health problems are as disabling as physical health problems. **Read about what some of the common signs of depression are...**

Eating well and managing calories during the holidays can be hard. **Here are some tips that may help...**

Communicating your needs while respecting the needs of others. **Learn about the benefits and get some tips on being assertive...**

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®

How do you recharge?



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Recharging is a way of life these days. Every day we recharge our phones, tablets and other devices that help us manage our lives.

But what about recharging yourself? You can't use a plug or cable for that. You must find ways that work for you.

Hitting the wall

Many times, we don't even realize we need time out. Life can be so busy that we ignore red flags saying we're "low on battery" — or exhausted.

What to look for

Is feeling overdone your new norm? Do you:

- Work all week and then do more tiring work or tasks on your days off?
- Find yourself working late into the night — and still have more to do?
- Spend so much time doing things for everyone else that there's little or no time left for you?
- Keep going no matter what? If so, check in with a close friend and ask if you seem burned out.

How to rev up again

Time to recharge? Here are some tips:

- Set aside time just for you — and enforce it. Read, watch TV or do anything else that relaxes you.

The EAP is administered by Resources For Living, LLC.

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

- Commit to working out, hiking, walking or doing anything else you like outside or at the gym.
- Prioritize your relationships.
- Practice meditation, yoga, mindfulness — or any other ritual that rejuvenates you.
- Learn to say "no" when saying "yes" is not good for you.

Remember you're human. Humans need to pay attention to their "low battery" signals and find ways to recharge.

Why not take a moment now to think about one new way you can recharge? Make a plan to work it into your schedule. After a while, see if you feel happier and more effective.

October is Depression Awareness Month



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Many of us know the signs of illnesses like heart disease, diabetes and high blood pressure. But what about the signs of depression? Fewer people know these symptoms because emotional issues like depression have typically been swept under the rug.

Mental health stigma

Mental health problems can be as disabling as physical health problems. So why do people pretend emotional issues don't exist? It's all about mental health stigma which can be very harmful if it keeps someone from seeking help. Whatever is causing you pain or harm — whether it be physical or emotional — needs attention and treatment.

Know what to look for

Everyone's depression is different. But here are some common symptoms:

- Fatigue
- Inability to focus or concentrating
- Sadness, anger and irritability
- Loss of interest in fun or spending lots of time alone
- Too much or too little sleep
- Anxiety

Know what to do

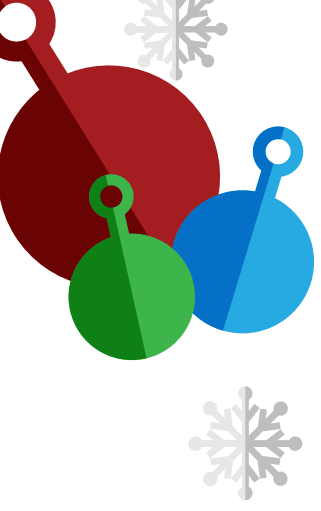
If someone you know seems depressed, you can help by listening, encouraging and never judging. Describe your observations and why you're concerned. Offer to accompany the person to see a professional who can help. Never tell a depressed person to "toughen up" or "try being happy." That's like asking someone with a broken leg to "walk it off." It's not something he or she can do.

If you feel depressed, get professional help. Depression is hard to beat alone. Therapy, and sometimes medications, can make all the difference. Exercise, sleep and eat well. Let someone who cares about you know what you're going through. And let that person help.

For further information, contact us. You can also call the National Suicide Prevention Hotline at **1-800-273-8255** for help anytime, day or night.

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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.



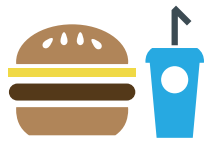
TIPS FOR EATING HEALTHY DURING THE

HOLIDAYS

EATING WELL AND MANAGING CALORIES DURING THE HOLIDAYS CAN BE HARD. HERE ARE SOME TIPS THAT MAY HELP:



DON'T GO TO A HOLIDAY PARTY STARVING



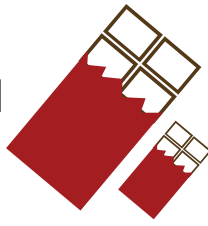
SIT WITH YOUR BACK TO A BUFFET TO LESSEN TEMPTATION

EAT SMALL SNACKS (LIKE VEGGIES) BEFORE A PARTY



IF YOU WANT DESSERT, LIMIT YOURSELF TO ONE BITE OF YOUR FAVORITES

SAMPLE EVERY DISH YOU LIKE — BUT IN MINI-PORTIONS



COMMIT TO HAVING ONLY ONE PLATE OF FOOD — EVEN AT A BUFFET

ENJOY THE PEOPLE — THAT'S REALLY WHAT PARTIES ARE FOR!



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