

Just  
for fun...



# Be creative

July 2020 Newsletter



*Featured  
Article:*

**Creativity during Covid-19** | Do you realize how creative you are?  
[Read this article to learn more...](#)



*Monthly  
Awareness:*

**Catching some rays can be risky** | Having fun in the sun?  
[Here are some ways to stay safe from harmful rays...](#)



*Let's Talk  
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**Talking to your partner about money** | Many couples fight  
about money. You don't have to be one of them. [Watch this video to find out how...](#)



*Podcast:*

**Think tank — What's your happy?** | Join this podcast to learn  
about ways to achieve and maintain happiness. [Learn more about finding your  
happy...](#)



*Infographic:*

**What to do when you're feeling blue** | We all feel sad sometimes.  
[Here are some tips to help you start feeling like yourself again...](#)

**Getting help** | Get confidential support, information and referrals for work or personal concerns. We can help you, your household members or your adult children under 26, even if they live away from home. Call or visit us online today!



# Creativity during Covid-19

You may not realize it, but you've probably been extra creative lately. How? By finding ways to make your life work during Covid-19. If you have kids, you get extra points.

## Challenges you may face

- Finding ways to work at home with all the distractions
- Making do with less if you've had reduced hours or a layoff
- Getting food and supplies without lots of trips to supermarkets and stores
- Staying socially distanced while:
  - Taking care of older adults in your family and community
  - Staying connected to your friends
- Being a teacher when your kids need help with homeschooling
- Being a playmate when your kids are bored
- Creating family night activities to keep everyone busy and happy
- Keeping up your own spirits during this difficult period

## And there's more...

If you stop and think about your daily routine, you'll realize you've been using a lot of creative thinking to make life happy and workable these past months.

Remember, creativity isn't only about being an artist or musician. It's about innovation and meeting challenges. So give yourself credit for your creativity!

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

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.



# Catching some rays can be risky



Most of us enjoy soaking up some sun this time of year. It can really feel good. But...

## The sun's rays can hurt you

The sun emits ultraviolet rays (UVA and UVB rays) that can be harmful to your skin and eyes. Exposing yourself to the sun without using good sense and protection can lead to sunburn, sun poisoning, eye damage — and even skin cancer.

## Luckily, you can take precautions

There are simple ways to protect yourself against UV rays. Here are just a few:

1. Try to stay out of the sun when it's strongest — between 10AM - 3 PM standard time (or 11 AM - 4 PM daylight savings time).<sup>1</sup>
2. When you're gardening or spending long periods in the sun, wear a hat, long sleeves and pants — and try to find garments with a tag that says they're UV protective or resistant.
3. Wear sunblock even on days you don't plan to sunbathe or spend time in direct sun. UV rays are present all the time — even on cloudy days. You're safest if you get into the habit of applying sunscreen to your face every day, year-round.
4. Sunscreen wears off so reapply every two hours, especially if you're swimming or sweating a lot.<sup>1</sup>
5. Wear sunglasses to protect your eyes from sun damage.

You can still enjoy some fun in the sun. Just be careful and smart. Be prepared with sunglasses, hat and sunblock before you go out to catch some rays.

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<sup>1</sup>Spend Time Outside and Stay Sun-safe. Accessed June 2020.

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# What to do when you're feeling blue

Let's be honest — we're not really taught how to cope with feelings. And in this "good vibes only" world, it's easy to feel bad about feeling bad. But we all feel sad from time to time.

Here are some ways to work through it:



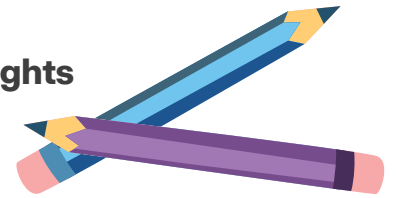
**1** Allow sad feelings to exist

**2** Don't avoid your feelings with food, alcohol, drugs, social media or TV



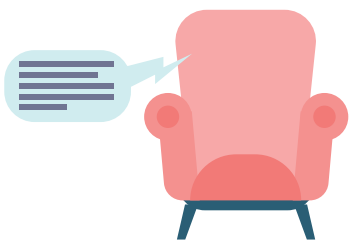
**3** Notice the feeling in your body

**4** Write down your thoughts



**5** Talk to a friend

**6** Express yourself through art



**7** Process your feelings with a therapist

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