

Just
because...



Forgive

November 2020 Newsletter



*Featured
Article:*

Forgiveness during the pandemic | Forgiveness is a gift you give yourself as well as others. [Learn how and why here...](#)



*Monthly
Awareness:*

Vaping: The unhealthy truth | Think vaping comes without risks? [Here are some things you should know...](#)



*Let's Talk
video:*

Social media FOMO | Missing out on things doesn't have to be scary. [Learn tips that can help you turn off the fear...](#)



*Think Tank
podcast:*

Worry less, enjoy more | Why waste time stewing? [Learn tips for being happier even during stressful times...](#)



Infographic:

Gratitude | Give yourself a boost by being actively grateful. [Start today...](#)

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!



Forgiveness during the pandemic

Forgiving can be hard. But forgiving during the pandemic is more important than ever.

Why? We already have so much emotion and upheaval in our everyday lives. Living with anger and hurt is surely something to avoid if we can.

Where do you begin?

Start with yourself. Many people started off the pandemic with grand plans of de-cluttering, starting new hobbies, getting fit and more. In reality, many of us have found it hard just to keep up our spirits — never mind the lofty goals.

Forgive yourself for feeling angry, sad or frustrated by changes to your “normal” life. Forgive yourself if you’ve been impatient as you try to navigate your kids’ new routines. And kudos to surviving all the changes — including jobs, social life and more.

Next, forgive those around you. Let’s face it, many of us are not at our “best” right now. We may make mistakes that hurt others. Let’s try to forgive those around us for small slights.

Holding grudges uses up energy we really need right now. Re-direct that energy toward acts of kindness and caring towards family, friends and neighbors.

Remember that forgiving is a gift you give yourself — and chances are you can use that gift now more than ever.

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Vaping: The unhealthy truth



Vaping is like smoking — but without a cigarette. First you purchase an e-cigarette device. Then you fill it with a substance or liquid and the device heats it. As you inhale (or vape), the substance evaporates until the e-cig is empty. You blow out an aerosol instead of smoke.

People vape for various reasons:

- Some hope vaping will help them give up cigarettes.
- Others enjoy vaping because it feels like smoking but seems risk-free.
- Some vapers have never smoked but they enjoy the flavors and liquids available for vaping.

The downsides of vaping

Vaping is costly and has risks. For example:¹

- Many vaping products have nicotine in them. This is important to know if you're trying to break your nicotine habit.

- There are chemicals in vaping products that are linked to cancer, heart and lung disease.
- Vaping has great appeal for young people. Yet the substances used can cause illness, lung damage and even death.²

Be informed...

Learn more by visiting [The risks of vaping: A look at safety](#) at the National Institutes for Health website.

Understanding the risks of vaping can help you make better health decisions.

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¹Albert, J.B. [Beginners guide to e-cigarettes and vaping](#). Accessed September 2020.

²Brueck, Hilary and Skye Gould. [42 people have died from a mysterious lung illness linked to vaping. Here's where they're all from](#). Accessed September 2020.

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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.

WAYS TO PRACTICE GRATITUDE



FOCUS

on your strengths,
not your weaknesses



LOOK

at your failures and
challenges as learning
opportunities to help
you grow



MEDITATE

each day on what you're
grateful for and write your
thoughts in a journal



GIVE

your time to others by
volunteering or spending
time to help your family
and friends



SAY "THANK YOU"

whenever someone does something
nice or helpful for you

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