



## **UR Medicine EAP**

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## **Guidance on Social Media Use for Teens**

The American Psychological Association has issued recommended guidelines for parents and educators concerning use of social media by teens entitled “American Psychological Association Health Advisory on Social Media Use in Adolescence,” it offers ten recommendations. Example: Adolescents’ social media use should be preceded by training in social media literacy to ensure that users have developed psychologically informed competencies and skills that will maximize the chances for balanced, safe, and meaningful social media use. The APA recommends education and training to help prevent toxic effects of social media use. They equate the idea of educating teens in the use of social media with educating teens before they can drive a car.

## **Danger of Complacency in the Workplace**

Complacency can sneak up on you. With complacency, you risk neglecting safety procedures and protocols, or you may overlook other dangers associated with a hazardous task. Complacency causes many unintentional workplace accidents and injuries. Think of familiarity and routine as the “birth parents” of complacency. To be on guard, understand that the more frequently an individual engages in an unsafe practice or disregards safety measures resulting from complacency, the higher the likelihood an accident will occur. Eventually, this risk rises to near certainty. This dynamic is also known as the “Law of Large Numbers.” Learn more by going to OSHA’s website.

## **Work-Life Balance Is Not Just a "Nice to Have"**

Work-life balance is often treated as a mere afterthought, with people acknowledging its importance only when they are overwhelmed and desperate. However, Dr. J. Gerald Suarez, an esteemed educator, consultant, and executive coach at the University of Maryland, emphasizes that work-life balance should be viewed not as a luxury but as an essential element crucial for achieving success in our professional lives. His position is that work-life balance does not guarantee success, but without it, failure is almost inevitable. To enhance work-life balance, it is vital to resist the allure of relying solely on coping mechanisms to manage stress that provide only temporary relief. Doing so can become a habit of coping that only facilitates increased deterioration of your equilibrium between work and personal life.

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A more intelligent approach starts with introspection and decisions. You can't do everything well, so deliberate and identify the core values and experiences that hold the utmost importance in your life. Next, embrace these core beliefs and principles as the foundation of your life. Let them shape your decisions, and establish priorities for achieving work-life balance. Take a proactive approach by scheduling a balance of work-life activities on your calendar. Instead of trying to fit them in or treating them as secondary to other commitments, make them a nonnegotiable part of your available time. Using this approach will be more likely to contribute to stability in your life and help you maintain mindful choices that add to success in work and beyond.

Source: University of Maryland [www.rhsmith.umd.edu/research/pursuing-work-life-balance-isnt-want-its-need-success](http://www.rhsmith.umd.edu/research/pursuing-work-life-balance-isnt-want-its-need-success)

## Start Your Day Off Right

Can a morning routine influence the happiness and productivity of your coming day? Research-based evidence says yes, it can. A good morning, of course, starts out with adequate sleep the night before, a nutritious breakfast, and a regular wake-up time. However, add the following mental health and productivity boosters for added push, and notice the impact on your life after one week: 1) Spend a few moments focusing on things you are grateful for in order to improve your mood; 2) expose yourself to sunlight or bright daylight for few moments; 3) make your bed; 4) write down your goals for the day; 5) take a few minutes to meditate or practice mindfulness. (This last mental application develops a skill that allows you to quickly calm your mind and reduce stress when needed.) Source: Positiveroutines.com <https://positiveroutines.com/productive-morning-routine/>

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