

Sleep—A “Fountain of Youth”



Although there is no such thing as a “fountain of youth,” many researchers are convinced that quality sleep comes closest to its benefits. Seek help for sleep troubles from appropriate health resources. Start with a doctor, EAP, counselor, credible book, or your health and wellness advisor. Research studies on those who get better sleep show improved

memory, reduced depression, improved self-confidence, lost weight, looking younger, increased creativity, improved mood, increased energy, prevention of cognitive decline in later life, reduced pain, better work performance, and even positive benefits in decision making leading to business and financial success. One study showed that 17 hours without sleep equates to an impaired brain with a .05 percent blood alcohol level. Source: <https://www.ncbi.nlm.nih.gov> [Search PMC 1739867]

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Salt and Heart Health

February is Heart Health Awareness month. You already know that you should exercise regularly, but let’s discuss your salt intake. Your heart and salt are not buddies. Reducing your use of salt, especially if you have a family history of high blood pressure or heart disease, could help save your life. When you consume salt, you make it more difficult for your kidneys to gather fluid and for you to urinate, which leads to fluid retention. This fluid raises your blood pressure and, in turn, puts strain on your heart. The tiny blood vessels that lead to your kidneys are also strained.

Dealing with Difficult Situations at Work

Difficult situations at work—major errors, sudden change, conflicts, and emotional meltdowns—affect every workplace. A popular question in employment interviews is “Can you give me an example of a difficult situation and how you handled it?” Often full of drama, difficult situations (you know them when you experience them) require maturity, skill, and a cool head. Minimizing disruption to the workplace is the goal, and bosses typically know who they will turn to for help in managing difficult situations. Here are a few tips to help that person be you: 1) Challenges and curveballs happen at home and at work. Don’t be surprised by them. See conflict as normal and change as inevitable. 2) Accept these realities when they happen, and resist the impulse to emotionally respond to them. 3) Avoid being pulled into the drama of a difficult workplace situation. 4) Maintain a cool head by understanding that all crises, large and small, have beginning and end points; a resolution will come. 5) When focusing on resolution, avoid blame and over-attention to symptoms. Think: “What’s the real problem here?” to help identify the best approach. 6) Maintain an attitude of “opportunity found.” This “lens” or point of view will help you spot opportunities to make things better that can help prevent a recurrence of a similar difficult situation.