

Have a Good Mental Health Day at Work

If you suffer from depression and/or anxiety, you know that their symptoms don't park themselves at the front door when you arrive at work. They might affect your mood and productivity, with some days being worse than others. Be sure to develop a strategy for yourself so you can manage the symptoms that are making your day a struggle. Reach out to your Employee Assistance Program. Contact a "health buddy" (someone with whom you can share or can create a scenario of mutual support), take rejuvenating short breaks away from the work site, or work with your medical provider to explore reasonable accommodations. Both you and your employer want the same thing: You feeling your best and benefiting from your skills and abilities.



Find Moments for Movement to Stay Fit

Research has shown that sitting at a desk most of the day can take a toll on your health. For this reason, some health experts call long-term sitting "the new smoking." Stand-up desks and even expensive treadmill-desks have been introduced to mitigate this health crisis. There may be an easier way to mitigate all the risk: Move when you get the chance. Walk in the morning, walk at lunch, pace while on the phone, do some stretches every 30 minutes, try a few sit-ups, do some lunges, and/or try "burpees." Put a reminder sticker near your desk that says "Move!" and fight the impact of sedentary work. See "lunges" and "burpees" on YouTube. Get your doctor's approval for an exercise program, if needed.

Source: www.cuimc.columbia.edu (Search: "sedentary sitting")

Better Reasons to Stop the Gossip

If you value a positive workplace where open communication is a tradition that reduces conflict, then you should value a tradition that refrains from gossip. Office gossip corrodes a positive workplace, and here's why: Gossip produces a chain reaction of secrecy and negativity that erodes trust. As one person shares gossip, the next person to hear it is naturally left inhibited from being open and sharing of themselves in the future because they figure they might be the next victim. Gossip creates a short-lived bond between two people, but it comes at a high cost. Choose optimistic information sharing instead. You'll be a more enjoyable person with whom to speak, and you'll bond in a more positive way.

Is a Family Member Mentally Ill?

As symptoms of mental illness appear, family members often experience denial as they seek to cope with confusing or frightening behaviors, especially bipolar disorders and schizophrenia. Early diagnosis and treatment is crucial, so seek guidance from a professional counselor, medical doctor, or the EAP when you notice a combination of the following symptoms: confused thinking; prolonged depression (sadness or irritability); feelings of extreme highs and lows; excessive fears, worries and anxieties; severe social withdrawal; dramatic changes in eating or sleeping habits; unusually strong feelings of anger; strange thoughts (delusions); seeing or hearing things that aren't there (hallucinations); growing inability to cope with daily problems; or suicidal statements. Learn more at <https://www.apa.org/helpcenter/improving-care>. If you notice a combination of these symptoms in others, patiently and kindly express your concerns. EAP can be helpful in creating a space to productively discuss mental health symptoms.

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