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Be Cautious with Artificial Intelligence Health Analysis Tools

Internet tools to help self-diagnose medical conditions are commonplace, and new artificial intelligence (AI)-backed tools are emerging fast. However, studies show misdiagnosis is common, so it is crucial to consult with the proper medical professionals. This is especially true of mental health diagnoses. It is easy to query mental health symptoms and then convince yourself that you or someone you know “matches all the criteria” when, in fact, you or they do not. Many people tend to misinterpret or overinterpret emotional experiences. Mental health conditions are complex. A trained professional explores many nuances when reviewing an individual’s unique emotional experiences and circumstances. While technology can play a valuable role in health care, it should be a complement to and not a substitute for the experience of a professional who can personalize treatment and offer ongoing support. Start with your organization’s employee assistance program when you have concerns about any problem or condition. You’re more likely to get the answers you seek.

Drowsy Driving Intervention Tips

Every year, hundreds of drivers are killed by drowsy driving. One in 25 people reported driving while drowsy in the past 30 days—heavy eyelids, falling asleep at a red light, swerving, slamming on the brakes in a frightful “nod-off.” Drowsy driving is more likely between 5 a.m. and 7 a.m., and the recommendation is to pull off the road—safely—to get refreshed. A nap is ideal, if possible. Recognize approaching drowsiness: yawning, blinking more than usual, and straining to keep your eyes open. Caffeine (drinking water can work too), fresh air, sitting up straight, and walking for a few minutes can also restore alertness. Find more solutions here. <https://www.edriving.com/three60/are-you-at-risk-of-falling-asleep-at-the-wheel/>

Planning a Staycation in Grand Style

If vacation money is tight, try a staycation—a vacation spent at home and within one’s local area. Here’s how to make it exciting and refreshing: 1) Set a budget so you know what’s possible. 2) Brainstorm ideas—museums, new hikes found on alltrails.com, new restaurants, movie nights, exhibits, or special events. 3) Create the itinerary and schedule with detail. 4) Disconnect from social media and smartphones, and don’t check email if possible. Limit television viewing. 5) Relax and have fun. With real planning, you will have a great staycation.

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

Creating a Transition Ritual for Your Stressful Job

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/>

Have a Better Mood All Day

Have a more positive day at work by experimenting with these positivity strategies, and see if they don't become a habit for having a more productive day. 1) Be intentional about making your day positive by reminding yourself of the things you appreciate about your job. 2) Have achievable goals each day. Don't just "let things happen." 3) Prioritize tasks associated with these goals. 4) Practice time management during the day. 5) Initiate positive interactions with others and nurture these relationships to maintain a positive and enjoyable workplace. 6) Consciously practice gratitude for a minute or two during the day to reflect on what you like about your job. Doing so cultivates a positive mindset and builds resilience for when the going gets tough. Incorporating these strategies above into your daily routine will empower you to navigate challenges that may arise, ensuring a fulfilling and resilient journey in your professional life.

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Employee Assistance Program