

Bring the Body and the Mind Will Follow



There's an old saying among participants of self-help groups: "Bring the body, and the mind will follow." If you're coming up short on motivation to participate in a recommended counseling or treatment program, consider this simple behavioral principle of cause and effect. You don't have to wait until you feel motivated to begin taking care of yourself. You can begin now and feel motivated later! The simplest example of this principle in action is

when you lack enthusiasm to exercise, but after you do so anyway, you feel surprisingly glad you did and motivated to continue.

Affected by PTSD?

Most people with PTSD (post-traumatic stress disorder) are not veterans. Violent crimes such as sexual assault and robberies, accidents and injuries, natural disasters, sudden significant losses, physical abuse, domestic violence, admission to intensive care—or even witnessing such events—can lead to PTSD. Acute stress reactions are normal after traumas—but lingering symptoms such as frightening dreams, flashbacks of the event, sleep problems, hypervigilance, and distrust of others should be evaluated if they linger for several weeks.* Treatment for PTSD may be needed. If these events and symptoms match your experience, talk to your EAP or health professional to see if a plan for treatment and intervention would be a smart move for you. *See more at www.health.com [Search "ptsd 10 symptoms"].

UR Medicine EAP
496 White Spruce Blvd.
Rochester, NY 14623

(585) 475-0432
1-888-764-3456

Email:
EAP@urmc.rochester.edu

Website:
urmc.rochester.edu/EAP

Forming a Caregiver Support Group

Support groups are powerful, especially when self-run with a structure that commits to empathy, fair communication, problem solving, acceptance of one's vulnerabilities, and most important—confidentiality. This means that what is said in the group stays in the group. These are group traditions. Are you a family caregiver who could benefit from such a support group but can't find one? Why not start one? Associations, Wikihow.com, and even YouTube can guide you with tips. Start by visiting your EAP or a mental health provider knowledgeable about self-help group formation, structure, and maintenance. You'll get clarity on your goal, learn what works, and get tips to ensure your group thrives.

Staying Positive in a Crisis

A crisis is an unexpected event or situation requiring a decision point, while an emergency presents immediate risk to life or property. During a crisis, resist the impulse to panic, conjure up the worst-case scenario, and engage in "awfulizing" (or catastrophizing). This rush to fear and dread is driven by not knowing what will happen next. (It's this not knowing that aggravates the stress response.) Churning with fear undermines resilience and decreases your ability to solve problems, remain productive, and model optimism to others.

With this in mind, recognize that imagined worst-case scenarios rarely follow crises, and when they do, they are almost always more manageable than first imagined. Counter crisis stress with sleep, proper nutrition, appropriate exercise, and relaxation and other mindfulness activities. Avoid reaching for drugs, alcohol, or comfort foods to gain relief. Reaching for substances can inhibit effective and timely decisions you need to make that will resolve crises faster and more successfully. Instead, take advantage of support resources. An EAP or a trained and supportive listener can offer guidance to help you with decisions, uncover options, and keep you grounded with a reality check. Learn more: <http://legacyproject.human.cornell.edu> [search: worry waste].