

Working Under Pressure

The first reaction most people have to the idea of working under pressure is dread. We've all been there, caught between a rock and a hard place with the need to deliver. There are people who can work under pressure quite well. Some even thrive on it. The ability to work under pressure is a learned skill that has one overarching goal: Relief from feeling overwhelmed so you can focus and engage the work efficiently. Avoid obsessing over the large task at hand. Instead, break it into parts and give each part a mini-deadline. Eliminate all potential distractions. Not doing so will ratchet up the pressure more. Use clocks, timers, or other devices to keep yourself moving and on track, but decide the most critical chunk of work you must do first. Start with what's urgent and important. Schedule short breaks at specific times, even if they are only five minutes. These will help pull you through the stages of work faster. View a high-pressure work situation as a challenge to beat a deadline. This strategy produces energy and a competitive spirit with your deadline. Learn about yourself under pressure and how you respond to it. Take steps in the future to avoid procrastination, if it played a role.



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

Dozing Off with Digital Media

Is your child falling asleep with technology aglow? Children's eyes are not fully developed, and research shows their eyes are more sensitive to light than the eyes of adults are. This can affect the brain and disrupt circadian rhythms (the biological clock). Lack of sleep can contribute to excessive tiredness at the end of the school day, grade slippage, conduct problems, loss of interest in other pursuits and poor mental health symptoms. Make rules early on concerning the use of digital media. Doing so later won't be as easy. Consult your pediatrician, counselor/therapist, or EAP for more information on creating boundaries and adjustments to falling asleep without technology.

Source: www.colorado.edu [Search: "kids, sleep, digital media"]

Quick, Make a Speech!

Being asked to give an impromptu speech will catch you off guard. Don't panic—there are proven tactics to help you. 1) You're respected—that's why you've been asked. Think, "I'm going to make this fun." Now you're poised. 2) Open with a question to "pull" in your audience. (e.g., "So, everybody here wants to hear about the Jones Project? Is that right?") But make sure it's a question everyone will readily answer "yes" to. 3) Personalize your talk with your experience using a story-like manner. Doing so will make it flow, capture your listeners, and reduce your nervousness. Being relaxed may result in natural humor, which, of course, is always a plus.

For more tips on producing a good speech and/or relaxation techniques, contact your EAP.

When Employees Struggle with Opioid Addiction

New research shows 75% of employers have workers affected by struggles with opioids, 30% of workers have family members with opioid misuse and addiction problems, 30% of employers have employees who have missed work due to opioids, 22% of employees experience impaired performance due to opioids, 18% of employers say they have had employees arrested, and 8% claim to have employees who have overdosed. Given these impacts, it is unlikely coworkers aren't the first to know. Can coworkers help? Know how you could save a life. In a caring manner, let your coworker know that you are concerned for their health and well-being. Then recommend use of the Employee Assistance Program or another source of help like a counseling hotline. [They are easily found online](#). Expect your offer of help to be declined at first. But stay tuned—a crisis or drug-related incident in the future or some related mishap will provide you with another chance.

Source: www.nsc.org/in-the-newsroom (see story posted 3-17-19)

Too Special to Be Alcoholic?

The stigma of alcoholism has diminished greatly, but when it strikes home, loved ones may rush to defend the drinker, convincing themselves and others that their alcoholic is different, as evident in their lifelong employment, achievements, and community contributions. They may believe their alcoholic requires special care, handling, and an elevated respect apart from others. This form of enabling is referred to as "terminal uniqueness" by those in Alcoholics Anonymous because it results in delay in getting treatment, allowing the illness to grow worse and, with it, the risk that the person suffering from alcoholism will never recover.

If you have a family member that you suspect is suffering from alcohol dependence or addiction, learn about the disease from a reputable source, like the [Addiction Education Society](#). Be relentless in pursuit of treatment, and rely upon those who can guide you along the way.