

## Improve Depression Treatment with Talk Therapy



Talk to your doctor about adding talk therapy (counseling) to help treat depression more efficiently in addition to any pharmaceutical intervention you have been given. Talk therapy may 1) help you prevent negative self-talk scripts that are naturally associated with depression, but can make the condition feel worse; 2) assist you in feeling better faster during the natural delay in the medication's positive effects; 3) offer you additional structure and a helping relationship you can look

forward to each week; and 4) add a collaborating professional to work with your doctor to offer feedback on your condition.

## Maintain Healthy Lungs to Fight COVID-19

You are at higher risk of a deadly outcome from COVID-19 if you smoke. Smoking increases your risk for acute respiratory distress syndrome (ARDS) and adversely affects your immune system. Now is the time to stop using tobacco, and to give up vaping and marijuana—whatever can deplete lung functioning. Many changes in society are likely from the global fight against the coronavirus pandemic. One of them is likely to be a new effort by smokers to quit, this time for good. Be a part of this healthy change by contacting your employee assistance program for more information or [SmokeFree.gov](https://www.smokefree.gov).

Source: [tobacco.ucsf.edu/blog](https://tobacco.ucsf.edu/blog)

## Intervening with a Troubled Teen

Most parents do the best job they can raising children, but any expert will tell you that it also takes a bit of luck. If you are slowly adapting to increasing behavioral problems of a teenager, don't dismiss the idea of a professional assessment to help you identify a path to correct defiant or oppositional behavior. In the 1980s, a worldwide movement of parents helping parents emerged based on a book called *Toughlove*. Decades later, many of its ideas remain standard fare as tools for helping parents reassert and recapture control over their homes, parenting effectiveness, and a better relationship with their children. Start by contacting your EAP so they can point you to reputable services and resources, and you may discover some of these assertive principles of the Toughlove movement.

Source: *Toughlove*; Phyllis and David York; Bantam; 1982

## Does Relationship Addiction Affect You?

Is your romantic relationship characterized by possessiveness, jealousy, manipulation, and feeling terrified of abandonment? These states are common among those who struggle with "relationship addiction." Relationship addiction (or love addiction) is not classified as a mental disorder, but many affected by it believe it should be. The dominant pattern is addictive clinging along with severe relationship conflict. Taking over a partner's responsibilities, focusing on the partner's "true potential" rather than abusive behaviors, or molding yourself to be the person your partner wants are also common. Escaping relationship addiction is possible with counseling. Talk to your EAP. Change will be a rewarding journey of hard work, but it won't be about "fixing the relationship." It will be about learning more about how you respond to relationships, discovering the real you, and finding the healthy relationship you really want.

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