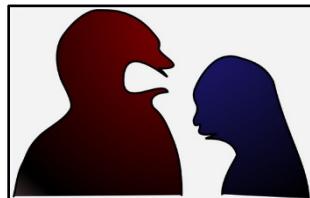


# EAP

Employee Assistance Program

May 2021

## Yes, That's Emotional Abuse



Emotionally abusive relationships are full of confusion and denial for victims. Delays in seeking help are influenced by cycles of abuse followed by remorse, stigma and fear about leaving, damaged self-esteem, blaming yourself, questioning your sanity, and telling yourself, "Deep down he/she really is a good person (or doesn't mean it)." To get traction on change, examine an awareness checklist from an authority website like

WomensHealth.gov. It will help you move along the decision path to reaching out for help, like the EAP.

Source: [WomensHealth.gov](https://www.womenshealth.gov) [search "emotional abuse"]

## Overcoming the Impact of COVID-19 Lockdown

COVID-19 lockdowns have had a severe effect on mental health for millions of people this past year. Depression, isolation, and loads of adverse social consequences are as endemic as the virus itself. One key intervention is keeping a list of projects and tasks for completion to fill one's free time. This strategy is not simply a way to help you stay distracted. The strategy helps you feel in control with an ability to direct your life. Gaining relief from this sense of entrapment is the goal of activities that give you more of a sense of control. Be balanced in how much you engage in social media. It may increase your sense of belonging and feeling engaged with friends and loved ones, but during this time, the "missing out syndrome" and the false "everyone seems better off than me" can have a more stark effect. So, stay aware.

## Thinking about Quitting Your Job?

Hold your horses! Before you quit a job, consider the issues prompting the desire to leave. Two-thirds of workers cite conflicts with bosses and coworkers as leading reasons they left. The commonality of these problems means that EAPs have extensive experience with them. That's good news. Discussing the issues may lead to a decision to retain your job and finally resolve problems you were convinced had no solutions.

## Do You Live with a Problem Gambler?

If you live with someone who gambles, does a gambling disorder disrupt your life? Gam-Anon is a starting point for getting help. This free program is for family, friends, loved ones, and concerned persons affected by another person's gambling. Gam-Anon offers support and answers. Fellowship members can offer their experience, which may also help you discover what to do, how to intervene, and how to take care of yourself in a relationship with a problem gambler. Learn more at [GamblersAnonymous.org](https://GamblersAnonymous.org) [click on the "Gam-Anon" tab]. You can join a regularly scheduled virtual meeting.

### UR Medicine EAP

315 Science Pkwy  
Entrance C  
Rochester, NY 14620

(585) 276-9110  
1-888-764-3456

Email:  
[EAP@urmc.rochester.edu](mailto:EAP@urmc.rochester.edu)

Website:  
[urmc.rochester.edu/EAP](http://urmc.rochester.edu/EAP)