



FrontLine Employee

Wellness, Productivity, & You!

U.S. Army Alcohol and Substance Abuse Program

Memories from the Office Party

Holiday parties are a great way to connect with your coworkers and supervisors on a personal level. While the mood may be festive, it's important to remember that your behavior during office holiday parties is also a reflection of you as an employee. Don't let the lingering memory everyone takes from this year's holiday party be an embarrassing one about you. As a business function, a holiday party can be your opportunity to shine by creating goodwill among your staff members. It can also be an opportunity for you to meet the CEO and other senior executives of your company whom you might not have met before (or not have had opportunities to speak with, perhaps about that one great idea of yours!)



Fortify Your Brain with Fruit

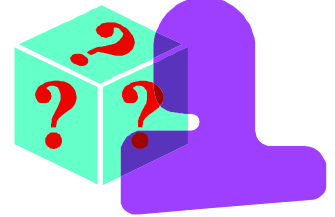
Multiple studies related to eating fruits and vegetables seem to point to emphasized benefits. Research appears to be due to cholesterol associated with stroke. Researchers examined 250,000 people. Consuming more fruits and vegetables reduces risk of stroke. For more information on risk of stroke, talk to your doctor!



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Taking the Mystery Out of Mental Illness

One-fifth of Americans suffer from a diagnosable mental disorder during any given year. The exact causes of mental disorders are unknown, but an explosive growth in research has brought us closer to the answers than ever before. Like physical illnesses, mental illnesses have a biological component to them: inherited dispositions interact with triggering environmental factors to produce mental illness. Understanding this fact has taken much of the mystery and stigma out of mental illness and has led more people to seek help. State-of-the-art treatment for mental illness is very effective—as effective as treatments for high blood pressure, cancer, and arthritis. Contact the EAP to learn more.



Employee Assistance Program

YOUR EAP PROVIDER

EAP services for DA/DOD employees and military retirees as well as family members of soldiers, DA.DOD civilians and military retirees.

ASAP Services are confidential. For more information or to schedule an appointment call XXX-XXX-XXXX

Source: American Psychiatric Association