

FrontLine Employee

Wellness, Productivity & You!

Fort Stewart Army Substance Abuse Program

Your Role in a Drug-Free Workplace

Drug-Free Workplace Awareness Week is October 19-25, 2009. It

promotes drug-free workplaces and encourages workers with alcohol or drug problems to seek help. Here's how to contribute: 1) Discourage use of the phrase "functional alcoholic." It's an enabling term that minimizes the seriousness of alcoholism. It means "His or her drinking doesn't bother me." 2) See alcoholics or drug addicts as having responsibility for getting treatment, not guilty for having the illness. This approach hastens an addict's admission to treatment. 3) Ask, "Am I enabling?" Are you covering for the addict when he or she sleeps on the job, has behavioral issues, steals property, or comes to work late? If you punch a time card for a drug-using employee calling in late, it is almost equal to buying that person their next drink or "use."



Talk to the Boss about Job Troubles

If you are concerned that you may not be measuring up to the expectations of your position, what should you do? Remaining in denial and hoping no one notices may be the worst move. Get feedback from the boss. Direct communication is almost always the better road to travel because it engages management in helping you to resolve problems. Silence puts the problem in management's lap, and you risk a more unpredictable and uncontrollable outcome. Still not sure what to do next? Talk to your employee assistance professional.



Stopping Victimization by Online Sexual Predators

A missing piece of the puzzle when it comes to stopping Internet predators is having frank discussions to discourage teens from having romantic relationships with adults. Studies show that Internet sexual predators pose as adults, not teens, 95% of the time. They typically do not target young children. Instead they target teens and try to develop trusting relationships. They then engage in face-to-face meetings that victims perceive as romances and sexual adventures. Teen victims are more likely to have histories of physical or sexual abuse, family problems, and risky behavior. Most victims, perhaps as many as 75%, meet with the perpetrator more than once.



Employee Assistance Program

YOUR EAP PROVIDER

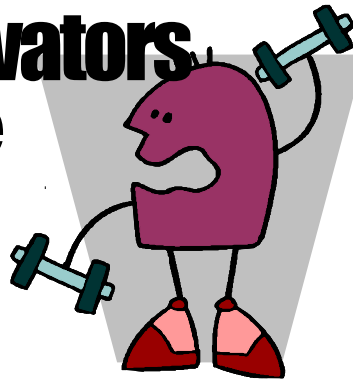
EAP services for DA/DOD employees and military retirees as well as family members of soldiers, DA, DOD civilians and military retirees.

ASAP Services are confidential. For more information or to schedule an appointment call 912 767-5672 DSN 870-5672

Source: American Psychological Association, Press Release, February 8, 2008



Hidden Motivators for Exercise



You know you should exercise regularly, but keeping your body physically fit may not be enough motivation for you to do it. Acquiring more positive beliefs about exercise will give you more reasons to do it regularly, and you may feel new motivation. See exercise as a form of recreation, a way to apply work-life balance, and a means of achieving the goal of finding mental relaxation. Exercising will produce a tranquilizing effect that you will feel hours later, and it can give you the feeling that you accomplished something. These effects can be especially beneficial if you've had a hard day. Exercise can be the one bright spot during those times where you feel a sense of helplessness about specific worries and concerns. Don't think of exercise as just something you "have to do." Instead, think of its many other benefits.

Maximize Productivity Take Breaks!



Treat your work like a marathon rather than a sprint and you'll get more done in less time. Start by warming up with a few easy tasks, and slowly increase your pace until you hit a comfortable rhythm. Take frequent, short breaks. If you don't, you will experience fatigue followed by vulnerability to distractions. This is your body's way of saying "Enough!" These distractions can morph into procrastination, which will usually keep you away from work longer than planned breaks would!

Incentives to Lose Weight Works



Financial incentives to lose weight do work, it appears, at least in the short run. Motivation might be boosted with a financial award that you plan for yourself if you succeed or a financial penalty if you don't. Try duplicating a University of Pennsylvania study that had 50 percent of participants succeeding in losing 16 lb. in 16 weeks with this technique. Some winners chose the forfeit money route, while others went for the award. The figure that worked: about \$300.

Stepping out of Your Comfort



Success almost always requires stepping out of your comfort zone. The next time your anxieties start clawing at your willingness to explore a new workplace opportunity, remember that it's natural to feel unfit for a task at first. Expect to fumble a bit until you get your footing. Living up to your potential doesn't include firm instructions or a "paint-by-numbers" approach. False starts and dead ends happen. Don't be discouraged. Follow this rule: You know more than you think you do. The key is applying old experiences to new situations, getting feedback, and making adjustments until you excel. Then move on to the next challenge.



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WellSpan Employee Assistance 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 an emphasis on blood pressure. The benefit appears to be eating fruits and vegetables involving a total of 10 to 15 servings per day to similar results: an emphasis on fruit health habits and family and dive into a cornucopia of fruits and vegetables.



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 We will set up your layout free. Once you have it, you're all set. Just paste each month.
 Or we can deliver it pre-done*!

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Your EAP Provider

WellSpan EAP provides professional assessment, brief counseling and/or referral services to help individuals resolve personal challenges.

WellSpan EAP services are **confidential**.

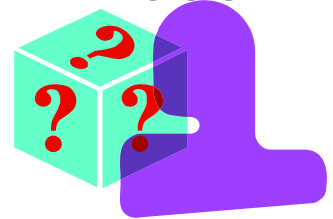
For more information or to schedule an appointment, simply call the office nearest you:

- Gettysburg (717) 337-2257
- Hanover (717) 632-4020
- Lancaster (717) 481-7840
- Shrewsbury (717) 812-2560
- East York (717) 851-6340
- West York (717) 845-6641

If you live or work outside of the south central Pennsylvania region, please call 1-800-673-2514 so that our staff may arrange an appointment for you in your area. Visit us at www.wellspaneap.org.

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.



Source: American Psychiatric Association



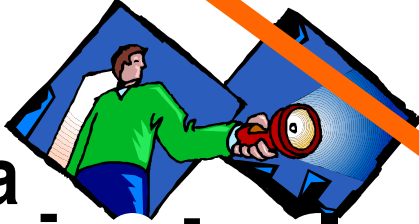
"supporting businesses,
promoting healthy
employees"

Empleado de FrontLine

Salud, bienestar y productividad

AdvantageEAP 815-385-1967 www.AdvantageEAP.com

¿Se ha terminado la búsqueda del equilibrio entre el trabajo y la vida privada?



Si se siente feliz pero también frustrado por no poder lograr un equilibrio entre su trabajo y su vida privada, tal vez deba dejar de buscar ese equilibrio. Ya lo ha conseguido. La esencia del concepto de "equilibrio entre el trabajo y la vida privada" es, en última instancia, su felicidad y no el anotarse puntos por lograr marchar por la cuerda floja entre el trabajo y la familia. La buena noticia es que probablemente ya haya logrado lo que realmente quería. Se sabe que lo que hace feliz a la gente es el amor y el trabajo productivo. Con nuestras vidas tan ocupadas, impulsadas por la celeridad de las tecnologías, es inevitable que esos dos mundos choquen. Comprender lo que nos hace felices es una habilidad que se aprende en la vida. No permita que este criterio sea la forma en que se prueba a sí mismo que es feliz. En el acelerado mundo moderno, la búsqueda de un equilibrio entre el trabajo y la vida privada es, para la mayor parte de la gente, un proceso y no una meta.

Abuso del Coricidin® por parte de los adolescentes



El LSD y el HPB son pero el Vicks 4 Coricidin-HPB, que pueden causar alucinaciones, mareos, pérdida de las funciones motoras y posiblemente muerte cuando se abusa de ellos, no son. El ingrediente

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Information about your EAP can go here, or you can accept the default article. Use this space for your EAP name, address, staff members, office locations, and more.

Inicie una sesión en la nueva pirámide alimentaria



En 2005, el gobierno federal estableció un nuevo conjunto de lineamientos nutricionales recomendados, mejor conocidos como la "pirámide alimentaria". En su momento, fue una gran noticia. Ahora, el gobierno ha creado un nuevo sitio Web interactivo que acompaña estos lineamientos y que proporciona información importante sobre la dieta, el ejercicio y el control de peso, además de contar con varios tipos de herramientas de evaluación. Visite el nuevo sitio Web en <http://www.mypyramid.gov>. Puede realizar un seguimiento de su progreso mientras mejora su salud ¡y guardar los resultados hasta por un año! Además hay una sección para niños, para que aprendan sobre nutrición y a llevar una dieta saludable y equilibrada.