



Your **EAP** Newsletter!

When Tragedy Strikes at Work



There are best practices for coping with tragedy in the workplace, and communication is crucial for all of them.

- 1) Share all appropriate information. It facilitates healing discussions among workers.
- 2) Don't judge others' reactions. There is no "correct" way of reacting to tragedy. Each person is unique, and the reasons why are complex.
- 3) Use counseling resources and self-help groups. They can speed your way to a healthful return to your pre-tragedy emotional state.
- 4) Even if you feel no support is needed, consider a "check-in" that can help keep you from overlooking a reaction that later interferes with social or job functioning.
- 5) Because tragic events can adversely affect focus and performance, give it time, and be patient with people.
- 6) Contact the AEAP for support and assistance (X8720).

Kid Solutions to Coping with COVID



"Back-to-school" means something dramatically different this fall, but coping well with changes requires discussing them together as a family. After school, ask the kids how things are going, but expect the usual "hmm ... fine." To identify hidden worries, like bullying or social skills gaps that are causing distress, use open-ended questions that can't be answered with yes, no, or fine. Work on solutions together. Try brainstorming as a family or a group, or one on one with your child. You'll be surprised at the solutions kids imagine for solving their problems, ones that fit perfectly with their circumstances.

Use "Distancing" to Think Calmly Under Pressure

There is another kind of distancing worth knowing about: "distancing" as a job skill, and a means of functioning well under pressure. Distancing is the mental task of separating oneself emotionally from severe interactional stress (e.g., a verbally irate customer) so you maintain focus on a task. (Navy Seals learn this skill.) To develop the distancing skill, take a deep breath when under pressure; acknowledge the situation ("Okay, the pressure's on. I can do this."); challenge yourself to be calm and visualize calmness; and focus on positives and the temporary nature of the event. Employers value workers who can perform well under pressure. Now you know how to do it.



Drug of Abuse Resurgence: GHB

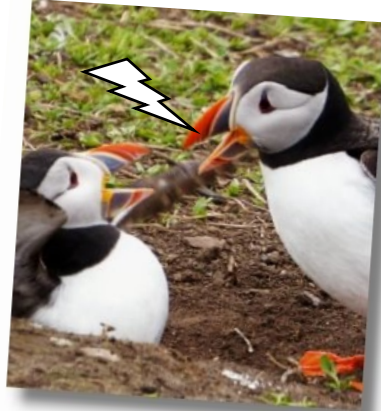
Gamma-hydroxybutyric acid (GHB) is a colorless liquid or white powder that is often associated with the club scene and rave parties. It is an illicit drug that has had a resurgence recently. GHB can easily be placed in a beverage, and has been associated with date rape. The drug produces euphoria and memory loss, among other effects, but a drop too much can cause seizures and death. Hundreds have died after being unwittingly dosed by others. Other drugs used to facilitate sexual assault include Rohypnol and ketamine, but the most common drug used to facilitate rape *is still alcohol*. Individuals who choose to drink should always be conscientious about the amount of alcohol they consume and the safety of their environment.



Source: DEA.gov [search "GHB"]

Reduce Squabbles to Increase Productivity While Working from Home

Working remotely is the new normal for many employees. This change is requiring millions of workers to adapt. However, when family time increases, so can domestic stress. Add social isolation mandates, and you have a recipe for increased bickering and family squabbles. Have you experienced this “quarantine quarreling”? Has it affected your work productivity? We’re all familiar with bickering. It’s about the small stuff: “Whose turn is it to walk the dog?” and “How come no one put the wet laundry in the dryer?” Reducing bickering begins with understanding it is normal. Feeling less guilty about it can help you focus on intervention strategies. The inevitable is fewer incidents of its occurrence, fewer interruptions of your job, and more instances of members of your family communicating healthily. Even children can learn conflict resolution skills, and all can build the resilience necessary to cope with twists and turns in how the world responds to the pandemic. To these ends: 1) Have regular family meetings to discuss the need for a private, quiet workspace. Refresh and reinforce agreements about the rules to keep your remote workspace a productive one. 2) Take planned breaks to attend to family needs, which don’t vanish while you are working. Even 30 minutes spent attending to chores will reduce frustrations or resentments attributed to your being “always unavailable.” 3) Decide on definite work hours, if possible. Inertia often makes it easier to keep working after hours than to switch gears in favor of work-life balance. 4) Plan events on a family calendar so that everyone can look forward to and anchor themselves on them. This increases resilience and the ability to be more patient in the present. 5) Exercise with family members. The positive effects of exercising together are well documented in research. There is perhaps no more efficient way to accomplish three important goals at once—improving health, managing stress, and building bonds with those you love.



Source: nih.gov [search "PMC4552681"]

Find the Answer with This Brainstorming Tool

Brainstorming is powerful stuff. A group of people gather to find a solution by generating ideas without filtering, qualifying, judging, or feeling embarrassed about wild ideas. This resource does the same thing—you don’t need others to use this “fast idea generator” tool. Find it at www.nesta.org.uk/toolkit/fast-idea-generator. The worksheet prompts you to think differently in order to help you create ideas to solve problems.



Benefits of Brisk Walking



“Walk faster and

live longer” is a popular health tip. Now, research seems to support it. A three-year study of 92,000 people found that those who walked briskly for seven minutes daily within a 12-minute walk had a 30% lower likelihood of death. A two-minute brisk walk within a 35-minute stroll lowered risk of early death by 21%! If you don’t have an easy exercise program, it’s likely not a problem of capability. Instead, it is a problem of motivation. Overpower your resistance by identifying something you truly enjoy, and combine it with the exercise routine—music, books on tape, or mind-blowing educational content you’ve always wanted to hear or study. Let your doctor approve any exercise program, but find one that makes an impact like this one!

Research: www.nature.com [Search [s41591-020-1012-3]]

Learn tips to help improve your health. Register for Arlington EAP’s Emotional Well-Being Webinars here: [Emotional Well-Being Webinars](#).

As we all navigate the stress of a global pandemic, please help create a culture of caring. Learn how to prevent suicide. [National Suicide Prevention](#)

YOUR! EAP NEWSLETTER is published monthly by the Arlington Employee Assistance Program (AEAP). It is intended for general information purposes only. For help with personal or professional concerns, contact the Employee Assistance Professional staff. The EAP operates under provisions of Federal confidentiality laws and EAPA Core Technology. The office is conveniently located in downtown Clarendon, at 2847 Wilson Blvd, Arlington, VA 22201. During the global pandemic AEAP appointments are virtual, via a confidential telehealth platform. To speak with someone, please call the main number (703-228-8720) during business hours (8:00a.m. – 5:00p.m.)

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