

Ft Irwin EAP Newsletter

Say Yes to Stress Management

Stress as defined by Encarta dictionary is : "Mental, emotional or physical strain caused by anxiety or over-work. It may cause such symptoms as raised blood pressure or depression."

Some of the top stressors for most of us are: divorce, death of a spouse, work, job loss, finances, relationships, injury or illness, commuting, etc. All of us at some point in time will have to deal with one or more of these issues. Which means that stress, good or bad, is a part of life.

So what do we do to handle stress? 1. Eat right. 2. Exercise. 3. Get a good night's sleep. 4. Limit coffee and

alcohol. 5. Stop smoking. 6. Set limits. 7. Think positive.

We also need to assess which stressors we can or cannot change. For stressors we cannot change, we need to work on changing our reactions to them.

There is only one you. Stress management is not a passive activity. You can "control" your stress, or it can "control" you.

Try the interactive stress test at: <http://www.stress-management.net/stress-test.htm>



To receive a free weekly stress management newsletter, go to: <http://stress.about.com/gi/pages/stay.htm>

"A healthy body is a guest chamber for the soul: a sick body is a prison." Francis Bacon (1561-1626)

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Special points of interest:

- ASAP annual employee training, 11.8.11; 0830-1030, bldg 573
- ASAP annual supervisor training, 11.15.11; 0830-1030, bldg 573
- In accordance with AR 600-85, all civilians will have a minimum of 2 hours of alcohol and other drug awareness training per year.

Work Place Bullying

Work place bullying has been defined in several ways: repeated or unreasonable actions of individuals (or a group) directed towards an employee (or a group of employees), which is intended to intimidate and creates a risk to the health and safety of the employees; the assertion of power through ag-

gression. Workplace bullying is detrimental to victims and business. Unlike harassment, workplace bullying is not illegal. Management can help prevent workplace bullying by developing comprehensive written policies and ensuring that all employees read and understand them. Have these policies posted in

common areas for all employees to see. Also, supervisors need to have an established "Open Door" policy where employees feel comfortable sharing their concerns.

Binge Drinking

Binge drinking is thought to be a fun activity, a way to relax after a putting in a week of hard work. But it can also be dangerous, even deadly. Drinking to get drunk is the purpose of binge drinking. Binge drinkers consume large amounts of alcohol in a short period of time to lose control. Drinking large quantities of alcohol in a short period of time can result in alcohol poisoning, blackouts, and extremely poor judgment. Under the influence of alcohol people are more likely to do dangerous things such as: start fights, drive drunk, pass out. Having too much



to drink can also put you at risk for sexual or physical assault. Singer Amy Winehouse's toxicology report was recently re-

leased. Alcohol poisoning was determined to be the cause of her death. Be aware of the amount of alcohol you are drinking. If you feel that you might have a drinking problem come see the EAP at



Bldg 573 or call 380.9092. For a free confidential alcohol screening, go to: www.militarymentalhealth.org or alcoholscreening.org

Veterans Day

Veterans Day is intended to honor and thank all military personnel who served in the United States in all wars, particularly living veterans. It is marked by parades and church services and in many places the American flag is hung at half mast. Veterans Day is November 11th. Many businesses thank veterans by offering free or discounted services. www.military.com/veterans-day/veterans-day-discounts.html

November 1 - November 24 Knott's annual tribute to our Military, past and present, starts November 1st. FREE admission for Veterans or current serving military personnel and one guest with proper I.D. presented at turnstile. (DD214, Veterans Administration Hospital ID or Active Military Service ID.) Plus purchase up to six additional tickets for just \$17 each! Ends Thanksgiving Day.

***Eligible person must be present. Dependent I.D.s will not be accepted**

"Freedom is never free" – Unknown

Information from this article was taken from: Timeanddate.com

"Bath Salts"

For many parents, the primary concerns for their teenagers are underage drinking and alcohol or drug abuse. While alcohol and drug abuse continue to be a problem, parents should also be aware of a new, readily available — and surprisingly legal — drug that is gaining extensive popularity. It's known as "Bath Salts." Bath Salts are packets of white powder with innocuous names like Vanilla Sky, Ivory Wave and White Rush. The packets, which are usually smoked or snorted, produce a meth-like high and violent behavior in users.

Some health professionals claim the effects of the powder is as harmful as abusing amphetamines. It is sold at convenience stores and gas stations and the internet. The packets are approximately \$25. The main ingredient is MPVD (mephedrone) which is an addictive stimulant which affects the central nervous system. This drug is popular with teens and young adults because it is legal and easy to buy. It is a popular club drug. The use of Bath Salts has resulted in numerous violent deaths and poisonings. Bath Salts have many danger-

ous side effects. Such as: Increased heart rate; increased blood pressure and extreme aggression. Information for this article was taken from the "Safety Report"



Family Meal

With all that goes on in our busy lives, we forget the simple meaningful things. A good meal, paired with good conversation is a great way to relax and have fun with your family. Eating dinner together every night as a family is a good way to increase family connections. This is a time when parents get to check-in with their children and find out what is going on in their lives. Children of all ages (even though our teens might not want to admit it) enjoy spending time with their parents and enjoy knowing they will have this dedicated time. Everyone

gets a chance to share their days and update family members on plans, activities, etc. But for this to be a positive experience, you have to leave the discussions about discipline, problems with behavior, etc. for a different time. If schedules don't permit a regular dinner, do breakfast or lunch, but commit to whatever meal you can. Children who are able to understand your irregular schedule, will appreciate your commitment to eating with them when your schedule allows. Remember that quality

time with your family is a good way to "let go" of the stress from your day.

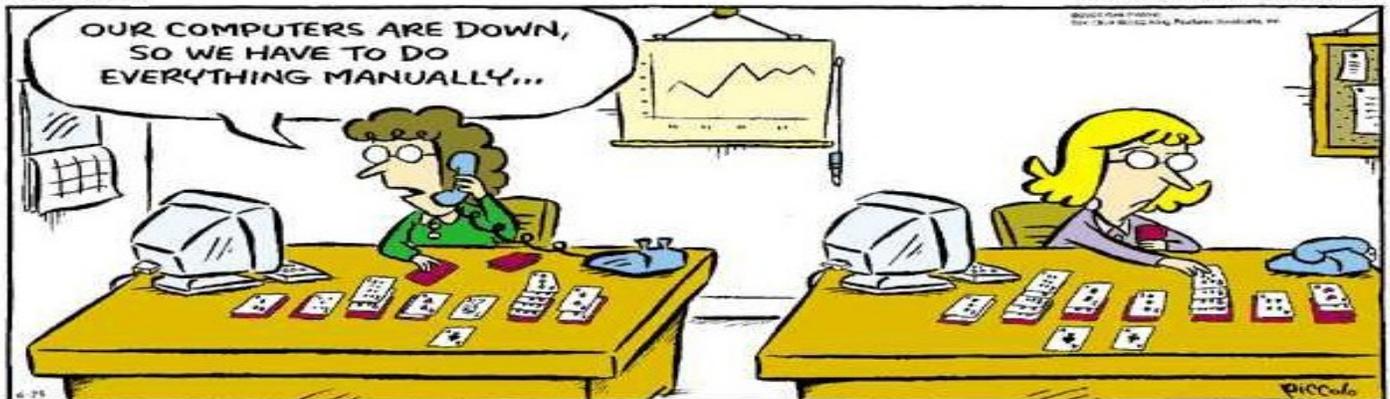


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This and That

SIX CHIX

BY RINA PICCOLO



Thanksgiving and Family

It's hard to believe, but Thanksgiving is near. Thursday November 24 is the big day. And whether it's turkey, duck or goose, we are looking forward to the good food, time off, and being with our families.

Technology is great, and we definitely want to take advantage of it to watch the football games on our HD super large

screen tv's, and skype family and friends afar. But we also want to take the time to interact with each other person to person. So tell your kids and the other techies to stop texting and start conversation, play games, or whatever. Just make sure to enjoy the time with your loved ones. Have a safe and Happy Thanksgiving holiday.



Happy Thanksgiving!!

Ft Irwin Employee Assistance Program

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Valencia R. Barnes, EAPC

Happy Thanksgiving

Work Place Etiquette

Most people spend 8-12 hours a day at their place of work. Why not do what we can to make it pleasant? In order for relationships in the work place to run smoothly, employees need to follow a few simple guidelines.

1. Respect each other– treat people the way you would like to be treated.
2. Stay away from gossip– it is harmful and has no place in the work environment.
3. Be on time– always arrive early never late. Someone is depending on you.
4. Wear appropriate clothing– Don't wear clothing that is dirty, unkempt, too tight or baggy.
5. Prompt communication– return phone calls and emails in an appropriate time. People shouldn't have to leave several messages before you respond
6. Respect others culture– we have diversity in the work place, make sure to respect differences.
7. Do not disturb others by talking too loud. Watch your pitch, don't talk too much or speak out of turn.
8. Everyone has a role– whether it is CEO or maintenance, each person is important to the organization.
9. Remember the basics– use your manners. "Please" and "thank you" go a long way.

Basic EAP services include free, voluntary, short term counseling and referral for various issues affecting employee mental and emotional well-being , such as alcohol and other substance abuse, stress, grief and family problems, and psychological disorders. EAP counselors also work in a consultative role with managers and supervisors to help address employee and organizational challenges and needs. EAP services are available to DA Civilians including NAF/AF and their family members, military dependents, military retirees and their family members.



Taken from JIPL Blog and Smallbusiness-chron.com