

Employee Assistance Program

Faculty & Staff Living Newsletter

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SACRAMENTO
STATE

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Wellness, Productivity, & You

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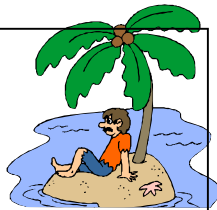
Exercise Mind Over Matter



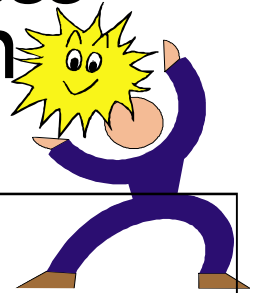
Don't let your New Year's fitness resolution succumb to waning enthusiasm. Staying power is mental, so get your game plan together with these five tips to maintain your drive: 1) View workouts as time for yourself, rather than as a chore. On days when you're unmotivated, promise to do just five minutes of exercise. After getting started, you'll probably do much more. 2) Whether it's pounds or performance, set yourself up for morale-building victories by establishing short-term goals and rewarding yourself after achieving each one. 3) Vary your workouts occasionally by trying different exercises. 4) Bring your ultimate goal to life through visualization. Imagine how you'll feel slipping into a new dress or walking confidently in a swimsuit along a beach. 5) Take pictures to document your progress. This is a powerful strategy not to let go of your goal.

Overcoming Alienation

Are you feeling detached, with fewer quality relationships, because of a fast-paced, overworked lifestyle that never seems to let you take a breath? Are the neighbors next door still strangers? This phenomenon is called "alienation." Before the years slip by, take steps to intervene. First, rein in your media and Internet consumption. One presents a false reality and the other consumes time. Decrease isolating activities and increase face-to-face interactions. Once you "get out there" you'll want to stay there.



Seeking Happiness Is Preventive Health Care



A recent study found that survey participants who reported being happy all or most of the time were 1.5 times more likely to report good health. Seeking happiness is a preventive healthcare strategy. Awareness of your mind-body link can help prevent issues such as depression, anger, and stress from compounding into greater problems. Use the start of the new year to do a brief self assessment. Are you eating relatively healthy (getting proper nutrition through your diet and avoiding excessive intake of "empty" calories)? Are you getting regular exercise (20 to 30 minutes more days than not)? Are you making time for some fun and relaxation in your life? Are you balancing your responsibilities at home and work with your personal interests for family and friends? Do you find yourself looking forward to your day, at least some of the time? If you just haven't felt like yourself lately, don't hesitate to visit your EAP for guidance and resources. There's no shame in feeling down. Happiness is a work in progress. Start off the new year by taking steps to increase your happiness.

Forward F&S Living to a Friend

Ask for automatic delivery by electronic mail

E-mail us at: eap@csus.edu

Visit the EAP webpage!

www.csus.edu/eapprog

Self-help web links

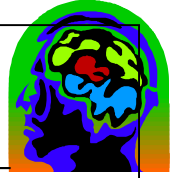
Community referral information

Home Stretch to Higher Grades



Four months down, five to go. Is your child on track for a successful school year? If not, don't panic – there's plenty of time to stage a New Year comeback. Your job is to provide coaching, encouragement, and some discipline. Schoolwork can turn into meaningless drudgery when it's not connected to real-world outcomes, so tune in to your child's emotional triggers and find areas of interest that you can use as leverage. Sometimes you can make connections for your child between school and their long term interests and goals, other times require you to provide the motivation for them by connecting their effort toward their "job" (school work) and their privileges. Defeat discouragement by breaking up the remainder of the year into manageable, short-term goals that build to your year-end goal. Set realistic expectations based on where they currently are. Work with your child to build good work habits; do they work better by carving out scheduled study time in 30-minute blocks with 10-minute breaks or can they focus better by completing one task (assignments for 1 class) at a time? There is no one approach that works best for everyone. Staying on top of daily workloads will help your child avoid the stress of last-minute cramming. Make sure your child has a designated work area; assess whether they work best in their room or at the kitchen table. Use a planner to prioritize daily assignments and to track long term projects that may require some action today even though the final project is not due for several weeks. If materials have a way of getting lost, spend an evening developing a good system for filing and organizing class work. Step in if your child is spending too much time on social Web sites such as Facebook. Above all, don't let academic performance issues dictate all interactions between you and your child. Look for ways to maintain a positive relationship, even if you are having to impose some restrictions as consequences for behavior and choices your child is making. Avoid letting the academics become a power struggle (if your child really wants to flunk you will not be able to prevent it). Engage your child in the process of finding solutions that bring about success as this is a skill that will help them in the future. Consult with EAP if the problems persist. Together, a plan for success can frequently be developed.

Keeping Your Brain Fit As You Grow Older



Your brain, like your body, loses pliability, quickness, and stamina with age. Keeping mentally fit isn't much different from staying in shape – it's really just about lifestyle. If you already work out regularly, congratulations – 25 percent of the blood pumping through your body is delivering performance-enhancing oxygen to your brain as you exercise. Your diet is also important. Start by cutting the fat. Cholesterol buildup can reduce the oxygen supply to your brain by almost 20 percent over time. Load up on foods rich in antioxidants, such as strawberries or red beans, to nurture brain cell health. Add fish to reduce age-related brain inflammation, increase memory, and help your brain send and receive messages efficiently. Consume leafy green veggies rich in folate to enhance brain processing; leafy greens may also play a role in preventing Alzheimer's. Finally, shape up underused areas of your brain by "cross training" your mind with new and different mental challenges.

Internal Customers Count



Think you don't interact with customers? Think again. Are there work units or departments in the University that suffer if you do not provide correct information? What about missed deadlines? If you put a caller from another office on hold, provide incomplete information, or if you don't complete or follow-through on a project, will the efficiency of that person's department or work unit be affected? Others in the University who depend on you for information or services to do their jobs are customers – internal customers. They may be students, staff, or faculty. We all need to work together to meet the overall goals of the University; providing a quality education for the students. The attitude with which we fulfill our job can have a significant impact on others. Providing good "customer service" is a benefit to us all.