

# Employee Assistance Program

Faculty & Staff Living Newsletter

(916) 278-5018



SACRAMENTO  
STATE

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Wellness, Productivity, & You

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The Employee Assistance Program is open all summer from 7:30 A.M. until 4:00 P.M. We are fully staffed and ready to assist you with consultation, assessment, and short term counseling. All services are free of charge.

## Don't Overlook Career Counseling



**C**areer Counselors provide a wide range of services in addition to assisting people who are looking for another job during a period of personal uncertainty or after experiencing a downsizing. These professionals can help you assess your strengths, skill preferences, work and personal values, and interests, and how they relate to identifying your education and career choices. In addition, career counselors can teach you how to research the world of work and provide strategies for acquiring work and education-related experience, including part-time jobs, internships, and volunteer experiences. Career Counselors provide assistance with job search strategies, including resume and cover letter writing and interviewing techniques. They guide you through the process of making career and education decisions, including teaching you how to identify action steps for achieving your goals. If you are looking to make a career change or need help choosing or changing a major, career professionals can assist you. Most career centers also sponsor career-related programs and events, such as a career fair or an internship, co-op, and job fair. Sacramento State has an excellent Career Center available to assist students and alumni, including walk-in hours and follow-up career counseling appointments. Evening career counseling services are available during the academic year for people from the Sacramento community as well as evening students who are unable to visit Sacramento State's Career Center during the day. For information on Sacramento State's Career Center and the career counseling services that are provided in the evening, contact the Career Center at (916) 278-6231.

## Putting on a Positive Attitude



**I**f you struggle with a negative attitude on the job, waiting for management to "lower the boom" or to be confronted by coworkers who are weary of your conduct is not the best way to get motivated to make changes. How many of the following scenarios describe you? 1) Negativity has found a home with you—it frequently overshadows your communications with others. 2) Recurring negativity gives you a feeling of control—a way to fight back against unresolved issues on the job over which you have no control. 3) Others (at work or at home) hear your complaints over and over—you find yourself repeating things you've said before to new listeners. If any of these rings true, then it's time to make adjustments that will make your attitude more positive. Laugh, exercise, or do something new and different. Make a point to listen and not just to talk with friends. Change the way you talk to yourself.

Contact EAP for more ideas and a happier future.

### Forward F&S Living to a Friend

Ask for automatic delivery by electronic mail

E-mail us at: [eap@csus.edu](mailto:eap@csus.edu)

Visit the EAP webpage!

[www.csus.edu/eapprogr](http://www.csus.edu/eapprogr)

Self-help web links

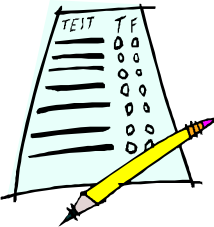
Community referral information

## Facing the Loss of Your Home



**T**he threat of losing your home through a foreclosure is extremely frightening and can cause enormous stress. Feelings of guilt and/or failure, depression, and other negative consequences can affect your ability to act in your best interest. You may feel increasingly incapable of making decisions that can very well forestall what you believe is the inevitable auction of your home. Your physical health can suffer, too. Ask the EAP for some support for the stress. Although the EAP can't manage the financial nightmare you are facing, it can play a supportive role in helping to reduce the total sense of isolation you are feeling. This input will give you energy to act, which is often the most powerful benefit of receiving support. The EAP will not judge you. It will help get you through a tough period... one day at a time. Better yet, contact your EAP before you are in a financial crisis. Early action can often forestall dire consequences.

## Depression By the Numbers



**D**on't simply wonder how severe your symptoms of depression are—find out! Depression can be assessed using highly reliable screening tests that can score the severity of your symptoms. You can then make an informed decision to get help. One popular screening instrument is the Beck Depression Inventory. It includes 21 questions that take about five minutes to answer. The EAP can assess your status quickly and help you develop a plan of action. Many diseases have clear stages of severity, and depression is one of them. That's good news. As with many other illnesses, it's easier to treat depression when you catch it early. When it comes to depression, "do it by the numbers" so you can win back your health.

## Overboard with "Role Overload"



**R**ole overload, in a nutshell, is having too much to do in the time available to do it. It can be associated with single parenting, caregiver responsibilities, or simply the pressures a person experiences with the combined demands of work and family. While there is nothing new about this common complaint, there is growing interest in bringing some relief and work-life balance solutions to those who experience it. Both American and Canadian researchers are concerned about the phenomenon of role overload, its implications for burn-out, and its effects on personal health, safety, risk management, productivity, and child development. Important assessment issues for "overloaders" include the following: 1) No matter what you do, the pressures of your responsibilities never allow you to feel caught up. 2) You feel isolated—as though you are the only person you know experiencing this type of pressure in your life. 3) You have no personal time or place to be alone, not even for a brief period of rest. 4) Family relationships are suffering because there is never any time to stop and enjoy them. 5) You are constantly angry. 6) You regularly experience sleeplessness and worry. 7) You have anxiety over facing the demands of each new day. 8) Your coping methods have become destructive—overeating, using drugs or alcohol, or even shopping compulsively. Talk to the EAP and devise an intervention or support plan. Continued exposure of role overload may lead to depression or other health problems. The sooner the situation is recognized and alternative coping strategies are implemented, the sooner an "overloader" can find some relief.

Due to the remodeling going on in the Student Health Center, the recommended entrance to EAP is now through the glass doors near where the exit is located. Directions may be obtained by calling 278-5018. This temporary entrance ensures greater privacy for anyone wanting to access EAP during the remodel project.