

Employee Assistance Program

Faculty & Staff Living Newsletter

(916) 278-5018



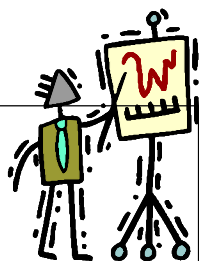
SACRAMENTO
STATE

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Wellness, Productivity, & You

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Up Staying During the Downturn



Financial worries create tremendous stress and can result in collateral damage to your health and personal relationships. Navigate today's rough economic seas by being willing to talk about your fears with your spouse or close friends. Don't beat yourself up over past mistakes. Review your household expenses and start cutting the fat. Add whatever you can to cash savings. Create a "worst-case scenario" plan. Make a pact with family members and friends to provide aid and support to one another, if needed. Take full advantage of the University's EAP. Talking out concerns will often lead to new and useful solutions. Lean times are no fun, but historically, they may lead to helping you reorganize your priorities and make needed course corrections for the future when the next economic down cycle returns. Use your leaner entertainment budget to find creative, family-oriented activities that don't cost money. Since a hiring freeze exists, consider looking for ways to expand your influence and productivity. This storm, like others, will pass, but with perseverance and a positive attitude, you'll emerge from it stronger. Above all, don't let yourself be paralyzed by fear into doing nothing. Take control by making a positive plan.

We are interested in your thoughts and ideas regarding the EAP web site. Is it easy to find? Is the information useful? Any comments or suggestions would be appreciated. Comments can be emailed to the address to the right, or sent directly to Doug Adams at adamsd@csus.edu

Teaching Resourcefulness to Your Child



Life's stumbling blocks provide valuable learning opportunities for your children, so don't be too quick to assert your authority or "go on the march" in order to fix problems for them, unless it's a safety issue such as bullying or assault. Instead, teach your child to use appropriate resources like guidance counselors and helpful literature like tips on conflict resolution to solve problems. Listen to them and ask questions to help them explore their options. Stay involved by giving feedback and advice, but also leave space for your child to figure out what works and what doesn't. Help them to consider different choices and the potential benefits and concerns that accompany each option. There is often more than one way to handle a problem, and it is the ability to problem solve that is most important for them to learn; often more important than simply "solving" the immediate situation. You aren't throwing your child to the wolves when you back off – you're helping build independence and problem-solving skills that will pay off big down the road.

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

Suicide Prevention



Suicides among active-duty members of the military have increased, according to the U.S. Army. Long hours and stress pile on risk, but personal relationships, legal issues, financial problems, and problems on the job often combine with this risk to make a deadly combination. Whether you are civilian or active-duty military, seek help when stress and personal troubles produce feelings of hopelessness. There are many early warning signs never to ignore. For example, thinking about suicide even if you have no intention or plan is called suicidal ideation. It means you need support and guidance right away before life problems or feelings of hopelessness increase. There are approximately 1400 suicides each year on college campuses alone. For adults in these uncertain financial times pressures can build and lead to a decrease in healthy coping skills. A loss of enjoyment in previously enjoyable activities, changes in mood and a general sense of negativity or annoyance can be warning signs that someone is not functioning at their optimum level. And while that doesn't mean they are (or will become) suicidal, it is that type of ongoing situation that can lead to suicide seeming like a viable option. There are other warning signs. Learn about them from helpful resources like your EAP.

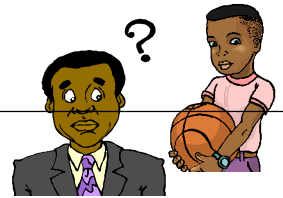
Your Heart Needs to Sleep It Off



You know that poor sleep makes you cranky and adversely affects your energy level and concentration, but it may also increase your risk of heart disease. A recent study published in the *Journal of the American Medical Association* showed that more sleep leads to reduced coronary artery calcification (a predictor of future heart disease), with every extra hour of sleep lowering the odds of calcification by about 33 percent. If you are chronically suffering with sleep troubles, talk to your doctor.

Source: 2008 *Journal of the American Medical Association*, vol. 300, pages 2859-2866

Answering Tough Teenage Questions



Is your youngster an expert at catching you off guard with tough, uncomfortable questions? These questions often start out with "Mom (or Dad), did you ever...?" "What if..." "What happens when..." Do you think these questions over so you can deliver an effective answer later, or do you throw out the first thought that comes to your mind in the hopes that honesty and directness will trump all? It can be a tough call. It can be helpful to clarify exactly what it is they are asking about, as it will help you give a better answer. It's okay to tell your teen that you'd like time to consider the question, and then schedule a time when you can follow up. When faced with difficult or uncomfortable subjects, don't hesitate to seek help with answers or how to answer them. One comprehensive resource is www.4parents.gov, a Web site that addresses issues such as teen sex, risky youth behaviors, and other thorny topics. Once you've researched your answer and approach, be sure to follow up on your commitment to talk things over. Don't be tempted to dismiss your teen's question with relief that perhaps it was forgotten. It wasn't. Your child may not ask it again, and instead go to a less credible source for the wrong answer or simply create an answer of their own. Above all, keep in mind what it is you want your child to learn from your answer. Parenting is about teaching; trying to raise an infant to grow into a healthy, functioning adult. The way you chose to respond to their question can be just as instructive as what you have to say. Keep in mind too the importance of giving an age appropriate answer; the answer given to a 13 year old is often very different from the answer given to an 18 year old. Both may be honest, but are respectful of the differing developmental stages of the child. Allow yourself the option of declining to answer a question if it seems inappropriate or crosses boundaries (for example it discloses personal information about another person). Be clear that you are declining and not avoiding the question and explain your reasons, as this too can be a valuable lesson.