

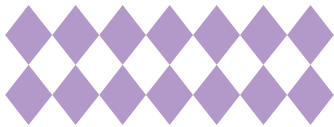


EAP: In Focus

Volume 14, Issue 2
Newsletter of your Employee
Assistance Program

Spring, 2014

**SOUTHWEST FLORIDA
EMPLOYEE
ASSISTANCE
PROGRAMS**



What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
 - Marital
 - Family
 - Stress
 - Financial
 - Legal
 - Anxiety
 - Depression
 - Etc...
- Just call

1-800-226-7930

Caring for the Caregiver

When a loved one is ill or injured, generally it becomes the spouse's responsibility to care for them—in addition to working and all the usual household chores. Well meaning friends and family members often inquire about "the patient" but overlook the one caring for them. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

Family caregivers of any age are less likely than noncaregivers to practice preventive healthcare and self-care behavior. Regardless of age, sex, and race and ethnicity, caregivers report problems attending to their own health and well-being while managing caregiving responsibilities. Family caregivers are also at increased risk for depression and excessive use of alcohol, tobacco and other drugs. Caregiving can be an

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emotional roller coaster. On the one hand, caring for your family member demonstrates love and commitment and can be a very rewarding personal experience. On the other hand, exhaustion, worry, inadequate resources and continuous care demands are enormously stressful. Caregivers are more likely to have a chronic illness than are non-caregivers. Studies show that an estimated 46 percent to 59 percent of caregivers are clinically depressed. How we perceive and respond to an event is a significant factor in how we adjust and cope with it. The stress you feel is not only the result of your caregiving situation but also the result of your perception of it—whether you see the glass as half-full or half-empty. It is important to remember that you are not alone in your experiences. Remember, it is not selfish to focus on your own needs and desires when you are a caregiver—it's an important part of the job. You are responsible for your own self-care.

Are you saving enough?

Saving money is one of those tasks that's so much easier said than done. There's more to it than spending less money (although that part alone can be challenging). How much money will you save, where will you put it, and how can you make sure it stays there?

Set savings goals. If you want to buy a video game, find out how much it costs; if you want to buy a house, determine how much of a down payment you'll need. Then calculate how much you need to save each week/month to meet the timeframe you have set.

"QUOTATION" CORNER

Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life.

Sandra Carey

SOUTHWEST FLORIDA EMPLOYEE ASSISTANCE PROGRAMS

Phone: 239-278-7435
Toll Free: 800-226-7930
E-mail: swfeap@swfeap.com

- *Just a phone call away*
- *Free, includes family*
- *Available 24/7*
- *Confidential assistance*



CHECK THESE OUT!!

WWW = WEB PAGES

WORTH

WATCHING



Caregiving

Web page designed for those who have the primary responsibility of caring for another

<http://www.nlm.nih.gov/medlineplus/caregivers.html>

Healthy eating & activities

Fact sheet with healthy ideas about food and family activities

<https://www.cardiosmart.org/~media/Documents/Fact%20Sheets/en/abk6855.ashx>

Healthy Habits for Kids

Habits are hard to break.

That's why the sooner in life we build good, healthy habits, the easier it is to keep them and stay as healthy as possible. And when good habits are in place, it's easier to resist bad ones.

Your child's habits start with you!

The most important thing to remember is that you are your child's role model. Your habits affect your children's habits.

If your habits are unhealthy—smoking, drinking too much alcohol, or always expecting the worst, for example—your child is more likely to get those habits.

If your habits are healthy—eating

a balanced diet, getting regular exercise, looking forward to tomorrow, for example—your children are more likely to build those habits in their own lives.

Over this year, we are going to look at how you can help your children in building good, lifelong habits in four areas:

1. Healthy eating.
2. Regular physical activity.
3. Staying safe and healthy.
4. Healthy thinking.

Let's look at regular physical activity now.

Pick Enjoyable Physical Activities

Not every child loves sports—some may dread gym class—but when kids find physical activities they enjoy, staying healthy and active becomes easy. And they just might carry their love of it into adulthood.

If your child hasn't found their sports niche yet, encourage them to keep trying. Expose them to a range of physical activities like swimming, archery, and gymnastics. They're bound to find something they enjoy. Go to a park and fly a kite, play tag or just wander around looking at things. Take them with you when you go for a bike ride, sign them up for Tae Kwon Do or soccer or hockey. Let them find out what they enjoy.