

# Employee Assistance Program Newsletter

Volume 3; Issue 3 | Summer 2007

## Techniques for Managing Anxiety

Courtesy of the folks at Johns Hopkins Medicine: tried and true ways to reduce your anxiety.

*Name the distraction: By making the concern less vague you begin to increase your control over it.*

*Take positive action: Even small steps increase your sense of mastery and the ability to cope.*

*Sweat it: Even mild forms of exercise reduce tension and increase peace of mind.*

*Breathe deeply: Inhale deeply (through the nose if possible); exhale slowly. Slow your breathing to get runaway thoughts under control.*

*Relax on purpose: Meditate, spend time in nature or prayer. Take holidays from the rush hour of your thoughts.*

*See the positive: Improve your attitude and energy by neutralizing negativity and seeing the possibilities in a situation.*

*Stop the roller coaster: caffeine, nicotine, alcohol, sugar and other forms of self-medication increase your vulnerability to rebound anxiety.*

*Tune out: Focus on self care and don't get caught up in the negativity and intensity of the latest news cycle.*

*Tell someone: Discuss concerns with a trusted friend, loved one, adviser or counselor. Contact your EAP! The benefits are immediate and long lasting. ■*



## Internet Addiction

### The Signs and Symptoms

Do you know the signs and symptoms of Internet addiction or compulsive use of mobile communication devices? In our information driven society, maintaining a connection to others or to the “web” is a widely used strategy to cope with stress. The downside of this lifestyle is that it can become compulsive to the point of distress, often decreasing a person’s capacity for flexible behavior and thinking.

When someone loses the ability to let go of a behavior or activity it is frequently referred to as addiction. In negative ways, relationships and marriages are affected, friendships are affected; even play, work and productivity can be negatively affected.

Increasing numbers of individuals, families and employers turn to the EAP for solutions as loved ones and employees of all ages spend extraordinary amounts of time “getting lost” in activities such as:

- Non-goal directed “Web” surfing*
- Online chats and messaging*
- Internet dating and relationships*

- Cyber-sexual pursuits (pornography)*
- Net games and fantasy*
- Online gambling*
- News, entertainment, online shopping*
- Cell phone text messaging*
- Living a virtual life*

First Choice Health EAP wants you to be aware of the most common symptoms of Internet addiction and the quest for an “always online” lifestyle:

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Welcome New Groups!

[www.fchn.com](http://www.fchn.com)

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- Loss of ability to limit time or curb use of the Internet*
- Preoccupation with online activities when not online*
- Agitation, distraction or craving when not connected*
- Spending time online instead of being productive at work*
- Avoiding studies for time spent online*
- Neglecting relationships for time spent online*
- Falling away from hobbies, pastimes and health*
- Secretive use or hiding time spent in online activity*

If you're aware of and concerned about Internet addiction or any kind of self-limiting or self-defeating compulsive behavior in your life (or in the life of an immediate loved one) contact your EAP today at 800.777.4114. Our services are cost-free, confidential and conveniently located near where you live or work. ■



## Everything You Ever Wanted to Know About Eldercare

Making decisions and being responsible for your aging parent or loved one can be rewarding.

It can also be exhausting and a constant source of concern and uncertainty. First Choice Health EAP's Eldercare consultants can help you find local resources as well as answers to your care giving questions. Caregivers and families contact us for information on many Eldercare-related subjects, including decisions related to independent living, assisted living facilities, caregiver support for the employee/family, legal & financial information, and resources related to medication, death & dying, and grief.

Did you know that:

- *The EAP has experienced consultants who specialize in the expert care of older adults? These are professionals who will assist you in finding the right programs and services for your loved one.*
- *We can assist you in developing a plan to help your aging parents, whether they live nearby or thousands of miles away.*
- *Local resources are identified and educational materials are tailored to each family's unique needs.*
- *Our experts will follow up with you and your family to ensure complete satisfaction and to identify any emerging needs.*
- *All services are provided as part of the Employee Assistance Program and there is no cost to you and your family to use the program.*
- *An EAP counselor is always available to you by phone no matter the time of night or day. Peace of mind, support and professional resources are always at your fingertips.*

If you're concerned about a parent's well being, have questions, or want to learn more about resources available in support of your aging loved one, no matter where in the USA they live, contact the Employee Assistance Program today at 800-777-4114 or visit us online at [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com). ■



## Circle of Care: The Changing Roles of Caregiving

The caregiving relationship can bring with it many challenges. Older adults are often faced with the loss of independence and freedom, which can lead to anger and depression. Caregivers find themselves burdened with added responsibilities and decision-making, and the stress that can accompany it.

Little by little, or perhaps all at once, both the caregiver and those they care for can experience a significant change in roles. Let the EAP help you navigate these changes in your family dynamic. Read one of over 70 articles on caregiving such as "You and Your Aging Parents or Caregiving: Adjusting to Your New Role". Hear audio from Eldercare specialist Joy Loverde on Listening to Elderly Parents. Utilize our self-search tool to find caregiver support groups in your area. Get documents you need by downloading one of our ReadyDocs such as an Eldercare Agreement for an in-home worker or a power of attorney. Let us help you with tools you need to succeed in your changing role.

Connect with the Eldercare resources you're looking for at [www.FirstChoiceEap.com](http://www.FirstChoiceEap.com). We're here to help! ■

## A Treasure Chest of Work/Life Resources



**T**eam EAP is pleased to remind you about unlimited access to state-of-the-art resources for balancing the responsibilities of work and the demands of home, personal and family life. We're excited to deliver a world-class menu of online Work/Life Services to all of the employees and families we have the honor of serving.

Available 24/7, at no cost, and under one convenient online location, our menu of self-serve tools puts answers, ideas, information and peace of mind at your fingertips in response to questions, concerns and unknowns about topics from A to Z for effective living in the 21st Century ...

*...Family & Care Giving, Emotional Well Being, Health and Wellness, Working Smarter, Daily Living, Relationships, Legal Concerns, Financial, Debt & Consumer Matters, Advanced Directives and Education. You'll even find free tools to do your taxes!*

**Eldercare** tools for caregivers and resources for the needs of parents or aging loved ones – housing, finances, estate planning, Medicare/Medicaid, insurance, assisted living, in-home aging, advance directives, dementia, mental health, etc. See for yourself, you'll find it easy to search by topic, program description, and even by zip code!

**Childcare or Parenting:** you can explore national or nearby options for pre-school, summer camp, daycare, public or private schooling, at-home childcare, and much more – you can even learn about the childcare regulations in your state and what to look for or ask when interviewing providers.

**Identity Theft** is the fastest growing concern and complaint for consumers, according to the Federal Trade Commission. Learn how to protect your credit worthiness, assets and the integrity of your accounts, information and financial resources.

The range of Work/Life topics available through First Choice Health EAP is extensive. From pregnancy to childhood to adolescence to planning for college or career – all the way to retirement and quality of life for senior living, Team EAP can satisfy your need to for tools and information in response to all phases and stages of life.

Visit us at [www.1stChoiceEap.com](http://www.1stChoiceEap.com), click on the Work/Life Resources button and follow the instructions for logging in:

**Username:** firstchoice  
**Password:** health2005

First Choice Health EAP is available 24/7 to answer your questions, minimize your distractions, increase your peace of mind and respond to your needs. Contact Team EAP at 800.777.4114. ■

## First-Time Caller? Here's What to Expect

When you contact the EAP with a question or to request services, you'll always speak directly to an EAP customer service representative - a trained person who will invite you describe your immediate concerns. The information you share with the EAP is confidential.

To make the referral process convenient and efficient, you'll be asked a few simple questions about your situation and preferences. From there the EAP can identify a qualified and experienced professional in a location close to where you live or work. We'll have the counselor contact you by phone to offer dates and times for an initial face-to-face appointment.

The quality of the match between the client and the provider is very important. If for any reason the provider isn't a good match for your preferences and concerns, simply let us know and we'll connect to a different counseling professional. Team EAP understands that the quality of the connection makes all the difference.

Your contact with the EAP and with the counseling provider is confidential. Without your written and signed request, no information is ever revealed to anyone (with the required exceptions of harm to self, harm to others, child abuse or elder abuse).

First Choice Health EAP was created for the convenience and benefit of the employee families we have the honor to serve. Our staff members will always go the extra mile to make the referral process as straightforward, convenient and comfortable as possible.

We invite you to contact us by phone at 1-800-777-4114 or online at [www.1stchoicemap.com](http://www.1stchoicemap.com). Thank you for the opportunity to be of service to you and your immediate family members. ■

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## Employee Assistance Program Summer 2007 Newsletter

### Welcome New Groups!

Ang's Glass	Dixon Trucking Co.	Pro Voltage
B&B Heating & Air Conditioning	Forbes Furniture	Protective Coatings
BCB Enterprises LLC	Healia	Rick Steves' Europe through the Back Door
BHC Consultants	I Said You Said	Seattle Mutual Mortgage
Carlson Paving Products	Infinity Internet	Superior Beer Distribution
Caron Architecture	Jimmy Mac's Roadhouse	The Dixon Group
Cascade Landscapes	Kelly Eastside	The Whole Experience
Choice Lending	Key Source LLC	United Fire Service
Crystal Carpet Cleaning & Restoration	Limited Productions	Vet Insurance Managers
Comfort Design	Nippon Paper Group	Washington Architectural Hardware
DDS Woodworking	Ontela, Inc.	Wesley Homes
DJB Trucking	Othello Community Hospital	YWCA of Yakima
D&L Foundry and Supply	Party Rentals	