

NEELY EAP

June 2021

NEWS LETTER

GET THE MOST FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM

WELCOME

We are so pleased to be your employee assistance provider. Employee Assistance Programs (EAPs) are a first-line response to providing prevention and short-term problem resolution services. We provide short-term counseling services, seminars, legal services, and financial advice, all FREE of charge to you. Each month our newsletter will be packed full of wellness information and updates about upcoming seminars and webinars.



June's SEMINAR

Please join us for our live seminar: **Stay Fit While You Sit**

[Register Below](#)

June 10th@ 3pm

[Click Here: Registration](#)

UPCOMING QUARTERLY WEBINAR

Breaking the "Am I Good Enough" BackStory

June 17th - [click here to register](#)

Burnout and Self-care

Natalia Garcia Moreno

As therapists, we know what burnout is and what it can look like... so why don't we practice self-care when we are burnt out? For those who don't understand what burnout is, let me start by defining burnout as "a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed."

One's profession is not the only factor that can play in burnout, but a combination of work environment, psychological factors, and lifestyle. Burnout can play out in different ways, such as physical and emotional reactions. These reactions look like gastrointestinal problems, headache, fatigue, and physical discomfort, as well as feelings of apathy, anxiousness, depression, and low self-esteem.

What does self-care mean to us?

- Watching a movie?
- Spending time with friends?
- Going on vacation?
- Going out for a drink with friends/family
- Playing your favorite sport?
- Doing a hobby, you enjoy?

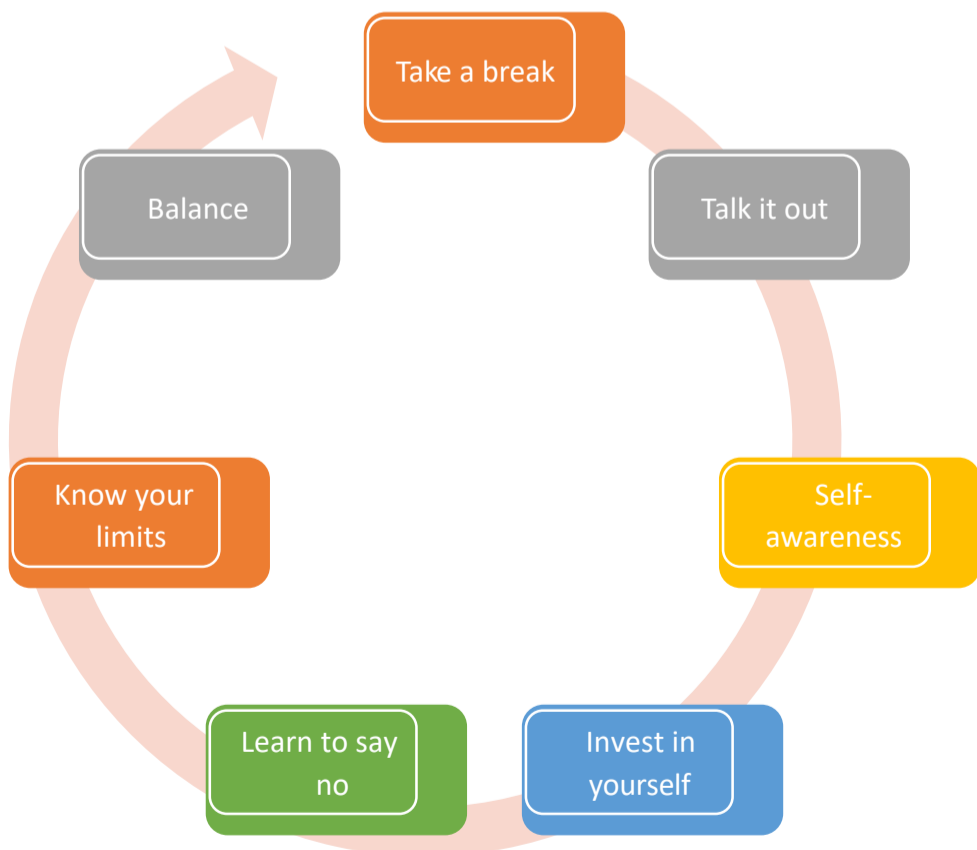
Although these options are good ways to spend time, self-care is more than that. Self-care is critical when trying to decrease burnout. It is the practice of taking an active role in protecting one's well-being and happiness, particularly during periods of stress.



Some symptoms of burnout are:

1. Feelings of energy depletion or exhaustion
2. Increased mental distance from ones' job or feelings of negativism related to one's job
3. Reduced professional efficacy

Self-care tips:



If burnout persists, please seek a mental health professional as burnout can provoke feelings of depression and experiencing thoughts of hurting oneself or others.

Remember, **your EAP services** are designed to provide support through wellness. Call to today to schedule a **coach-time check-in**.

Resources:

Introduction to Professional Counseling, © 2015 SAGE Publications, International Classification of Diseases
<https://www.healthline.com/health/mental-health/burnout-recovery#therapy>



PRIDE: Mental Health Challenges

June is Pride Month, when the world's Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) community comes together and celebrates the freedom to be themselves. This month promotes self-affirmation, dignity, equality, and increased visibility of lesbian, gay, bisexual, and transgender people as a social group. Pride works to oppose the shame and social stigma that still exists within society today.



Members of the LGBTQ+ community experience **mental health disorders at higher rates** than the population as a whole. Adolescents, in particular, experience high rates of depression and social isolation. The prevalence of social and emotional distress only increases for the LGBTQ+ community that also belongs to another marginalized or minority group such as BIPOC (Black, Indigenous, and People of Color.) GLAAD (Gay, Lesbian, Alliance, Against, Defamation), a media force dedicated to rewriting the script for LGBTQ+ approval, has noted ways everyone can be an LGBTQ ally to reduce societal stigma and increase acceptance.

Here's What You Can Do

1. Be a listener.
2. Be open-minded.
3. Be willing to talk.
4. Be inclusive and invite LGBT friends to hang out with your friends and family.
5. Don't assume that all your friends and co-workers are straight. Someone close to you could be looking for support in their coming-out process. Not making assumptions will give them the space they need.
6. Anti-LGBT comments and jokes are harmful. Let your friends, family, and co-workers know that you find them offensive.
7. Confront your prejudices and bias, even if it is uncomfortable to do so.
8. Defend your LGBT friends against discrimination.
9. Believe that all people, regardless of gender identity and sexual orientation, should be treated with dignity and respect.



Mental health services are a critical component to support the overall wellness of the LGBTQ community. Neely EAP can provide counseling and resources to individuals, families, and couples working through the complicated issues that impact this population. Services are free to employees and one hundred percent confidential.

Resources:

Sources:
<https://www.glaad.org/resources>



WHAT CAN MY EAP DO FOR ME?



At Neely EAP, we understand the challenge of balancing work and life stresses while staying mentally healthy. That's why we've partnered with your employer to offer you the following services, free of charge:

- 24/7 Hotline, Access to Confidential Services
- Short-Term Counseling - **Couch Time Check-In** (preventive annual counseling session)
- Legal and Financial Assistance
- Wellness Trainings
- Secure the Wheel (taxi fare reimbursement)
- Critical Incident Stress Debriefing
- And more. Call 1-866-828-2077 or log in online at www.neelycounseling.com, **select My Account**