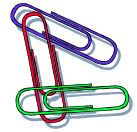




EAP AT WORK



May 2012

May Is Mental Health Month

Mental Health Awareness Month began in 1949 to raise awareness about mental health conditions and mental wellness.



It's estimated that one in four adult Americans have a diagnosable mental health condition, yet only 50 percent of them receive treatment. Many are unaware that mental health conditions are treatable. Although the stigma associated with mental health disorders has lessened over the years, we know this association still prevents many from getting treatment.

Mental health is essential for overall health. All of us experience stress and difficult times throughout life that can affect our mental health. Many mental illnesses are preventable and most are treatable. Education helps us to prevent and treat them, and enables us to live healthier more satisfying lives.

Source: www.mentalhealthamerica.net



Mercy EAP Welcomes New Counselor

Jessica Dominowski, LMSW, CADC, has joined Mercy Business Health Services as the Employee Assistance Counselor. Jessica has 15 years of experience working with individuals and families coping with mental health and substance abuse issues. She holds a Masters degree in Social Work from the University of Iowa and is also a Certified Alcohol and Drug Counselor. She and her husband, Aaron, have two children and reside in Sioux City.

Fast Facts



- ◆ Regular physical exercise helps people reduce stress, anxiety, depression, and enables us to better cope with adversity.
- ◆ Chronic stress can cause premature aging.
- ◆ Stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide.

Common Types of Talk Therapy

Cognitive-Behavioral Therapy (CBT) helps to identify beliefs/thoughts/self-talk one has about life/situations, the resulting feelings and how our actions/behaviors are affected by our beliefs and feelings.

Interpersonal Therapy Focuses on improving relationships and helping a person express emotions in healthy ways.

Psychodynamic Therapy helps one develop a better understanding about their unconscious emotions and motivations that can affect their thoughts and actions.

Family & Marital Therapy helps couples/family members improve communication, resolve conflicts and problem solve.

Psychoeducation helps people understand mental health conditions and treatments as well as teaches healthy coping techniques.

National Cancer Institute Offers Quit-smoking Texts 4 Teens



Approximately 20 percent of American teens smoke cigarettes. Sadly, many of them will be adult smokers and will die from smoking-related diseases.

To help teen smokers quit, the NCI is offering a free 24-hour TXT service that provides support and advice. Once the “quit day” has been identified, the teen will receive messages for six weeks past the date.

To sign up, text “Quit” to iQuit (47848).

Shop Less Often to Save Money



Have you noticed prices at the grocery store are higher? Groceries are a large and necessary line item in the family budget. In addition to planning, shopping with a list, planning meals around sale items, using coupons, eating less red meat, etc., shopping less often is another way to prevent from going over budget. The less often you go to the store, the less likely you will buy on impulse. Try going only once a week and if successful, you may want to set a goal for once every two weeks.

Mental Health At Work

What Are the Top Ten Things You Can Do to Relieve Stress?

1. Eat healthfully
2. Get enough rest
3. Exercise regularly
4. Prioritize your workload
5. Take one thing at a time
6. Take breaks
7. Learn to say “No” when you can
8. Be willing to compromise
9. Talk your problems out with others
10. Seek professional help when you need it.

“The more anger towards the past you carry in your heart, the less capable you are of loving in the present.”



BUSINESS HEALTH SERVICES

A service of Mercy Medical Center-Sioux City

Is there a topic that you would like to appear in the EAP AT WORK?

E-mail your suggestions to sc_mbc@mercyhealth.com.