



FY24 - THIRD QUARTER *Employee Assistance Newsletter*

National Mental Health Observances



- . BIPOC HEALTH MONTH
- . SEXUAL ASSAULT AWARENESS & PREVENTION
- . ALCOHOL AWARENESS
- . MONTH OF THE MILITARY CHILD
- . NATIONAL ALCOHOL SCREENING DAY - APRIL 6
- . VOLUNTEER WEEK - VOLUNTEERING IS THE HEARTS EXPRESSION OF LOVE, WHERE EVERY ACT OF KINDNESS PLANTS THE SEED OF A BETTER TOMORROW. HAPPY VOLUNTEER WEEK!



- . NATIONAL MENTAL HEALTH AWARENESS MONTH
- . WOMEN'S HEALTH MONTH
- . ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH
- . MATERNAL MENTAL HEALTH AWARENESS MONTH
- . NATIONAL PTSD AWARENESS MONTH
- . NATIONAL PTSD AWARENESS DAY - MAY 27 - WEAR TEAL



- . MEN'S HEALTH MONTH
- . NATIONAL MEN'S HEALTH WEEK - JUNE 10- 16
- . PRIDE MONTH
- . MULTIRACIAL HERITAGE WEEK - JUNE 7 - 14
- . INTERNATIONAL DAY OF YOGA - JUNE 21



Happy BIPOC Month!

Embrace the beauty of BIPOC (Black Indigenous & Persons of Color) month, where every story, every culture and every voice not only enriches our world but propels us toward a future brimming with hope and inclusivity.

Happy Volunteer Week!

Volunteering is the hearts expression of love, where every act of kindness plants the seed of a better tomorrow. Volunteer in your community during the month of April!

Sexual Assault Awareness and Prevention Month

Sexual assault is a traumatic experience that can have profound effects on a person's mental health. The impact of sexual assault on mental health can be significant and long-lasting, leading to symptoms such as anxiety, depression, post-traumatic stress disorder, and other mental health issues. Victims of sexual assault may struggle with feelings of shame, guilt, and worthlessness, which can contribute to the development of mental health disorders. They may also experience difficulty forming and maintaining healthy relationships, as well as trust issues and feelings of vulnerability. It is important for individuals who have experienced sexual assault to seek help and support from mental health professionals. Therapy and counseling can help survivors process their trauma, understand their feelings, and develop coping strategies to improve their mental health and well-being. It is also crucial for society to address the root causes of sexual assault and work towards creating a culture where such violence is not tolerated. By raising awareness, challenging harmful attitudes, and supporting survivors, we can help prevent sexual assault and support the mental health of those affected by it. Coping with the mental health effects of sexual assault can be a challenging journey, but there are strategies that can help navigate this difficult time.

Here are some coping mechanisms that may assist you in managing the impact of the experience:

Therapy and Counseling: Consider seeking professional help from a therapist or counselor who specializes in trauma and sexual assault. Therapy can provide a safe space to process emotions, develop coping strategies, and work towards healing.

Self-Care: Prioritize self-care activities that nurture mental and emotional well-being. This could include engaging in hobbies that are enjoyable, practicing mindfulness or meditation, getting regular exercise, and maintaining a healthy diet. Prioritize self-care activities that help recharge and replenish emotional reserves. Self-care empowers the ability to uphold boundaries and advocate for well-being.

Set Boundaries: Prioritize needs during this time. Say no to things that may trigger negative emotions or cause stress. Identify situations, conversations, or behaviors that trigger negative emotions or distress. Communicate these triggers to loved ones so they can be mindful and supportive of boundaries. Setting boundaries with friends and family after experiencing sexual assault is crucial for well-being and recovery. Remember setting boundaries is an essential for self-care and empowerment.

Boundaries are valid, and it is okay to assert them in order to protect one's mental health and emotional well-being. Here are some tips and resources to help navigate this challenging process:

Communicate Clearly: Clearly communicate boundaries with friends and family members. Be honest about needs and level of comfort. Setting clear boundaries can help others understand how to provide support effectively. Practice assertive communication techniques to express boundaries confidently and respectfully. Use "I" statements to convey needs and preferences without blaming or accusing others.

Educate Loved Ones: Educate friends and family about the impact of sexual assault on mental health and the importance of respecting boundaries. Help them understand how their actions and words can either support or hinder the healing process.

Journaling: Writing down thoughts and feelings in a journal can be a powerful way to process emotions, track progress, and gain insights into the healing journey.

Mindfulness and Relaxation Techniques: Practice relaxation techniques such as deep breathing, meditation, yoga, or progressive muscle relaxation to help calm the mind and reduce anxiety.

If you or someone you know is struggling to assert boundaries or if they are encountering resistance from loved ones, consider seeking support from a therapist or counselor. A mental health professional can help you navigate complex dynamics and provide guidance on setting healthy boundaries. Lean on trusted individuals who respect your boundaries and offer unconditional support. There are numerous resources available to help navigate setting and maintaining boundaries after sexual assault. Organizations such as RAINN (Rape, Abuse & Incest National Network) and local sexual assault support centers offer resources, hotlines, and information on boundary-setting strategies. **RAINN** is the largest anti-sexual violence organization in the United States. They provide resources, information, and support for survivors of sexual assault and their loved ones. Their website offers educational materials on the impact of sexual assault and how to support survivors effectively.

National Sexual Violence Resource Center - NSVRC is an organization that provides research, resources, and information on sexual violence prevention and response. They offer guides, toolkits, and training materials for individuals and communities looking to educate themselves on sexual assault and its effects on mental health.

Local Sexual Assault Support Centers - Many local organizations and support centers provide educational resources and workshops on sexual assault awareness, prevention, and support. Contact your local sexual assault support center to inquire about available resources for educating friends and family.



More About Sexual Assault...

Many organizations offer online training modules and webinars on sexual assault awareness, trauma-informed care, and supporting survivors. These resources can be helpful in equipping friends and family with the knowledge and skills to navigate discussions around sexual assault and boundaries sensitively. Attend workshops, seminars, or events focused on sexual assault awareness and prevention in your community. These gatherings provide opportunities to learn from experts, engage in discussions, and connect with others who are committed to raising awareness and supporting survivors. Watching documentaries and films that explore the impact of sexual assault and the journey of survivors can be a powerful way to initiate conversations with friends and family. By utilizing these resources and engaging in open, empathetic conversations with friends and family, you can foster greater awareness, empathy, and support for survivors of sexual assault. Educating others about the impact of sexual assault on mental health and boundaries is a vital step in creating a more compassionate and informed community that prioritizes the well-being of survivors.



ALCOHOL AWARENESS WHILE BEING SOCIAL

The relationship between drinking and socializing is deeply ingrained in our society. Whether it's grabbing a beer with friends, enjoying a glass of wine at a family dinner, or indulging in happy hour with coworkers, alcohol often plays a central role in our social interactions. So, when you make the decision to cut back on drinking or quit altogether, navigating social situations can be a challenge.

For many, alcohol serves as a social lubricant, helping us loosen up and have fun with those around us. It can be difficult to imagine socializing without a drink in hand, as the two activities are so closely intertwined. The fear of missing out on social events or feeling isolated and lonely without alcohol can be daunting. Additionally, the prospect of facing peer pressure or dealing with unkind remarks from friends who may not understand your decision to change your drinking habits can be overwhelming.

On a more personal level, those who use alcohol to cope with social anxiety may worry about how they will manage stress or relax without a drink. The idea of navigating social situations without the familiar crutch of alcohol can be intimidating, and the fear of giving in to temptation can add to the pressure.

Here are some tips on how to talk to people about your new drinking habits:

1. Start by explaining your decision in casual one-on-one conversations rather than making a formal announcement to your entire social circle. Make it clear that you are serious about the change without feeling pressured to justify your decision.
2. Set clear boundaries regarding your new drinking habits. Whether you are cutting back or abstaining completely, communicate your limits to your friends and drinking buddies. If you have a specific timeline for your change, let them know as well.
3. Consider sharing your reasons for changing your drinking habits, but remember that you are not obligated to justify your choices. Providing explanations may help others understand your goals and potentially encourage them to support your decision to cut back on drinking.
4. Communicate how others can support you in your journey. This could involve suggesting alternative hangout spots, replacing drinking-related activities with non-alcoholic options, and seeking verbal encouragement from friends and family. Make it clear that you do not want to be teased or pressured to drink.
5. Prepare yourself for possible negative reactions from some individuals in your social circle. Some friends may not understand or fully support your decision to change your drinking habits, leading to dismissive gestures or objections. Stay focused on your goals and seek support from those who respect your choices.



More About Alcohol Awareness...

Here's how to handle setbacks and negative thoughts related to changing drinking habits and social anxiety:

1. Challenge negative thoughts by questioning if you are being too hard on yourself and turning minor problems into catastrophes. Pay attention to the quality of your thoughts and shift your focus outward to other people when socializing.
2. Understand that setbacks are a normal part of making healthy changes in life. If you give in to peer pressure or exceed your drinking limit, don't beat yourself up. Commend yourself for the attempt and recognize that it's not easy to stop or cut back on drinking.
3. Acknowledge that slipping up does not mean giving up on your goals. If you had a setback, identify what led to it, such as peer pressure or triggers like anxiety or social situations. Determine how to handle similar situations in the future to prevent setbacks and continue working towards your goals.

Despite these challenges, it is possible to maintain a social life while cutting back on drinking. By communicating openly with friends and setting clear boundaries, you can navigate social situations without feeling pressured to drink. Recognizing potential triggers and finding alternative ways to relax and have fun can help you stay on track with your goals.

Ultimately, the link between drinking and socializing may be strong, but it is not insurmountable. With determination and support, you can make positive changes to your drinking habits while still enjoying meaningful connections with others.

April 6th is National Alcohol Screening Day

Take this test to see where you land: screening.mhanational.org/screening-tools/addiction.

If you need additional resources or support, reach out to your EAP or Substance Abuse and Mental Health Services Administration (SAMSHA) National Helpline: 1-800-662-4357.

You can also contact First Responder Wellness at 888-443-4898. They exclusively serve first responders for post-traumatic stress, addiction, alcohol, anxiety, and depression. Visit their website at firstresponder-wellness.com.





The Month of the Military Child is a time to honor and support the children of military service members. It is a time to recognize the sacrifices they make and the challenges they face while their parents serve our country.

During the month of April we honor and celebrate the remarkable resilience and bravery of our military children. As we recognize the Month of the Military Child, it is important for us to acknowledge the sacrifices they make and the challenges they overcome while their parents serve our country. Military children are called upon to adapt to change, face uncertainty, and demonstrate strength beyond their years. They endure frequent relocations, separations from their parents due to deployments, and the pressures of living a military lifestyle. Despite these challenges, they continue to show unwavering courage and perseverance.

In every military child, there is a story of strength, resilience, and sacrifice. They embody the true meaning of service and sacrifice, standing as unsung heroes alongside their parents who wear the uniform. Their ability to handle adversity with grace and dignity serves as an inspiration to us all.

As a community, it is our responsibility to support and uplift these young heroes. We must provide them with the resources, care, and understanding they need to thrive in adversity. By recognizing and honoring the Month of the Military Child, we reaffirm our commitment to standing by these children and showing them the love and gratitude they deserve.

Let us pledge to always keep our military children in our hearts and minds, to appreciate their sacrifices, and to ensure they know they are valued and cherished. Together, we can create an environment where these brave children can flourish and reach their potential.

In closing, we can all take a moment during this month and beyond to thank a military child, to show them kindness and appreciation, and to let them know they are not alone. Let us stand together as a community in support of our military children, honoring their courage and resilience **every day**.



Mindfulness Meditation has numerous benefits for both physical and mental well-being. Here are some of the key advantages:

Stress Reduction: Mindfulness meditation helps reduce stress by allowing individuals to focus on the present moment, rather than worrying about the future or dwelling on the past. It can lower cortisol levels and promote a sense of calmness.

Improved Focus and Concentration: Regular practice of mindfulness meditation enhances focus and concentration. It trains the mind to stay present and attentive, leading to better productivity and performance in daily tasks.

Emotional Regulation: Mindfulness meditation can help individuals manage their emotions more effectively. By observing their thoughts and feelings without judgment, people can develop a greater sense of emotional awareness and regulation.

Increased Self-Awareness: Practicing mindfulness meditation cultivates self-awareness by encouraging individuals to observe their thoughts, feelings, and bodily sensations. This self-awareness can lead to a deeper understanding of oneself and one's behaviors.

Enhanced Well-Being: Mindfulness meditation is linked to improved overall well-being. It can reduce symptoms of anxiety and depression, increase feelings of happiness and contentment, and promote a positive outlook on life.

Better Sleep: Regular mindfulness practice can improve sleep quality by calming the mind and reducing racing thoughts that may interfere with falling asleep. It promotes relaxation and a sense of tranquility that can aid in achieving restful sleep.

Pain Management: Mindfulness meditation has been shown to be effective in managing chronic pain. By focusing on the present moment and acceptance of sensations, individuals can reduce the perception of pain and improve their tolerance levels.

Increased Resilience: Mindfulness meditation helps individuals build resilience by teaching them to cope with challenging situations without becoming overwhelmed. It promotes a sense of inner strength and adaptability in the face of adversity.

Enhanced Relationships: Mindfulness meditation fosters better communication and empathy in relationships. By being present and attentive during interactions, individuals can improve their connection with others and cultivate more meaningful relationships.

Overall Mind-Body Connection: Mindfulness meditation strengthens the connection between the mind and body. By fostering awareness of physical sensations and emotions, individuals can achieve greater harmony and balance in their overall well-being.

These benefits highlight the transformative power of mindfulness meditation in promoting holistic health and empowering individuals to lead more mindful and fulfilling lives.





**PLEASE TAKE A MOMENT TO RELAX AND
ENGAGE IN A MINDFULNESS EXERCISE.**

1. Let's begin by finding a comfortable sitting position, with your back straight but relaxed and your feet planted firmly on the ground.
2. Take a deep breath in through your nose, feeling your abdomen rise as you fill your lungs with air. Hold that breath for a moment, then exhale slowly through your mouth, releasing any tension you may be holding onto.
3. Next, bring your focus to your body. Notice any areas of tension or discomfort and gently release them with each exhale. Let your shoulders relax, your jaw unclench, and your hands soften.
4. Now, bring your attention to your breath. Notice the sensation of the air entering and leaving your body. Focus on the rise and fall of your chest or the feeling of your breath as it passes through your nostrils.
5. If your mind starts to wander, gently guide your focus back to your breath. Remember, it's normal for thoughts to come and go – simply acknowledge them and let them drift away.
6. Continue to breathe deeply, in and out, for a few more moments, allowing yourself to be fully present in this moment.
7. When you're ready, slowly open your eyes and take a moment to notice how you feel. Take this sense of calm and mindfulness with you as you go about the rest of your day.

Remember these steps and practice “mindful moments” throughout your day to mitigate stress.





Exercise goes beyond just improving physical health and appearance. While it can certainly help trim your waistline, enhance your sex life, and increase your longevity, most people are motivated to stay active because it provides a significant sense of well-being. Regular physical activity can boost energy levels, improve sleep quality, enhance memory, promote relaxation, and foster a positive self-image and outlook on life. In addition to its physical benefits, exercise serves as a potent remedy for various mental health issues such as depression, anxiety, and ADHD. It also aids in stress reduction, memory improvement, better sleep, and mood enhancement. Even minimal levels of exercise can yield significant positive effects, regardless of age or fitness level. By incorporating exercise into your routine, you can effectively manage mental health challenges, elevate your energy and attitude, and enhance your overall quality of life. Being active is crucial to your mental health.

Engaging in physical activity helps to release endorphins: Physical activity triggers the release of endorphins, which are known as "feel-good" chemicals. Endorphins act as natural painkillers and stress-relievers, promoting a sense of well-being and reducing feelings of anxiety and depression.

Improved Mood: Regular exercise is linked to improved mood and emotional well-being. Physical activity can help alleviate symptoms of depression and anxiety by boosting mood and increasing feelings of happiness and positivity.

Stress Reduction: Exercise is an effective way to reduce stress levels. Engaging in physical activity helps the body and mind relax, releasing tension and promoting a sense of calmness and relaxation.

Enhanced Cognitive Function: Physical activity is beneficial for cognitive function and mental clarity. Exercise increases blood flow to the brain, leading to improved focus, concentration, and memory retention.

Increased Self-Esteem: Regular physical activity can boost self-esteem and confidence. Achieving fitness goals, improving physical strength, and feeling more energized through exercise can enhance self-image and self-worth.

Better Sleep: Being active can improve sleep quality and help regulate sleep patterns. Regular exercise promotes relaxation and can aid in falling asleep faster and enjoying a deeper, more restful sleep.

Increased Energy Levels: Physical activity boosts energy levels and combats feelings of fatigue and lethargy. Regular exercise can enhance stamina, vitality, and overall feelings of alertness and well-being.

Social Connection: Engaging in physical activities such as team sports or group fitness classes provides opportunities for social interaction and connection with others. Building relationships and having a support system can positively impact mental health.

Mind-Body Connection: Exercise strengthens the mind-body connection by promoting mindfulness and self-awareness. Being active can help individuals connect with their bodies, increase body awareness, and enhance emotional regulation.

Mental Resilience: Regular exercise can help build mental resilience by strengthening coping mechanisms and enhancing the ability to overcome challenges and setbacks. Physical activity fosters a sense of determination and perseverance.

Physical Activity

Overall, incorporating physical activity into one's routine is essential for maintaining optimal mental health. Exercise offers a holistic approach to well-being by supporting emotional, cognitive, and social aspects of mental health, ultimately contributing to a healthier and more balanced life.

Incorporating physical activity into your daily routine doesn't have to be complicated. Here are some easy and practical ways to add exercise to your day:

Take Short Walks: Make it a habit to take short walks throughout the day. Whether it's a stroll during your lunch break, a walk around the block after dinner, or a quick walk to run errands, walking is a simple way to increase your daily activity level.

Use the Stairs: Opt for the stairs instead of the elevator whenever possible. Climbing stairs is a great way to get your heart rate up and engage your leg muscles.

Home Workouts: Incorporate quick home workouts into your routine. You can find plenty of online workout videos ranging from high-intensity interval training (HIIT) to yoga that require minimal equipment and can be done at home.

Stretch Breaks: Take short breaks throughout the day to stretch your body. Stretching helps improve flexibility, reduce muscle tension, and promote blood circulation.

Dance: Put on your favorite music and dance around your living room. Dancing is a fun and energetic way to get moving and elevate your heart rate.

Active Commuting: If possible, consider biking or walking to work or nearby places instead of driving or taking public transportation. This not only adds physical activity to your day but also reduces carbon emissions.

Gardening: Gardening can be a great way to stay active and enjoy the outdoors. Digging, planting, weeding, and watering all involve physical movement and can be a relaxing form of exercise.

Take the Long Route: When running errands or walking from one place to another, take the longer route to add extra steps to your day. Every step counts towards staying active.



Desk Exercises: Incorporate simple exercises into your workday, such as seated leg lifts, desk push-ups, or shoulder rolls. These exercises can be done discreetly at your desk to break up long periods of sitting.

Play Sports: Engage in recreational sports or activities that you enjoy, such as tennis, basketball, swimming, or cycling. Playing sports not only provides physical exercise but also a fun way to stay active.

Stand Up: Stand up and move around while talking on the phone or during virtual meetings. Standing and moving periodically helps break up sedentary behavior and keeps your body active.

Park Farther Away: When heading to a store, workplace, or any destination where you need to park your car, choose a spot farther away from the entrance. This extra walk adds to your daily activity.

Posture Check: Pay attention to your posture while working to prevent stiffness and discomfort. Take short breaks to stretch and correct your posture to avoid strain on your neck, shoulders, and back.

Hydration Reminder: Keep a water bottle at your workspace and use hydration breaks as an opportunity to stand up, stretch, and walk around. Staying hydrated is important for overall health and focus.

By incorporating these tips into your work-from-home routine, you can prioritize your physical well-being, stay active throughout the day, and maintain a healthy balance between work and movement. Remember that small lifestyle changes can make a big impact on your overall health and productivity.

Happy Asian and Pacific Islander Heritage Month!



As we step into this beautiful month, let's take a moment to celebrate the rich tapestry of cultures, traditions, and stories that our Asian and Pacific Islander communities bring into our lives. From the vibrant festivals to the exquisite cuisines, and the profound philosophies to innovative contributions, each element adds a unique color to the world's mosaic.

This month, let us embrace the diversity that surrounds us, learn more about the incredible histories, and show our support and love for our friends, family, and neighbors of Asian and Pacific Islander heritage.

May this month be filled with joy, understanding, and appreciation as we come together to honor the beauty of diversity. Here's to celebrating every story, every tradition, and every individual.





Let's Celebrate Women's Health Month

The month of May stands out as a beacon of celebration - not just welcoming the warmth of spring but also symbolizing a period where women, in each and every facet of their lives, are celebrated. Often, the focus leans towards Mother's Day, yet it's crucial to acknowledge that not every woman's journey involves motherhood. This recognition brings us to the heart of May - Women's Health Month, a time dedicated to fostering holistic wellness among women, transcending motherhood to embrace every woman in their uniqueness.

Celebrating Women's Health Month isn't confined to grand gestures; rather, it's about mindful actions that enhance the well-being of women in our lives, and importantly, our own health. It could be something as simple as treating a friend to coffee, indulging in self-care at the spa, organizing a brunch after arranging for a babysitter, or offering a supportive conversation. Beyond these acts of kindness, there's a deeper layer of celebration rooted in empowering each other to nurture our health - be it through advocating for balanced nutrition, encouraging physical activity, embracing mental health therapy, or staying on top of crucial health appointments.

As we dive into this celebration, here are some tips to illuminate Women's Health Month:

Champion Routine Screenings

Routine health screenings stand at the forefront of preventive care, embodying the essence of early detection and intervention. Regular check-ups, such as the Well Woman's exam, pap smears, annual mammograms, and DEXA Bone Density scans, play a critical role in maintaining health and catching potential issues early on. It's a gesture of self-love and responsibility towards one's health. Make this month the catalyst to prioritize and schedule those vital screenings, with each exam tailored to cater to your unique health needs.

Nourish and Move Your Body

The adage of diet and exercise being pillars of health holds unwavering truth. The harmony between nutrition and physical activity is pivotal not only for managing weight but for overarching health and vitality. This Women's Health Month, let's collectively encourage and support each other in adopting healthier eating habits, finding joy in being active, and understanding our bodies' needs. Whether it's through shared recipes, group exercise classes, or simply swapping sedentary activities for more dynamic ones - every effort counts in the pursuit of well-being.

When tackling the challenges of everyday life, it's understandable to feel overwhelmed. Despite these feelings, taking steps to stay on top of your mental health is crucial.

Balancing the demands of everyday life with the necessity of maintaining mental health can be challenging. Remember, it's okay to seek help and it's important to take care of yourself. Your well-being is essential not only for you but also for those you care for. Implementing these strategies can help you manage stress and maintain a healthier mind.



Here are 10 tips to lighten the burden and enhance your well-being:

- **Schedule “Me Time”:** It might seem impossible to carve out time for yourself with a never-ending to-do list, but it’s essential for your mental health. Even just 15 minutes a day doing something you love can make a big difference.
- **Seek Professional Help:** If you find yourself struggling to manage stress, anxiety, depression, or any other mental health concerns on your own, don’t hesitate to reach out for professional help. A mental health professional can provide you with the tools and support needed to improve your well-being.
- **Stay Connected:** Social support is vital. Stay connected with friends, family, or join support groups where you can share experiences and receive emotional support from others who understand what you're going through.
- **Practice Mindfulness or Meditation:** These practices can help you maintain your mental balance by focusing your attention on the present moment, which can reduce stress and promote feelings of calm and clarity.
- **Exercise Regularly:** Physical activity isn’t just good for your body. It’s great for your mind, too. Exercise releases endorphins, which are chemicals in your brain that act as natural painkillers and mood elevators.
- **Set Realistic Goals:** Be realistic about what you can achieve in a day or week. Setting impossible goals can lead to feelings of inadequacy and increase stress. Celebrate your achievements, no matter how small.
- **Limit Social Media:** Comparing yourself to others on social media can exacerbate feelings of inadequacy and anxiety. Limit your time on these platforms and focus on your own progress and well-being.
- **Prioritize Sleep:** Lack of sleep can significantly affect your mood and energy levels. Try to maintain a regular sleep routine and create a relaxing bedtime ritual to help ensure a good night’s sleep.
- **Learn to Say No:** You can’t do everything for everyone. Learning to say no is not only empowering but also necessary for your mental health. It helps you set healthy boundaries and dedicate time to your well-being.
- **Practice Gratitude:** Take a few moments each day to reflect on what you’re thankful for. Expressing gratitude can improve your mood, enhance your optimism, and reduce stress



Celebrating Women’s Health Month is more than a nod to a date on the calendar. It’s about creating a sustained culture of health, support, and empowerment among women. Let this May be the springboard for embracing and advocating for our health and the well-being of the women who touch our lives, marking it as a month of rejuvenation, love, and comprehensive health.



PTSD Awareness

When suffering from PTSD, feeling secure can be a challenge. The root of PTSD often stems from experiencing traumatic incidents such as natural disasters, military conflict, sexual violence, or accidents. These events can dominate your thoughts, leading to frequent recollections or nightmares, difficulty sleeping, heightened alertness, disinterest in previously enjoyable activities, or a preference for solitude. Such responses are typical following trauma, but while they diminish for many over time, some individuals experience prolonged effects.

PTSD manifests through four specific symptom clusters: re-experiencing the traumatic event, avoiding reminders of the trauma, negative alterations in thoughts and emotions, and increased arousal or vigilance. A diagnosis of PTSD necessitates the presence of symptoms from all four categories.

Anyone, regardless of age, can exhibit signs of PTSD, which may fluctuate over time. Recognizing these symptoms is crucial and requires a mental health professional for an accurate diagnosis of PTSD. Early identification paves the way for effective treatment strategies, crucial for those enduring symptoms for extended periods.

It is essential to remember that support is available, and treatments exist that can substantially improve your quality of life. Taking the initiative to seek help is a pivotal step toward recovery.

For further information regarding PTSD symptoms, the National Center for PTSD offers valuable resources. In addition, The Counseling Team International is here to help you and your family in anyway as you navigate PTSD and its varying symptoms.

Happy Pride Month!

As we enter the vibrant month of June, let's connect and share a message filled with love and pride.

Pride Month transcends mere celebration; it serves as a poignant reminder of our collective journey toward empathy, acceptance, and unconditional love. This period compels us to celebrate our diverse identities, unite in solidarity, and embrace our individuality with pride.

This month presents an opportunity to reflect on how far we've come, offer each other support, and advance with love and bravery at our core. Let us create lasting memories marked by laughter, happiness, and abundant love. It's also a time to advocate for kindness and inclusiveness, not only now but throughout the entire year. Here's to a celebration of our authentic selves, to uplifting one another, and to loving without restraint. Happy Pride Month! Let's make it a time to remember!





Men's Health Week was established in 1994 by Senator Bob Dole and Congressman Bill Richardson in the United States following the passage of a Senate Joint Resolution. It is celebrated annually the week leading up to and including Father's Day, to underscore the importance of men's health and to encourage the early detection and treatment of health problems among men and boys. The creation of this week was supported by Men's Health Network (MHN), a national nonprofit organization with the goal to promote men's health as a critical issue and support men, boys, and their families through advocacy, public awareness, and education.

The global observance has grown since its inception, with numerous countries around the world participating to bring attention to men's health issues. It provides a platform to break the silence and stigma often associated with men's health matters and encourages open dialogue among men of all ages.

Get involved in Men's Health Week:

- **Educate Yourself and Others:** One of the core purposes of Men's Health Week is education. Learn about common health challenges that men face, from cardiovascular disease and diabetes to mental health issues and prostate cancer. Share this knowledge with friends, family, and community members.
- **Engage in Health Screenings:** Take this week as an opportunity to schedule or attend health screenings. Many health issues that men face are manageable or preventable with early detection.
- **Promote Physical Activity:** Physical activity is crucial for maintaining health. Organize or participate in community sports events, group workouts, or simple activities like walking or cycling with family and friends.
- **Focus on Mental Health:** Mental health is as important as physical health. Men's Health Week is an excellent time to start conversations about stress, anxiety, depression, and other mental health issues. Consider professional support if needed and encourage others to do the same.
- **Adopt Healthier Lifestyle Choices:** Use this week to assess and improve your lifestyle choices. This could involve quitting smoking, reducing alcohol consumption, eating a balanced diet, and ensuring adequate sleep.
- **Participate in Awareness Campaigns:** Many organizations run campaigns during Men's Health Week. Engage with these campaigns, whether by attending events, wearing blue (the official color of Men's Health Week), or sharing information on social media.

Men's Health Week 2024 is an opportune time for men to focus on their health, encourage others to do the same, and commit to making lasting changes that promote well-being. It embodies the message that men's health deserves attention year-round, urging continuous efforts toward a healthier lifestyle for men and boys around the globe.



Who is Eligible for EAP Services?



DEA
Employees



Spouses of DEA
Employees



Children of DEA Employees
26 or younger



Employee's Children
*Any age **with** special
needs*



DEA Employee's Parents, In-Laws,
and/or Others
*Living **IN** the employee's home as a
family member*

We are here to help with our culturally competent clinical team that uses trauma-informed strategies to address the unique needs of DEA employees and their families. Asking for help is the first and most important step you can take to begin the process of healing and recovery.

Contact Us

The Counseling Team International's
DEA EAP Hotline at (800) 275-7460
for a counseling referral in your area

EAP Office at HQ (571) 776-2990 / eap@dea.gov

EAP Administrator, Adrienne Wright-Williams, LMFT

EAP Specialist, Lisa Ashley, LCSW

EAP Specialist, Shane Arnett, LCSW

EAP Specialist, Andrea Robinson, LPC, CEAP

EAP Staff Coordinator, SA Marlene Mattocks

EAP Program Analyst, Kirsten Diller, LPCC

EAP Program Support Specialist, Darlene Flowers

Lifecare

866-426-0416