

## Frequently Asked Questions About Your EAP

### **Q: What is an EAP?**

A: An EAP, or Employee Assistance Program, is a professional service that offers assessment, referrals and short-term counseling for employees with mental health, substance abuse and other personal issues.

### **Q: What kinds of issues can an EAP help resolve?**

A: An EAP can help you resolve a wide variety of problems, including: marital and family issues, legal and financial problems, depression, stress, alcohol and drug abuse, and other concerns which can affect your work performance and personal health.

### **Q: Will matters I discuss with my EAP counselor be kept confidential?**

A: Yes. Strict confidentiality laws and regulations protect your privacy. The details of your discussions with the counselor will not be released to anyone without your express written consent.

### **Q: How much will the EAP cost me?**

A: Your employer has provided a certain number of EAP visits to you FREE of charge.

### **Q: How and when may I contact the EAP?**

A: You may access your benefits 24 hours a day, 7 days a week. Just call BHS at: 800-245-1150 or 205-879-1150. Ψ



## Better Sleep Month

Sleep is essential to a healthy life, but 95 percent of Americans report difficulty sleeping at some point in their lives. Infants require 12-14 hours of sleep; whereas, seniors may require only 6-8 hours. For tips on getting the sleep you need, go to [www.medicinenet.com/sleep/article.htm](http://www.medicinenet.com/sleep/article.htm)

## What are the Different Types of Alcohol Problems?

Nearly 14 million Americans - or one in every 13 adults - suffer from alcohol abuse or dependence. More men than women have alcohol problems, and rates of problems are highest among adults ages 18-29 and lowest among adults 65 and older. About 43% of adults have been exposed to alcoholism in their family. Problems that do not involve physical dependence can be treated through education and counseling. Treatments include: self-help groups, medication, detoxification and rehabilitation either on an inpatient or outpatient basis. The most common drinking problems include:

- **Binge drinking:** This is often defined as the consumption of five or more drinks at one sitting for men, and three or more drinks at one sitting for women. Binge drinking is most common among youth ages 18-21.
- **Alcohol abuse:** Abuse often results in impaired performance on the job, neglect of childcare or other responsibilities, legal difficulties and alcohol consumption in dangerous circumstances, such as while driving.
- **Alcohol dependence:** This is a chronic and often progressive disease that includes a strong need to drink despite repeated social or interpersonal problems such as losing a job or deteriorating relationships with friends, family and co-workers.

*See Alcohol on page 4*



“Today is the tomorrow that you worried about yesterday.”

~ *Anonymous*

Are you worrying your days away?

Your EAP can help.

## Low-Cal/Low-Carb Chicken & Broccoli Teriyaki

4-6 boneless, skinless chicken breasts  
 1 pack frozen broccoli florets  
 1 teaspoon salt  
 1 teaspoon pepper  
 ½ teaspoon garlic powder  
 ½ teaspoon dehydrated onions  
 4 tablespoons teriyaki sauce  
 1 tablespoon olive oil

**Instructions:** Cut chicken breasts into bite sized chunks and place in medium hot pan with olive oil. Add salt, pepper, onions and garlic powder. Sauté until chicken is well done. While chicken is cooking, boil or steam broccoli in separate pan until tender. When both are cooked fully, add teriyaki sauce to chicken and mix well. Add broccoli and turn in sauce to coat. Serve alone or over rice.

*Prep time: less than 15 min*

*Calories: 192*

*Cook time: less than 15 min*

*Fat: 7.8 g*

*Servings: 6*

*Carbs: 74 g*

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## Teach Your Children to Be Safe at Any Age

Parents worry about their children; it's a fact of life. Teaching them to be safe as they grow and explore is one of your most important jobs. But with so many potential threats to worry about, the task can seem overwhelming. Here are a few basics on which to concentrate:

**Discuss safety calmly.** You want your children to be careful, not terrified. When you talk about safety matters, emphasize that your main concern is their welfare. Listen to their concerns, and answer their questions as clearly and honestly as you can.

**Highlight important information.** Be sure your younger children know their home phone number and address, as well as contact information for another relative or trusted adult.

**Don't just talk about strangers.** Attacks or abductions by total strangers are (thankfully) very rare. Let children know they should tell you anytime they're made uncomfortable by someone's behavior, even if they know the person well.

**Play "what if?"** Rules and advice can be too abstract for young minds to understand. Make it real by asking children what they would do in certain situations: if a stranger tries to get them into a car, for example, or if they get lost in a shopping mall.

**Discuss body issues.** Let your children know that no one should be allowed to touch them in personal areas. Teach them what areas you're talking about – with the proper names – so they can tell you accurately if something happens. Ψ



### Alcohol from page 2

Alcohol dependence has generally recognizable symptoms and is influenced by genes and other factors. Alcoholism is the most severe alcohol problem and is characterized by three of the seven symptoms listed below, over a one-year period.

- *Neglect of activities:* Important social, occupational or recreational activities are eliminated or reduced because of use.
- *Excessive use:* Alcohol is consumed in larger amounts over a longer period than intended.
- *Impaired control:* Ongoing, unsuccessful efforts to cut down or control alcohol consumption.
- *Persistent use:* Consumption is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely caused or exacerbated by alcohol.
- *Large amounts of time spent in alcohol-related activities:* A great deal of time is spent in activities to obtain, use or recover from its effects.
- *Withdrawal:* Withdrawal symptoms, such as nausea, sweating, shakiness and anxiety are present when use is stopped after a period of heavy drinking.
- *Tolerance:* This is the need for increasing amounts of alcohol in order to feel its effects.

If you or someone you know has a problem with alcohol, EAP is available to help. This confidential program provides a place for you and/or your family members to go, free of charge, and talk with a trained professional about your concerns or struggles. Ψ

### Take a Quick Mental Workout

If your brain needs a little exercise, try stretching it with some of these brain teasers:

1. What's significant about the numbers in this series?  
8 5 4 9 1 7 6 10 3 2 0
2. What can be measured but has no length, width or height?
3. Fred's mother had three children by three different fathers. One child is named April; another is named May. What's the name of the third child?

Answers: 1. They're in alphabetical order. 2. Temperature. 3. Fred

### Take the Initiative!

The No. 1 attribute that employers look for: *Initiative*. What does "takes initiative" look like? Here are some glimpses:

**Be creative.** Consider

different ways to approach the work you do. Brainstorm with your team. Always, *always* be open to new ideas.

**Do the legwork.** You want to convince people your idea will work? Hit them with facts. Do your homework. Find supporting research. Talk to co-workers.

**Don't sit on your ideas.** Speak up, if you have an idea and supporting facts to back it up.

**Try, try again.** If your one idea didn't get an OK, don't be discouraged. Keep looking for other ideas. Ψ

