

# Frontline Employee

July 2019

A newsletter from the Washington State Employee Assistance Program

## Washington EAP has a new look!



WASHINGTON STATE

We are excited to introduce a new look and feel for the [Washington State Employee Assistance Program](#) (EAP). The new brand reflects the foundation of the state EAP as a trusted source of help for employees to find solutions to life's problems. The new motto "Help Starts Here" reminds employees that you don't have to wait until work or life issues become overwhelming or turn into crises. Using EAP is a prevention strategy for building resilience and promoting wellness. Research shows that using EAP leads participants to feel higher satisfaction with both their personal life and their work. Of course, a logo is just the face of a program. What matters is the service you experience. EAP's commitment is to offer a broad range of support, delivered by caring, expert professionals in a timely, collaborative and culturally relevant manner. Our services offer practical help—guidance, tools and resources—to address both work and personal concerns.

### Available EAP Services:

[How to Receive EAP Services](#)

[Supervisor/HR Resources](#)

[Webinars](#)

[EAP Brochures/Guides](#)

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## Finding a Caregiver Support Group

More than 800,000 people in Washington State provide care to an adult who needs help. Are you a family caregiver who could benefit from the support of an agency or a group? Support groups are powerful, especially when self-run with a structure that commits to empathy, fair communication, problem solving, acceptance of one's vulnerabilities, and most important—confidentiality. This means that what is said in the group stays in the group. These are group traditions. The DSHS Aging and Long-Term Support Administration has wonderful resources available for caregivers around the state and hosts an annual conference on the subject. Visit their [Caregiver Resources Website](#) to learn more about assistance available to you or to find local support groups. Or, you can always start by visiting your [EAP](#) or a mental health provider knowledgeable about caregiver support.



## Team with Your Doctor to Fight Depression

Some patients with depression participate in therapy, some use medication, and some do both. No matter what treatment path you take, discuss with your therapist or medical doctor practical steps you can take on your own to supplement your therapy goals. People with depression report that supplemental activities such as finding a



passionate pursuit (hobby, goal, dream, or pastime) that makes one feel important and significant bring significant improvement. Journaling progress can have a positive, self-fulfilling effect. Exercise is a naturally smart move for fighting depression. Find personal projects you have been excited about in the past but delayed, and complete one every week or two. Engage with others through meetups, volunteerism, 12-step self-help groups, etc. Your mind is your most precious tool. Nurture it with positives—from television shows to people, seek out affirming experiences.

## Affected by PTSD?

It was once thought that PTSD (post-traumatic stress disorder) was rare and found only in veterans. But unfortunately, research today shows that well over half of all people will experience at least one traumatic event before they reach adulthood. Violent crimes such as sexual assault and robberies, accidents and injuries, natural disasters, sudden significant losses, physical abuse, domestic violence, admission to intensive care—or even witnessing such events—can lead to PTSD. Humans are resilient, and many people can overcome difficult experiences without ongoing symptoms. Acute stress reactions are normal after traumas—but lingering symptoms such as frightening dreams, flashbacks of the event, sleep problems, hypervigilance, and distrust of others should be evaluated if they linger for several weeks.\* Treatment for PTSD may be needed. If these events and symptoms match your experience, talk to your [EAP](#) or health professional to see if a plan for treatment and intervention would be a smart move for you. \*See more at [www.health.com](http://www.health.com)

## Water Safety Summer Tips

Keep young children safe around water this summer. Teach them to swim, and don't leave young children alone. In large swim areas, even under the watchful eye of trained lifeguards, keep a close eye, especially if children are playing near "the deep end." The more people in a swim area, the more vigilant you must be. No one can watch your child as well as you can. Risk increases with larger numbers of swimmers; although rare, missed drownings and close calls do occur.

## You Can Overcome Indecisiveness

Everyone occasionally struggles with making a decision, but does indecisiveness feel like a frequent problem for you that's interfering with your happiness? Meet with the Employee Assistance Program or a counseling professional in your community to fight to overcome this "paralysis by analysis." Making decisions is a life skill that's teachable and involves comparing the outcomes and impact of choices while paying close attention to your emotions and the sway of feelings in your decision. With counseling, you can learn to make decisions more quickly by reducing overanalyzing, visualizing possible outcomes, trusting yourself more, and knowing that you are making the right choices. A counselor can help you understand how a pattern of indecisiveness developed, examine whether depression contributes to it, and decide what further assistance could be helpful. Don't let indecisiveness remain a problem that causes you to lose faith in your own judgment and prevents you from attaining what life has to offer.

