

# Employee Frontline

January 2020 A newsletter from the Washington State Employee Assistance Program



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## Bring the Body and the Mind Will Follow

There is an old saying among participants of self-help groups: "Bring the body, and the mind will follow." If you're coming up short on motivation to participate in a recommended counseling or treatment program, consider this simple behavioral principle of cause and effect. You don't have to wait until you feel motivated to begin taking care of yourself. You can begin now and feel motivated later! The simplest example of this principle in action is when you lack enthusiasm to exercise, but after you do so anyway, you feel surprisingly glad you did and motivated to continue.

## New Year's Resolution to Quit Smoking or Vaping?

### Free Help is Available.

Cigarette smoking is the leading cause of preventable death and cancer mortality. The vast majority of people who smoke in the US – about 70 percent – want to quit, but fewer than 10 percent do so in a given year because they are addicted to the nicotine in tobacco. If you have been trying to quit tobacco and need more support, your health plan likely offers free resources. Talk to your healthcare provider about quitting, and they can either counsel you through a quit attempt or refer you to someone who can. Nicotine replacement therapies, including the patch, gum, and lozenge, are available over the counter and are typically reimbursable with a prescription. Non-nicotine medications may also be available through your health plan. The Department of Health also offers free tobacco and nicotine cessation resources to Washingtonians. Check out the smoking & tobacco cessation smartphone app, as well as a new vaping cessation app at [doh.wa.gov/quit](https://doh.wa.gov/quit). The apps use an Acceptance and Commitment Therapy model to help people recognize urges to smoke and learn new ways to deal with nicotine cravings. Research shows that a combination of cessation counseling and medication is more effective than either approach alone. You may be able to obtain both by calling the Washington State Tobacco Quitline at 1-800-QUIT-NOW or registering for a coaching program at [quitline.com](https://quitline.com).

WASHINGTON STATE TOBACCO QUITLINE

**1-800-QUIT-NOW**

1-800-784-8669 | [quitline.com](https://quitline.com)

## Overcoming Money Fears

Worrying about money is common, but if you feel overwhelmed, tackling this fear is a priority. Most money fears—financing a child’s college education, retirement, paying taxes, late bills—lack a commitment to a definite plan, budget, and host of tools, advice, and interventions that can turn your life around. This plan should energize you, cause a renewed sense of control, and give you the ability to track progress toward your goals. Feeling empowered by these proactive steps is what returns the peace of mind you’ve been missing, and also gives you a better night’s sleep. The path begins with a first step. Visit the [EAP](#) to learn about resources and other help.

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## Maintaining High Energy at Work

What can keep you feeling energetic at work? There’s more to it than loading up on caffeine or avoiding potatoes at lunch and sugary snacks that result in an energy crash. Discover a personal plan for staying perky at work. Take a week to record on a three-by-five card four observations: 1) what time(s) of day you feel most energetic and engaged; 2) what time(s) of day you feel the least energetic and engaged; 3) what you did just prior to these periods; and 4) what behaviors or influences appear to have affected these energy states. To complete your plan, conduct an online search of “ways to improve energy at work.” You’ll discover everything from munching on pumpkin seeds to going to bed by a certain time. Now, compare all these “energy tools” to see which ones fit best with your rhythm or cycle. Experiment and fine-tune your personal energy plan. Later, consider whether you have experienced an increase in overall job satisfaction as a result. You may be pleasantly surprised.

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## Master Your Self-Care Strategy

Self-care is not just about getting enough sleep, eating well, or taking time off for a massage. Rather, it is a conscious process of being attentive to your physical, emotional, relational, and spiritual needs with a goal in mind to build resilience that allows you to be more capable of bouncing back from adversity and managing stress better. To practice this strategic form of wellness, consider each of these important components of self-care: 1) Nurture your physical fitness and emotional wellness (how you manage thoughts, feelings, and beliefs so you engage in positive thinking). 2) Be aware of your emotions and the emotions of others with whom you interact, and use this awareness to make better decisions and communicate more effectively. 3) Know how to create positive emotions. Does walking outside for 15 minutes improve your mood? Does taking five minutes to tidy up your office lift your spirits? When you arrive home after work, does sitting down to play the piano inspire you? Know your “go to” natural, healthy, and positive mood enhancers and use them routinely. 4) Have someone with whom you can confide in and process challenges. Your EAP can be a source for this support. 5) Eat well and get enough sleep. 6) Have constructive ways of dealing with emotional stress—a hobby, spiritual practices, networking, leisure activities. Examining this list, do you see opportunities to improve upon your self-care strategy?

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### Available EAP Services:

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