

FrontLine Employee

Wellness, Productivity, & You!

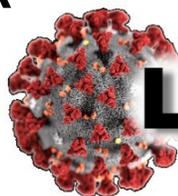
City of Saskatoon Employee & Family Assistance Program 306-975-3327

COVID-19 Links: Worth a Look

New information resources are appearing weekly to help everyone worldwide understand, plan, cope, and overcome the hardship associated with the coronavirus COVID-19 pandemic. Consider these resources and easily memorized bitly.com links to help you remember them and share with others.* These are from the U.S. Centers for Disease Control and Prevention:

- 1) Everything You Need to Know: [CoronaVirus.gov](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html);
- 2) Disinfecting Your Home: [bit.ly/corona-clean](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-cleaning/index.html);
- 3) Homemade Disinfectant: [bit.ly/virus-bleach](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-cleaning/bleach.html);
- 4) Fear and Anxiety about Coronavirus: [bit.ly/corona-fear](https://www.cdc.gov/coronavirus/2019-ncov/need-support/index.html).

Saskatoon website for updates is www.saskatoon.ca/covid-19



Links

*Note: Links verified U.S. CDC.gov.
 Some employers block shortened links.

Exercise Motivation Tip: Sign a Contract

Do you keep wanting to start an exercise program, but so far have failed to launch? There are scientifically proven ways to motivate yourself. You have heard of one: telling a friend who will hold you to account. Well, there are embellishments to this one you may wish to try. They include using a group of friends (not just one, to create more embarrassment), signing a written contract in front of them, and even adding a financial penalty for specific steps you miss along the way to your goal—that your friends keep! That's serious motivation.



Source: www.dailyburn.com/life/fitness/workout-motivation-tips/

Does Relationship Addiction Affect You?

Is your romantic relationship characterized by possessiveness, jealousy, manipulation, and feeling terrified of abandonment? These states are common among those who struggle with "relationship addiction." Relationship addiction (or love addiction) is not classified as a mental disorder, but many affected by it believe it should be. The dominant pattern is addictive clinging along with severe relationship conflict. Taking over a partner's responsibilities, focusing on the partner's "true potential" rather than abusive behaviors, or molding yourself to be the person your partner wants are also common. Escaping relationship addiction is possible with counseling. Talk to your EFAP. Change will be a rewarding journey of hard work, but it won't be about "fixing the relationship." It will be about learning more about how you respond to relationships, discovering the real you, and finding the healthy relationship you really want.



Improve Depression Treatment with Talk Therapy

Talk to your doctor about adding talk therapy (counseling) to help treat depression more efficiently in addition to any pharmaceutical intervention you have been given. Talk therapy may 1) help you prevent negative self-talk scripts that are naturally associated with depression, but can make the condition feel worse; 2) assist you in feeling better faster during the natural delay in the medication's positive effects; 3) offer you additional structure and a helping relationship you can look forward to each week; and 4) add a collaborating professional to work with your doctor to offer feedback on your condition.



COVID-19: Reducing Fear and Anxiety

Uncertainty about what's going to happen with COVID-19 and its impact on everyone can have you feeling anxious and fearful. Whether you are concerned about your job or an elderly family member, getting food and supplies, or even getting sick yourself—you have an important goal: combat this stress and stay calm. Here's how: 1) Practice self-care: Focus on what you can control. Get more sleep, read a new book, have a warm bath, or take a walk somewhere quiet—whatever you do, now is the time to prioritize your well-being. 2) Limit social media use: Set limits on how often you use social media, especially if you're at home where it's tempting to check in more often. Don't let a constant stream of tweets, status updates, and conflicting opinions overwhelm you. 3) Read only reliable news sources: Stay informed by reading only reliable sources, such as government websites, and the WHO. Other news sources may be less accurate, and they may cause feelings of panic and concern. 4) Talk it out: Acknowledge any stress or anxiety you're feeling right now, and ask others how they're coping. Talk to family and friends, and make sure you check in with how your kids are feeling. 5) Reach out to coworkers: Now is the time for coworkers to come together. Focus on maintaining positive morale at work, and if you're working remotely, set regular meetings.



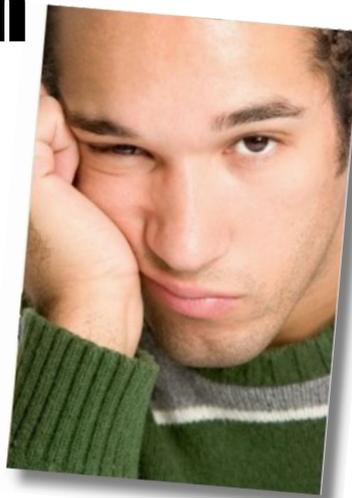
Talking to a Smoker about Quitting (Again!)



Don't give up on helping a loved one quit smoking if he or she states they can't do it. View this defeatism as a normal attempt to eliminate anxiety associated with the need to quit. Stay positive and offer support for help in handling the stress, feelings, and mood changes of tobacco withdrawal, not for preventing the picking up of a cigarette. Avoid provocative nagging and preaching. It impedes motivation. Instead, show admiration for the person trying to quit. The quality of your relationship plays a powerful role in whether you can influence a smoker to quit or offer effective support. If you sense difficulty, sometimes counseling in this area is the best first step.

Intervening with a Troubled Teen

Most parents do the best job they can raising children, but any expert will tell you that it also takes a bit of luck. If you are slowly adapting to increasing behavioral problems of a teenager, don't dismiss the idea of a professional assessment to help you identify a path to correct defiant or oppositional behavior. In the 1980s, a worldwide movement of parents helping parents emerged based on a book called *Toughlove*. Decades later, many of its ideas remain standard fare as tools for helping parents reassert and recapture control over their homes, parenting effectiveness, and a better relationship with their children. Start by contacting your EFAP so they can point you to reputable services and resources, and you may discover some of these assertive principles of the Toughlove movement.



Maintain Healthy Lungs to Fight COVID-19



You are at higher risk of a deadly outcome from COVID-19 if you smoke. Smoking increases your risk for acute respiratory distress syndrome (ARDS) and adversely affects your immune system. Now is the time to stop using tobacco, and to give up vaping and marijuana—whatever can deplete lung functioning. Many changes in society are likely from the global fight against the coronavirus pandemic. One of them is likely to be a new effort by smokers to quit, this time for good. Be a part of this healthy change by contacting your EFAP for more information or SmokeFree.gov.

Mindfulness in Unexpected Times

(Information provided by Vicki Herman **Sit Saskatoon Mindfulness**. Check out their website for further resources www.sitsaskatoon.ca)

For most of us, we are navigating the unknown. As we face this shared, global challenge of COVID-19 we are sorting out how to take care of ourselves and others. **Mindfulness can help** us meet these challenges with more ease, kindness, and clarity.

Mindfulness is the practice of,

- paying attention
- in a particular way
- to what's happening in the present moment

The particular way of paying attention is,

- on purpose, and
- without judgement

It involves **WHAT** we pay attention to and **HOW** we pay attention. The **WHAT** typically includes what we:

- hear
- see
- feel in the body (sensations)
- notice the mind doing (thoughts)
- feel emotionally

The **HOW** includes intentionally bringing qualities of,

- interest
- friendliness

An Example: Mindful Hand Washing

You might choose to pay attention as you wash your hands -- noticing the feeling of the water, the temperature. Feeling this directly. As you do this, you might also notice activities of the mind -- perhaps the mind thinking 'do I really need to do this?' or 'I wish more people would do this.'

- Intentionally bringing some **interest** and **friendliness** to this experience.
- Noticing what the mind is up to, and then -- without giving yourself a hard time -- redirecting your attention to the direct experience of the water on your hands.

If you choose to do this experiment, I invite you to notice the impact of this hand washing practice.

EFAP NEWS

City of Saskatoon Employee Family Assistance Program (EFAP) Office

#310 820 51st Street

(Northstar Business Centre)

Website—www.cityofsaskatoonefap.com

EFAP IS CELEBRATING 30 YEARS OF SERVICE TO
CITY OF SASKATOON EMPLOYEES AND THEIR FAMILIES

Check out our website - www.cityofsaskatoonefap.com for information on
Managing Our Stress; Parental Resources for Homeschooling during the Pan-
demic and other great resources.

Upcoming Meetings

EFAP Peer Advisor mtg - to be determined

EFAP Admin Committee mtg - to be determined

EFAP Board of Director's mtg - to be determined

2020 Board of Directors Meetings

Board of Director's meetings are held the **3rd Thursday** of **June** and **September** and the date
for **December's meeting is yet to be determined**. Meetings commence at **2:00 p.m.**

2020 Peer Advisor Meetings

Meetings are held the **2nd Wednesday** of each month at **1:00 p.m.**

No meeting in August or November

To access counselling services, you may call them directly. The agencies are offering distance counselling and this can be done by calling the agencies directly to set up an appointment. The contracted agencies are:

Broadway Counselling & Therapy — 306-653-3232

Crossroads Therapeutic Solutions — 306-665-6661

Family Counselling Centre — 306-652-3121

Penney Murphy & Associates — 306-242-1010

Professional Counselling and Associates — 306-934-5898

Professional Psychologists and Counsellors — 306-664-0000

*If you have any questions or would like Maria to recommend a counsellor please call the
EFAP office at 306-975-3327*