

FRONTLINE EMPLOYEE

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PREPARING TO GO BACK TO SCHOOL

Are you feeling anxious about ensuring a smooth transition for children going back to school? After their lengthy absence, you may need to be more deliberate. Start to introduce daily routines and earlier bedtimes in preparation for the big day. Start winding down screen use an hour before bedtime, and consider having family evening meals together at a specific time to create a familiar structure going forward. Try a midday quiet-time period for reading/drawing that also can help manage stress and reduce anxiety.

See www.sleepeducation.org for recommended child sleep requirements.

Source: www.healthychildren.org for COVID-19 prevention measures [Search "sleep, children, behavior"]

ALCOHOLICS ANONYMOUS & COVID 19

AA figured out how to carry its message of hope and recovery to alcoholics worldwide a long time ago, and the online portal it established could not be more timely in the era of COVID-19 social distancing. Over 1,000 meetings are a click away. To use the no-cost service, visit www.aa-intergroup.org/oiaa/meetings. You can search meetings worldwide by language, time, day, special need/disability, gender preferences, type of meeting, phone, video, and many other parameters.

Source: www.aa.org [click link: "Updates on Coronavirus (COVID-19)"]

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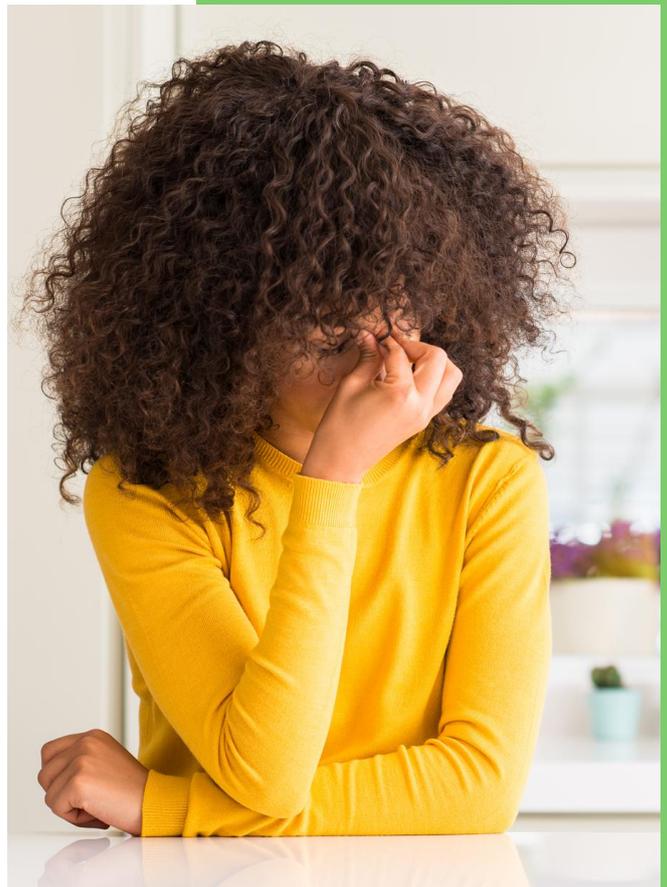
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MANAGING "COVID FATIGUE"

After months of social distancing, lockdowns, favorite businesses being shuttered, and a lot fewer places to go for recreation, meals, and entertainment, are you feeling "COVID fatigue"? The term was first coined in July, but the condition appears to be real. Feeling bottled up, intensely irritable, and frustrated are the symptoms, but it is also compounded by grief for the loss of a way of life you once knew and anxiety associated with not knowing when it will return. COVID fatigue may place you at risk for increased substance use, poor diet, mismanaging a health condition, poor exercise, domestic abuse, relationship disharmony, depression, and generally putting plans for your life on hold.

Don't settle for the consequences of COVID fatigue. Take action with help from your EAP/MAP or other guidance that empowers you to take charge.

Source: Winknews.com [Search "COVID fatigue"]



DON'T MESS WITH MELANOMA

The hottest days of summer are upon us, so here's a quiz: What's the most common cause of cancer death for women age 25-30? Answer: melanoma. What about the second leading cause of cancer death in women 30-35? Answer: melanoma, again. Surprised? Melanoma does not discriminate by age, race, or gender. And it does not appear only on the skin. It can appear anywhere—even nails, eyes, or the mouth. Ninety percent of melanomas are caused by exposure to ultraviolet light, so protect yourself using SPF 30 (or higher) sun protection. Fact: Use of tanning beds by those under 30 years old will increase the lifetime risk of melanoma by 75%.

Source: www.melanoma.org



STRESS MANAGEMENT TIP: REFRAMING

Reframing is a mental strategy to overcome the distress of negative or disappointing events. Reframing starts with a key question: What good thing can come from this undesirable event? The goal is to change the way you think about and view undesirable situations. For example, if you don't get the job or promotion, what good thing or positive outcome of not being chosen might now exist? Reframing works because it changes images in your mind, and these direct your feelings and sensations.

Reframing builds personal resilience to disappointment, and it's a teachable skill. Reframing is used unconsciously by everyone, but purposely employed, it will get you out of pain faster. It is especially useful for children to learn the strategy.

