



FRONTLINE EMPLOYEE

NOVEMBER • 2020



NATIONAL CAREGIVERS MONTH

November is National Caregivers Month. It's a time to recognize, support, and empower family caregivers. One of the most comprehensive sources of help is www.caregiver.org, the website of the Family Caregiver Alliance. It is an online service that provides quality information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses. Sixty-eight percent of caregivers are women (aarp.org) who spend an average of 20 hours per week caring for a loved one. Whether you are a caregiver or in a relationship with a caregiver, do you know the signs and symptoms of caregiver distress? These symptoms may include feeling overwhelmed or constantly worried, feeling tired often, getting too much sleep or not enough sleep, gaining or losing weight, becoming easily irritated or angry, losing interest in activities you used to enjoy, feeling sad, having frequent headaches, bodily pain, or other physical problems. These symptoms can also give way to burnout. Caregivers need physical help with tasks, decisions, meal prep, errands, and chores. They especially need emotional support to help them deal with the stress of caring for an elderly person or other loved one with special needs. Most people do not know that caregiving is one of the toughest and most stressful jobs. This is because it is characterized by high levels of "job strain." Job strain includes having high levels of stress with low levels of control over how much, how often, and when caregiving will next be required.

Source: www.unhealthywork.org/job-strain/definitions-and-formulations-of-job-strain/

TABLE OF CONTENTS

National Caregivers Month
• P. 1

Should You Lend Money to a
Coworker? • P. 2

Boredom and the Pandemic
• P. 2

Don't Forget Flu Season • P. 2

SHOULD YOU LEND MONEY TO A COWORKER?

Should you lend money to a coworker? The question has many considerations, but the most cited axiom is, "Don't lend money to a friend unless you expect it not to be repaid." A request may indicate a more serious personal problem. If so, loaning money then equates to enabling. Does your friend need other help? Consider these steps: 1) Show empathy. 2) Don't be judgmental. Eliciting defensiveness will shut down willingness to accept help. 3) Discuss concern for your friend. Use "I" statements: "I'd like to help, but I'm just not in a position to lend. Can we talk about the situation?" 4) Have a source of help/number available, and offer it. 5) Offer to accompany your friend to the source of help. 6) If your friend does not accept help, you will increase the likelihood of doing so in the future with this prescription for change.



BOREDOM AND THE PANDEMIC

Boredom may be the least discussed experience of the COVID-19 pandemic. The international response has affected where we go and what we can do, who we can be with or even hug. Restaurants are closed or stark and bare, and more movie theaters shutter every day. Boredom is normal, but pandemic-related boredom is a bit different. Research shows it can have health effects, as it did during the 1918 Spanish flu. These can include behavioral issues, relapse of health conditions, worsening of compulsive-behavior disorders, negative thinking, depression, and even suicide. (Suicide rates increased during the 1918-19 Spanish flu.)

Source (1): www.news.columbia.edu [search "why being bored"]; Source (2): www.academic.oup.com [search "covid suicide"]



DON'T FORGET FLU SEASON

With all the attention on COVID-19, don't overlook getting a flu shot. Flu season usually starts around October and can run until the following May. It peaks in December and January. Fact: 35.5 million people got sick with influenza in 2019 and 34,200 died. 188 were children. You can discover locations and organizations that offer free flu shots by visiting www.health.com and searching "free flu shot."

Source: CDC.gov [search "the flu season"]

