

# FRONTLINE EMPLOYEE



## IS PAST TRAUMA STILL AFFECTING YOU?

Can past traumatic events affect your health today, even if you hardly ever think about them anymore? You may have “moved past” those memories of abuse or assault you experienced years ago, but if perceived as fearful enough – and you may not recall just how much – a type of invisible assault on the brain may have occurred involving stress responses of the amygdala, hippocampus, and prefrontal cortex. Effects can persist

for years, contribute to nightmares, help explain your jumpiness, or perhaps why you’re easily startled, or struggle with vulnerability in relationships. Seven to eight percent of people will experience post-traumatic stress disorder at some point in their lives. The EAP can discuss symptoms, help you decide if PTSD affects you, and locate the right help.

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## HELP FOR COMPULSIVE VIDEO GAMING

*Video gaming addiction is obsessive preoccupation with online games at the expense of real-life activities or obligations.*

It is not a recognized psychiatric disorder but has the same psychosocial consequences of other compulsive disorders like gambling addiction. In 2002, On-Line Gamers Anonymous (OLGA) was formed. It offers support, strength, and hope to addicted gamers and their families so they can heal and recover from this rapidly growing and disabling condition. Talk to a professional counselor first. Then discover what resources are available to help you or a loved one.





## AVOID FINANCIAL HEALTH DENIAL

*Are your money management habits leading to a financial crisis in the future?*

If you're thinking, "maybe, but it will all work out later," then you may be using financial health denial to avoid critical changes you need to make right now. See the EAP or get financial counseling if 1) credit card debt is growing, 2) you're unable to save up a small emergency fund, or 3) money worries are zapping your energy, interfering with sleep, or undermining happiness.



## MAKING THE MOST OF A BAD DAY AT WORK

Everyone experiences job-related setbacks and mistakes at work ("a bad day"). Our initial focus is usually how awful we feel or how unfair "it" all seemed. The challenge is moving past the negativity. Accomplish these strategies that add to your resilience. Here are six "T's" to recapture a positive you:

**Temporary:** Remind yourself that feeling bad is temporary; it will soon dissipate.

**Teach:** What can the day teach you? What part of it will add to your skills and abilities?

**Talk:** Talk and vent your experience with a friend to experience emotional release.

**Twirl:** Move, exercise, or play—engage in physical activity to influence a positive mood.

**Transcribe:** Write down your feelings.

**Thanks:** Focus on two to three things you are grateful for despite the setback, to help reenergize positivity.

## MECHANICS OF MAKING DEADLINES

*Don't allow the quality of your work to suffer by missing deadlines.*

Meeting deadlines is an acquired skill with two influences—motivational and mechanical. Motivational: Agree on the deadline with your partner (recipient of the work). Next, commit to the deadline. Then, acknowledge and empathize with the direct and indirect consequences of not meeting the deadline. Make an accountability pact—allow your partner to contact you at any time about progress. Mechanical: Know how much time each part of your project will take. Divide it into mini-deadlines. Adopt an early completion point (your buffer). Success will reinforce your on-time habit, and a positive reputation will follow.

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