



EMPLOYEE
ASSISTANCE OF
CENTRAL VA

EAP

ALL
POINTS
EAP

(434) 845-1246 in Central VA • (800) 645-1246 Outside Central VA • www.eacv.org

Recover Your Recovery Program



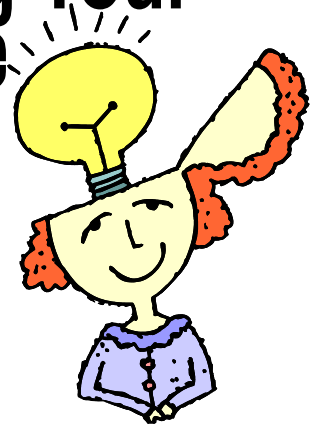
If you must manage a chronic disease prone to relapse, did you find support for your recovery program this past holiday season? Millions of people manage personal programs of recovery from relapse-prone illnesses such as substance addictions and disorders associated with eating, gambling, smoking, and other behavioral health issues. Don't delay in reestablishing your program of recovery if you relapsed. You may be waiting for the "right opportunity," but get this one off your "to do" list and on to your "just do it now" list. Don't kick yourself for relapsing. Doing so adds to your procrastination. Instead, put your energy into reestablishing your recovery program without delay. A relapse may have started with some destructive thoughts ("stinking thinking"), or rationalizations. Rebounding from a relapse is easier the more quickly it is begun, because in the early days or weeks you have not yet rekindled strong defenses that prevent you from accepting help. Talk with your sponsor or a counselor to gain insight from your relapse experience so that it becomes part of your armament to help prevent a future relapse. Recapture the promises of recovery in your life.

Spring Rains, Floods, and Such



Plan now to protect yourself and your family if you live in a part of the country that is subject to severe weather during spring. Follow instructions and guidance offered by local emergency preparedness experts. Don't find yourself rushing to the store for supplies at the last second, only to face empty shelves. Get a kit, make a plan, and be informed. Visit the updated federal government Web site Ready.gov. There you will find the checklists and planning tips you need.

Nurturing Your Creative Juices



You have probably discovered that your best ideas—your real rocket launchers—come while you are not at work. They pop into your head while driving, walking, taking a shower, or participating in non-work activities. How can you use this awareness to effectively inspire creativity? Plan for opportunities where you can be stimulated by a completely different environment. Include new sounds, sights, places, conversations, people, and open space to free up your thoughts. Factor in undistracted "alone" time. When ideas come, have a way to capture or record the inspiration. Newton was alone under a tree when the apple hit him on the head.

Need Help?

Use your employee assistance program (EAP) for personal and job concerns. Confidential, professional services at no cost to you or your immediate family.

434-845-1246

In the Central VA Area

800-645-1246

Outside Central VA

Alcohol Awareness Month Teenage Alcoholism



The most recent data available from the federal government on the number of adolescents treated for alcoholism is more than 15 years old, but there is no reason to believe that the problem of teen alcoholism has diminished. Alcohol is still the number one drug of choice for teenagers who abuse substances, although other abused drugs get more attention in public service announcements in the media. Between 1992 and 1997, the number of teenagers treated for alcoholism rose nearly 25 percent. Of adults who seek treatment for alcoholism, 80 percent report first being intoxicated before age 18. Sober facts: Adolescents who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21. Generally, an adolescent's risk for alcohol dependence in the future decreases by 14 percent with each additional year that drinking is delayed. Beyond the illegality of supplying alcohol to underage youth, is there any better argument for not doing it? There is no credible research that demonstrates that serving alcohol to children "under adult supervision" in the "safety of their own home" will prevent or deter the later onset of alcohol abuse or alcoholism. On the contrary, the fact that alcoholism has strong genetic linkages argues that doing so may hasten the onset of this addictive disease.

Source: www.ncadi.samhsa.gov/govpubs/rpo996

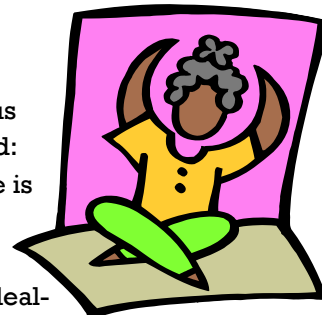
Battling Against Sleep a No Win

If waking up and getting out of bed is a daily "chore," a tardy arrival at work usually follows. If there's no medical problem, a likely cause is an improper attitude toward sleep. Like exercise, you may see sleep as a nagging inconvenience—something getting in your way. You have to sleep, but you wait for it to force itself upon you. Like exercise, you may not incorporate sleep into a routine that allows the necessary amount of time—somewhere between seven and nine hours. Give up the battle against sleep. Make it part of your routine to reap its benefits and avoid the side effects of deprivation.



Attitude-Changing Secrets

Scott Hamilton, the famous Olympic skater, once said: "The only disability in life is a bad attitude." His extraordinary life of achievement and adversity convinced him that dealing with life's challenges is something no one escapes. How well we master this task is reflected in how we behave and interact with others. Our attitude says something about how we are doing with our most important job—living. To fire up a new attitude, practice thinking and believing things that support the attitude you want. The more you practice this "refurbishment," the faster change comes. Try this "cloud seeding" technique: Each night, fall asleep mentally ticking off all that you have done well that day. Focus on what went right. As a new attitude unfolds, you'll notice new opportunities and feel and act more positive. Others will notice too, and they'll say so.



Families Fighting to Fit It All In



Late night school practices, fast-food dinners, cramming for tomorrow's schoolwork, music lessons, sports events, errands, housework—now repeat. If this routine rings familiar and you can't give anything up (right now), how do you reduce family stress? Those who've done it say the trick is to implement "family management rules." 1) *The Huddle*: Organize a family meeting to discuss how to make the week less stressful. 2) *Map It Out*: Agree on the weekly routine. Include completing homework and getting ready for school (the night before); doing chores—who, what, and when; what times activities happen; and when the lights go out for bedtime. This organizing effort will reduce stress; it won't turn you into robots. Live by a master calendar. 3) *Recharge*: The weekends are busy too, but find several hours of family time and just have fun. If it can't be all day, try only a few hours. 4) *Weekly Summit*: Meet to analyze and make adjustments for the following week. Pass out kudos (and cookies).