

Solutions

Volume 9, 2023

Coping with the Sunday "Scaries"

The Sunday "scaries" refers to that sinking feeling or anxiety some people experience on Sunday night when they realize the weekend is over and Monday morning will soon arrive, and along with it what awaits at work. Gain control over this state of mind by jotting down your tasks and goals for the week. You will feel more control and quickly dispel the sense of dread. Anxiety is often reduced by self-care techniques, so experiment with an enjoyable form of relaxation. For more impact, incorporate this into a regular evening routine. Try a bit of "thought blocking" replaced with an activity that keeps your mind occupied. Plan your Monday on Friday by taking a bit of time to go over your schedule for the next week. You're more likely to stay in the present come Sunday night.

Is There Hidden Meaning in Your Job?

Do you feel bored with your job, unable to leave, and helpless to change your state of mind? There are personal interventions you can try that have worked for others. Start by taking time to think about your interests, goals, and values (what's most important to you in your life). Next, search for how these things are hidden within the scope of your job's essential functions. Don't be too quick to say, "There's nothing!" For example, do you value "meaningful relationships"? If so, can you make your job more meaningful by mentoring others, being more helpful, collaborating, engaging more empathetically, and lessening your isolation? These behaviors have ripple effects at work and can lead to more positive interactions, cooperation, teaming, and sharing of ideas. Resource for you: *"From Burnout to Purpose: Simple Strategies for a Soul-Fulfilling Approach to Work,"* 2022, by Gina Calvano.

Impress the Boss with Your Reliability

Reliability is a soft skill valued by employers because reliable employees demonstrate consistent results with accuracy and achievement. They also help reduce supervisor stress about outcomes, predictability, and timely communication. To ramp up your reliability, you need to deliver consistent, high-quality work and let your boss's positive response motivate you to consistently perform in this way. Take the initiative by identifying issues or problems upstream and resolving them before management is forced to resolve them. Be adaptable to sudden change ("roll with the punches"), and develop a sense for what, how much, and when your boss needs to communicate.



Have You Added Plants to Your Workspace

Indoor plants have been shown to favorably impact individuals' physiological and cognitive functions. One study even showed their presence can lower blood pressure. Indoor office lighting is suitable for many kinds of plants, including the following: snake plant, ZZ plant, peace lily, pothos, Chinese evergreen, and dracaena. So, get some healthy greens on your desk by searching images of these plants to see which ones will work for you.

Source: Effects of Plants at www.ncbi.nlm.nih.gov/pmc/articles/PMC9224521/

Stress Tips from the Field: Newly Divorced Stress

End of summer is a time when many divorces occur. If you're newly divorced, serious stress can naturally follow your decision, regardless of how tough it was to make. Emotional stress is common among divorced couples, includes grief and sadness, and negatively affects self-esteem. Other stresses, such as coparenting challenges, financial concerns, and navigating changes in your social life, can also be challenging. Your goal is to create a new life with new routines. Don't go it alone or remain in isolation. Bring tough challenges to your organization's employee assistance program to get the support you need.

A Kit for Every Phase of Life

Did you know that FSEAP offers comprehensive resource kits for individuals and families going through every stage in life? Our Resource Kits are packed with educational information and self-help resources that include popular, research-based books, pamphlets, learning tools, and games to facilitate healthy family bonds and enhance your financial and mental health. Explore topics around nutrition, financial planning, healthy relationship developments, safe usage around media, communication skills, mental health supports, and activities for your whole family to enjoy.

The Resource Kits we offer are:

- Healthy Intimate Relationship
- Preparing for Retirement
- Working through Anxiety
- Coping with Low Mood & Depression
- Beating Burnout
- Expecting a Baby
- Your New Baby to Toddler
- Parenting your Preschooler & School-Age Child
- Parenting Pre-Teens & Teens
- Grief & Loss
- Financial Empowerment

If you are interested, these kits will be mailed directly to your front door at no cost to you. Simply order through the MyFSEAP web portal online request form. Or, call the FSEAP intake line. They can also be requested during your EAP counselling appointments as well.

Elevate your family's journey with FSEAP's support!

