

fseap SOLUTIONS

Consume News with Awareness

The COVID-19 pandemic and war in Ukraine have offered plenty of fear and uncertainty. Has the anxiety interfered with your ability to sleep or be productive? Have you been too focused on the latest frightening news? It's hard to avoid the news, but you can lessen its impact. Tips: 1) Be aware that news is sold and used to sell products, services, and clicks; 2) News is designed to agitate the reader to click or flip pages; 3) It is natural to focus on bad or frightening news because it directly affects the human "fight-or-flight" trigger response. With this awareness and lessened intensity, experiment by consuming news in moderation and use more time for other things you want to accomplish in your life.



Wake Up More Refreshed

Are you groggy when you first wake up or, even worse, feel like you haven't slept at all? This is the experience of nearly 70% of people in a recent United Kingdom study. There is little reason to believe the same does not apply throughout the Western hemisphere. Here's the fix: Make earlier sleep time a priority. Try going to bed earlier for a week, and wake up early enough to have a routine that includes something pleasurable—taking your time, taking a walk, fixing a leisurely breakfast, or whatever else fits for you. The key: Make it enjoyable. In theory, your brain will adapt to this structure, and you will awaken more refreshed. As a result, you should begin to experience more satisfying days.

Source: www.henryford.com/services/sleep-disorders



Mental Health Support on Your Terms (iCBT)

Imagine accessible therapy on your terms...now embrace it! With MindBeacon's therapist-guided iCBT program for FSEAP, you can access a customized treatment plan by phone, tablet, or computer. Just like you, every guided iCBT program is unique. MindBeacon's customized online therapy treatment plans are based on your particular mental health concerns. MindBeacon therapists are all registered mental health professionals experienced in providing Cognitive Behavioural Therapy treatment online. They create and modify personalized care paths for clients while providing support and guidance. Connect with FSEAP today to learn whether MindBeacon's iCBT program is right for you.



Should you Screen your Teen for Depression or Anxiety?

Moodiness is normal in teenagers. Even healthy teens will have emotional ups and downs. But depression and anxiety disorders are not simply mood swings. Left untreated, they can influence long-term health and social problems. With suicide being the second leading cause of death for young people 10-19,* the U.S. Preventative Services Task Force recommends that all teens get screened for anxiety and depression. It's not difficult, and a doctor can do it. So ask if it's not a part of routine office visit. The goal is earlier treatment and better outcomes, if or when spotted.

(*Natl Vital Stat Rep. 2021;70(9):1-114).



Stop Stress, Right Now: Anticipating the Holidays with a Self-Care Plan

Try creating a “holiday self-care plan” this year if you are facing isolation, an overwhelming list of “to-dos,” coping with grief, or facing past hurts. Don’t let the season just nudge you along with uncertainties, big to-do lists, and anxiety. Self-care means deciding how you will maintain health and wellness. Decide what holiday events you will (or will not) attend, be assertive about asking for help and support, stick to a budget, and decide you won’t feel guilty for not hosting the big party this year. Add emotional wellness decisions, too. For example, try letting go of lingering resentment from that argument you had last year with your brother-in-law. Discover relief that comes from no longer replaying the exchange in your mind. For real impact, schedule treats or pampering experiences for yourself during the season. Their real value is serving as fun experiences you can look forward to when stressed. If grieving the loss of a loved one, decide how you will remember your loved one during the holidays. Give yourself the opportunity and permission to feel loss. Ask for support you need, and don’t resist feelings of expressing sorrow because you fear “ruining” the holidays for others. With a holiday self-care plan, you can anticipate less stress during the season. In time, you may be sharing your planning secrets with others who need them as you discover more positivity in the seasons to come.

Inflation Stopper Apps for your Phone

Technology apps can help you beat inflation and then some! For example, you scan the barcode of a product while in the store to discover where it can be purchased more cheaply. Other apps allow you to identify products for sale, that when purchased, can later be scanned for a rebate to a PayPal account. Many others like these exist. To find them, search “money saving apps” on your smartphone. Find the category labeled “Shopping.” Highly rated money-back apps include ones like ShopSavvy and Ibotta, but check consumer feedback to make an informed choice.

Learn more: [Rollcall.com](https://rollcall.com) [Search “panel recommends adolescent screening”]

