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PTSD Awareness Month: Other Events Can Cause PTSD



Posttraumatic stress disorder (PTSD) doesn't just affect war veterans or those who have experienced life-threatening events or injuries. Don't let this myth cause you to hesitate getting treatment for symptoms you suspect could be from a past trauma. You may feel that your trauma isn't serious enough to justify treatment or that you should handle it on your own. PTSD can result from a wide range of distressing experiences. Fear, intensity of your experience, and not necessarily the type of event are what underlie the illness. Chronic abuse, domestic violence, prolonged bullying and harassment, sexual assault, traumatic childbirth, or even betrayal or a serious relationship breakup can lead to PTSD. It's impossible to predict who will develop PTSD after a traumatic experience, as many factors, including genetics, may play a role. Don't let PTSD keep you from the life you want and deserve. Treatment is for anyone who thinks they've been affected.

Strength Training Matters as You Age



Don't overlook strength training as you age. It's as important as aerobic exercise—especially for preventing injuries. In fact, research shows that maintaining muscle mass can improve balance, boost metabolism, and enhance overall mobility as you get older. As you age, muscles lose mass and strength. This makes muscles weaker and more prone to injury, even from everyday activities like carrying heavy objects, bending over, standing for a long period of time, moving heavy furniture, and even pulling a cord to raise a blind. With muscle atrophy, injuries may happen even with good technique. Regular strength training, however, helps counteract this decline. Strength training can also support bone density, reduce the risk of falls, and help manage chronic conditions such as arthritis or diabetes. If you're new to strength training or have health concerns, talk to your doctor before starting. With strength training, you are more likely to enjoy a healthier and more active future.

Kick Off Summer with a Family Meeting



It's summer, and for families that means new routines, activities, and schedules. It's the perfect time for a family meeting. This powerful tool that can also become a tradition helps keep everyone connected and organized, while it models and strengthens family bonds. Other bonuses include teaching life skills like assertiveness, compromise, cooperation, and problem-solving. How to do it: Gather everyone in a comfortable space, review previous meeting issues, share successes, and set the meeting's goals. Encourage open, respectful discussion. Brainstorm solutions, agree on action steps, and talk about plans, ideas, trips, chores, transportation issues, and responsibilities. Conclude the meeting on a positive note.

Working Well Under Pressure



Many jobs demand the ability to work well under pressure—but few offer training on how to do it. Most employees figure it out as they go, but that can lead to poor habits, chronic stress, burnout, or even resignation. If your job is high pressure, discover whether the following tips will help you finish the day with more energy and less stress. 1) "I got this!" Attitude is everything, even if it means faking it until you make it. By viewing work under pressure as something to command and not fear, you will feel more in control with a positive mindset and experience more resilience. 2) Set regular intervals to preempt fatigue by detaching from duties, even if it's only for several minutes. Hydrate and move. For example, walking only a single flight of stairs will stimulate your body and refresh your ability to focus. 3) Focus on one task at a time. Avoid seeing what's facing you as a single, overwhelming challenge. But if this feeling wells up, stop, take a breath, step back, and regain perspective. 4) Look for support. This includes the EAP, which can help you manage stress. For example, venting your frustrations can offer relief and help you regain focus. 5) Use a pull strategy to lift mood—anticipate an exciting personal reward you can look toward when the work is completed.

You're Probably Not a Workaholic



Ever been accused of being a workaholic? The label is often overapplied, particularly by friends and family, but you can assess whether your work habits are unhealthy. It's worth reflecting on your work habits because self-awareness is the first step if you need to make a change to be happier. Consider motivation, choice, level of joy or excitement, and effects on your health. 1) The person who loves to work (work enthusiast) is motivated by passion and conscious choice, while the workaholic feels compelled and has a loss of control over work. 2) The work enthusiast can set boundaries on when and how much work they do, but the workaholic feels unable to control when and how much. 3) The work enthusiast feels joy and fulfillment, while the workaholic is not joyful about work and feels there is no choice but to continue. 4) The work enthusiast has healthy relationships, whereas the workaholic neglects relationships. 5) The work enthusiast doesn't suffer when not working, but the workaholic experiences anxiety when they can't work, along with adverse effects on their relationships and health. If you spotted signs of unhealthy work habits, take the next step. Consider a deeper assessment, set limits, and prioritize your well-being. Still unsure about your work style? Talk to a professional counselor or reach out to your EAP.



Extreme Time Management that Works

Time is a **perishable** resource, so consider these two simple time management conventions to maximize your productivity: time blocking and time boxing. Time blocking schedules specific blocks of time for different work needing to be completed. The benefit, which is underappreciated, is relief from constantly thinking about the work that needs to be done and when it will happen. Time boxing assigns a specific amount of time to a given task; however, focus on the work begins and ends on time—precisely on time! The value of this convention is extreme focus, made possible by the sense of urgency imposed by the strict start-stop boundaries.



- Voluntary:** You decide when to use the program services.
- Confidential:** Your personal information will not be shared with your employer or anyone in your family. Only you know when you call for assistance.
- Convenient:** EAP offers services with professional providers with offices nationwide. Services can be accessed in-person or virtual.
- No-Cost:** Services under the EAP are available to you, your spouse/partner and your dependents under the age of 26.

How do children and adolescents respond to traumatic events?

Every year children and adolescents experience disasters and other traumatic events. How adults respond to trauma influences how children react to trauma.

It is typical for children and adolescents to have a range of reactions

- Physical problems such as stomachaches or headaches
- Withdraw or become isolated from family/friends
- Lose interest in activities they normally enjoy
- Nightmares or sleep problems including refusing to go to bed



WHAT CAN YOU DO TO HELP?

- Allow them to be sad or cry
- Let them talk, write, or draw pictures about the event and their feelings
- Stick to routines such as reading bedtime stories, eating dinner together, playing games
- Pay attention to sudden changes in behaviors, speech, language and strong emotions ,
- Help them feel in control by letting them make some decisions for themselves.

www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events

Your EAP can offer individual counseling, as well as family therapy to help the family adjust and cope with trauma together. **We are here to help.**



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WELLNESS MINUTE

June 2025



BREAKING THE SILENCE: WHY MEN'S HEALTH MATTERS MORE THAN EVER
MENTAL FITNESS: THE MISSING PIECE IN MEN'S HEALTH
POWER-PACKED PROSTATE HEALTH BOWL
MEN'S STRESS-MANAGEMENT WORKOUT

BREAKING THE SILENCE: WHY MEN'S HEALTH MATTERS MORE THAN EVER

In an era where health awareness is at its peak, men continue to face unique challenges in addressing their physical and mental well-being. The statistics are sobering: men die an average of five years earlier than women, with preventable conditions playing a significant role in this gap. But behind these numbers lies a more complex story about culture, behavior, and the evolving definition of masculinity in modern society.

"We're facing a silent health crisis in men's health," explains Dr. James Harrison, director of the Men's Health Institute. "The statistics aren't just numbers – they represent fathers, brothers, sons, and friends who often put their health last on their priority list."

Recent studies paint a concerning picture: 60% of men skip annual physicals, and nearly 40% delay seeking medical attention even when experiencing concerning symptoms. The consequences of this reluctance are reflected in mortality rates for preventable conditions. Men lead in 9 out of 10 top causes of death, including heart disease, cancer, and diabetes.

THE CULTURAL CONTEXT

Traditional masculinity norms often discourage men from showing vulnerability, including acknowledging health concerns. Dr. Sarah Chen, a behavioral health specialist, notes, "Many men have internalized messages that seeking help is a sign of weakness. This mindset can have devastating health consequences."

The impact extends beyond physical health. Men are less likely to:

- Schedule preventive screenings
- Discuss emotional health concerns

- Seek help for chronic pain
- Follow up on concerning symptoms
- Maintain regular healthcare relationships

CHANGING THE NARRATIVE

Progressive healthcare initiatives are working to reshape men's health approaches. The "Meet Men Where They Are" program, launched in several major cities, brings health screenings to workplaces and community centers. Initial results show a 40% increase in preventive care participation.

"We're seeing success when we make healthcare more accessible and relatable to men," says Marcus Rodriguez, program director. "Simple changes, like offering evening appointments and creating male-friendly waiting areas, can make a significant difference."

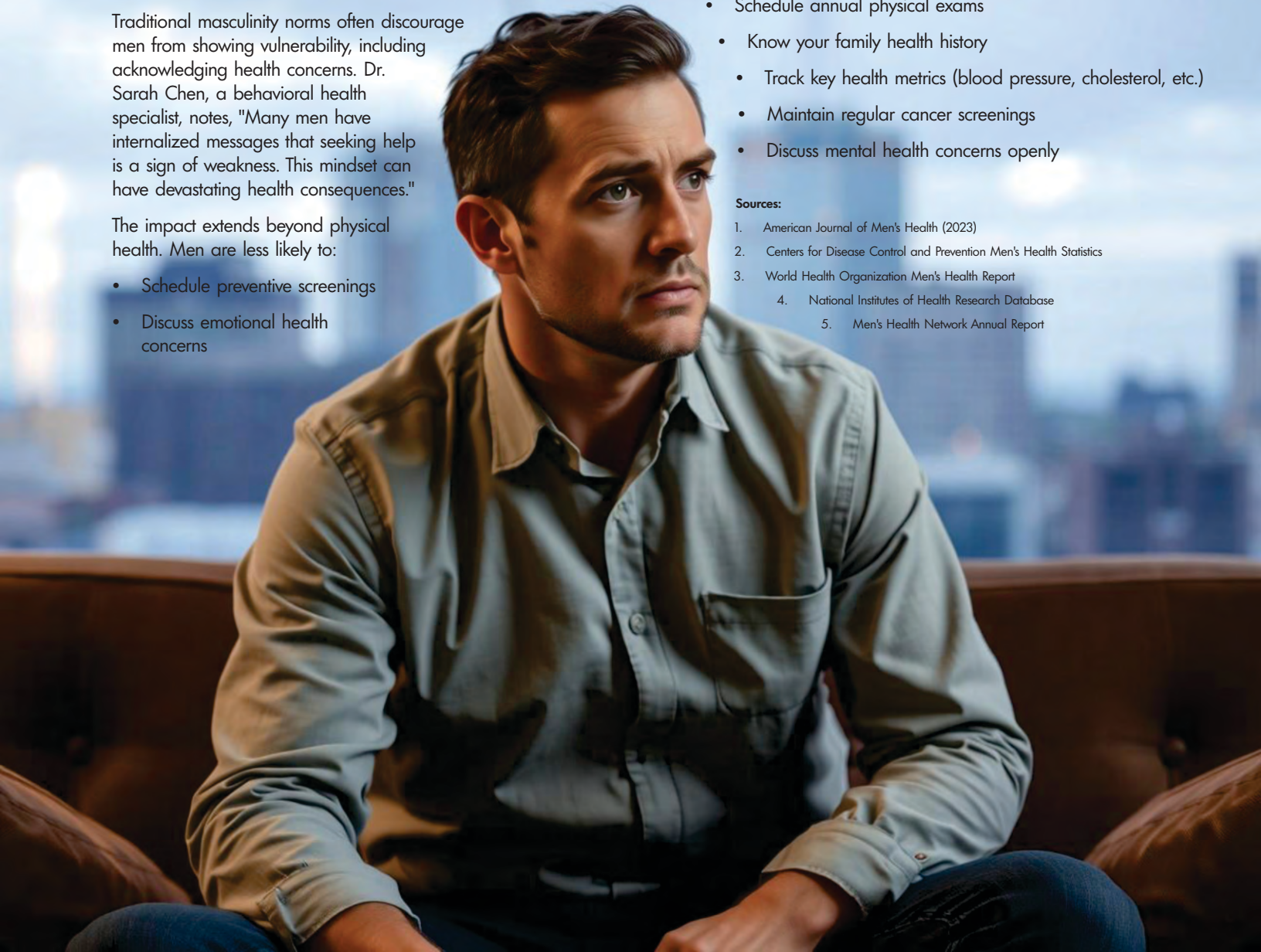
TAKING ACTION

Healthcare providers recommend several key steps for men:

- Schedule annual physical exams
- Know your family health history
- Track key health metrics (blood pressure, cholesterol, etc.)
- Maintain regular cancer screenings
- Discuss mental health concerns openly

Sources:

1. American Journal of Men's Health (2023)
2. Centers for Disease Control and Prevention Men's Health Statistics
3. World Health Organization Men's Health Report
4. National Institutes of Health Research Database
5. Men's Health Network Annual Report



MENTAL FITNESS: THE MISSING PIECE IN MEN'S HEALTH

While physical health often takes center stage in men's health discussions, mental well-being represents a critical yet frequently overlooked component. The statistics are alarming: men account for 79% of suicide deaths in the United States, yet they're significantly less likely to seek mental health support than women.

BREAKING DOWN THE BARRIERS

Dr. Michael Torres, a psychiatrist specializing in men's mental health, identifies several key barriers:

- Societal expectations of male stoicism
- Fear of career implications
- Lack of male-specific mental health resources
- Difficulty identifying emotional distress
- Preference for self-reliance

"Men often experience mental health challenges differently than women," explains Dr. Torres. "Depression in men, for instance, might manifest as irritability or anger rather than sadness. Understanding these differences is crucial for effective intervention."

INNOVATIVE SOLUTIONS

New approaches to men's mental health are showing promise. Digital platforms designed specifically for

men have seen a 200% increase in usage over the past year. These platforms offer:

- Anonymous support groups
- Male-focused therapy options
- Crisis intervention services
- Educational resources
- Peer support networks

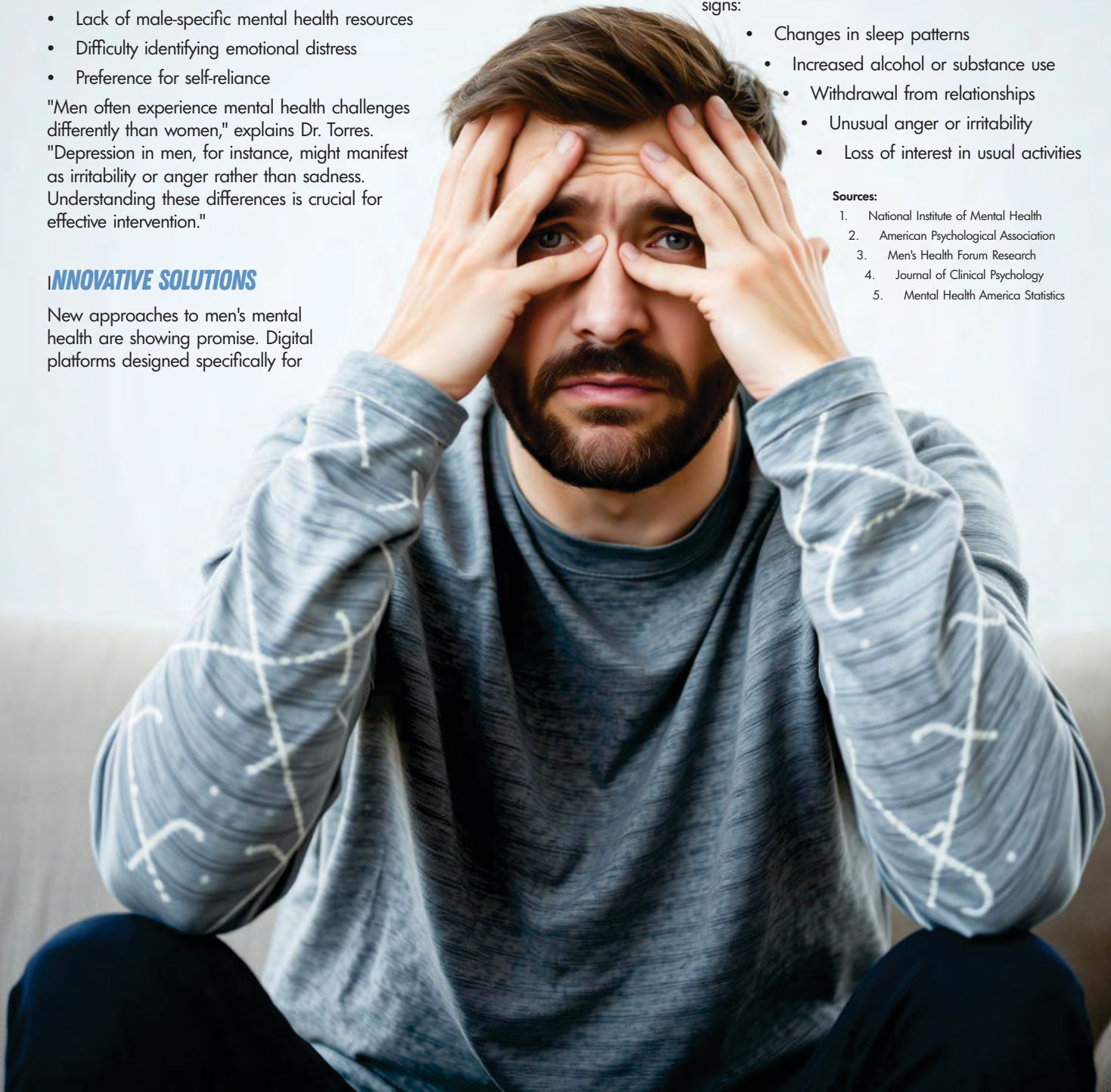
SIGNS AND SOLUTIONS

Mental health experts recommend watching for these warning signs:

- Changes in sleep patterns
- Increased alcohol or substance use
- Withdrawal from relationships
- Unusual anger or irritability
- Loss of interest in usual activities

Sources:

1. National Institute of Mental Health
2. American Psychological Association
3. Men's Health Forum Research
4. Journal of Clinical Psychology
5. Mental Health America Statistics



POWER-PACKED PROSTATE HEALTH BOWL

A nutrient-rich meal featuring ingredients known to support prostate health and overall male wellness.

INGREDIENTS:

- 1 cup quinoa
- 2 cups kale, chopped
- 1 cup cherry tomatoes
- 1/2 cup pumpkin seeds
- 1 can wild-caught salmon
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Lemon juice to taste

INSTRUCTIONS:

1. Cook quinoa according to package instructions
2. Sauté kale and garlic in olive oil
3. Combine all ingredients in a bowl
4. Dress with olive oil and lemon juice

Rich in omega-3 fatty acids, zinc, and lycopene - nutrients essential for men's health.



MEN'S STRESS-MANAGEMENT WORKOUT

This 20-minute workout combines traditional strength movements with stress-reducing techniques, specifically designed for men who might be hesitant to try traditional stress-management exercises. Research shows that men often prefer action-oriented stress relief, making this power circuit an effective approach to both physical and mental wellness.

EQUIPMENT NEEDED

- Set of dumbbells (choose a manageable weight)
- Exercise mat
- Timer
- Water bottle

THE POWER CIRCUIT

1. **Tension-Release Push-Ups (3 minutes)**
 - Start in a standard push-up position
 - Lower yourself slowly (4-count descent)
 - Hold at the bottom for 2 counts
 - Push up explosively (1 count)
 - At the top, take a deep breath in
 - Release breath fully on the next descent
 - Perform 5 push-ups, rest 30 seconds
 - Complete 3 sets
 - Modification: Perform from knees if needed
2. **Grounding Deadlifts (4 minutes)**
 - Stand with feet hip-width apart
 - Hold dumbbells in front of thighs
 - Inhale as you hinge at hips
 - Lower weights along legs
 - Focus on feeling your feet root into the ground
 - Exhale as you drive through heels to stand
 - Perform 8 reps, rest 45 seconds
 - Complete 3 sets
 - Note: Keep back straight throughout movement
3. **Power Breath Squats (4 minutes)**
 - Stand with feet shoulder-width apart
 - Hold dumbbells at shoulders
 - Inhale deeply as you lower into squat

- Hold at bottom for 2 counts
- Exhale forcefully as you drive up
- Focus on feeling powerful and grounded
- Perform 10 reps, rest 45 seconds
- Complete 3 sets

4. Stress-Release Rows (4 minutes)

- Hinge forward at hips, back straight
- Let dumbbells hang toward ground
- Inhale, drawing shoulders down
- Pull weights up while exhaling forcefully
- Squeeze shoulder blades at top
- Lower weights slowly
- Perform 12 reps, rest 45 seconds
- Complete 3 sets

BENEFITS FOR MEN'S HEALTH

- Reduces workplace and life stress
- Builds functional strength
- Improves stress hormone regulation
- Enhances mind-body connection
- Boosts testosterone naturally
- Increases mental resilience

SUCCESS TIPS

- Focus on form over weight
- Use breathing as a power tool
- Increase weight gradually
- Practice regularly for best results
- Listen to your body

Sources:

1. Journal of Men's Health
2. International Journal of Exercise Science
3. American Journal of Men's Wellness
4. Sports Medicine Research Review

Your EAP Can Help

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