

Your EAP News

COUNSELING SERVICES

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ONLINE WORK/LIFE AND WELLNESS

The Silent Struggle of High-Functioning Depression



Some individuals with major depressive disorder may not seek help because they don't recognize their symptoms and seem to function well socially and at work. They may appear happy and cheerful outwardly yet struggle internally with persistent sadness, low self-worth, anxiety, inadequacy, and despair. Does this sound like you? People with atypical or "high-functioning" depression might avoid seeking support or fail to recognize their condition, often attributing symptoms to other personal challenges rather than a diagnosable disorder. Discuss your experiences with the EAP. Don't let this condition cloud your thinking or keep you from getting help. Don't struggle in silence. The EAP offers a free, confidential screening. Complete an assessment of your needs, and take the next step toward support and treatment. Learn more: psychologytoday.com [search "smiling depression"]

Stress Tips from the Field: Intervene with Zoom Fatigue



Zoom meetings may not include much physical exertion, but they can leave you feeling drained or burned out. You could be experiencing "Zoom fatigue" if you have been engaging in long and frequent videoconferences or virtual meetings, such as those held on Zoom. The fatigue stems from the high cognitive demand of having to process multiple faces and nonverbal behaviors on-screen, and of monitoring your own behavior, appearance, and nonverbal actions while online, which might include forcing yourself to stay awake. Symptoms of Zoom fatigue include struggling to maintain attention during calls, dreading video calls, or avoiding video altogether in favor of audio-only interaction. Other symptoms, such as impatience and irritability during virtual meetings, might also be problematic. Now, see the fixes for Zoom fatigue!

Productivity Tip: Overcome Workplace Distractions with the Two-Minute Rule



If you must work amid environmental noise and other distractions, try the "two-minute rule" to maintain productivity and reduce frustration. Credited to David Allen in "Getting Things Done," the rule suggests never delaying a task that takes less than two minutes. In noisy or distracting workplaces, it can be adapted to help focus when attention is limited. With determination, two minutes of concentrated effort are achievable. Start by deciding which task must be done now, then break it into two-minute segments. Fully focus on each segment, completing it before taking a brief mental break to reset. This approach creates continual small wins, builds momentum, and helps you tolerate interruptions. Over time, these small bursts of focused work improve productivity, reduce stress, and make a disruptive environment more manageable.

Beginning the Journey to End Domestic Violence



Domestic abuse is a devastating violation of trust and safety that can make a person feel trapped in their own home. Victims may feel isolated from the world and silenced by fear. If you're a victim of domestic violence—even if you are not ready to act—reach out for confidential support. A single call, experience shows, can be life-changing because very specific guidance that speaks to your unique situation may be the missing piece of help, the idea, or the step that allows you to move forward now. Your EAP or the National Domestic Violence Hotline at 1-800-799-SAFE (7233) is always available. Making yourself heard and having support are your first steps. You may hesitate or fear the abuser could somehow find out and retaliate. You might feel embarrassed or believe you should handle the situation on your own. You might even question whether what you are experiencing is really abuse, or you might hope that things will improve soon. These are all common roadblocks to making your first call for support. Victims often remain silent, but to delay getting help can increase the risk of further harm or make it harder to break free from the cycle of abuse. Learn more: thehotline.org [search "plan"]

A Better Morning Routine May Change Your Day



Take charge of your mornings in order to reduce stress, avoid rushing, and starting the day feeling behind. For starters, plan to wake up at a consistent time. At night, lay out your clothes and write a short to-do list for tomorrow. Add one small chore you might otherwise ignore that takes ten minutes or less to complete. Why? Completing a simple chore—decluttering or tidying up a kitchen—helps you build a habit loop. The visual completion of a chore prompts a small, gratifying dopamine boost. This is how your brain responds to small wins. The feeling of accomplishing something early in the morning helps you anticipate other successes in your day. This feeling that you're in control of the direction of your day is likely to stay with you. Your mental clarity will carry into the office. Instead of being on edge, reactive, and easily triggered, you will be more solution-focused and harmonious with coworkers and customers because you will be calmer and more patient. Beginning your day as described is about "intention," and this primes your brain for focus and productivity. Try it for a week. See if you notice the positive domino effects that a morning routine and small chore bring.

Helping Teens Say No to Vaping



If you are a parent concerned about helping your teens avoid vaping, you need to clearly communicate your disapproval. Parents who educate their children and set boundaries—even if teens seem not to listen—have the most influence on preventing vaping, drug use, or other risky behaviors. It's not just about giving information; parents have a strong say in shaping choices. Clear communication, staying informed, understanding what your teen is doing, and setting consistent expectations form the most effective strategy. For example: "I love you and need you to be healthy. Vaping damages lungs and can hook you on nicotine. My expectation is clear—I don't want you using e-cigarettes." Research shows that parents' consistent disapproval significantly reduces teen vaping and helps teens make safer choices.

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.



Tips for Breast Cancer Prevention

While there's no guaranteed way to prevent breast cancer, there are steps you can take to lower your risk.

- ♦ Maintain a Healthy Weight
- ♦ Limit Alcohol
- ♦ Avoid Smoking
- ♦ Schedule Regular Screenings
- ♦ Know Your Family History
- ♦ Stay Physically Active



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WELLNESS MINUTE

October 2025



UNDERSTANDING BREAST CANCER
THE IMPORTANCE OF EARLY DETECTION IN BREAST CANCER
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UNDERSTANDING BREAST CANCER

Breast cancer is one of the most common cancers affecting women worldwide. It occurs when cells in the breast grow uncontrollably, forming a tumor that can often be felt as a lump or seen on an X-ray. While it primarily affects women, men can also develop breast cancer, though it is rare.

CAUSES AND RISK FACTORS

The exact cause of breast cancer is not fully understood, but several risk factors have been identified. These include age, genetic mutations (such as BRCA1 and BRCA2), family history of breast cancer, and lifestyle factors like alcohol consumption and obesity. Understanding these risk factors can help in early detection and prevention.

SYMPTOMS AND DETECTION

Common symptoms of breast cancer include a new lump in the breast or underarm, changes in breast size or shape, and skin changes such as dimpling. Regular screenings, such as mammograms, are crucial for early detection. Early-stage breast cancer is often more treatable and has a higher survival rate.

TREATMENT OPTIONS

Treatment for breast cancer varies depending on the stage and type of cancer. Options may include surgery, radiation therapy,

chemotherapy, hormone therapy, and targeted therapy. A healthcare team will tailor treatment plans to each individual's needs, considering factors like the cancer's characteristics and the patient's overall health.

PREVENTION AND SUPPORT

While not all cases of breast cancer can be prevented, certain lifestyle changes can reduce risk. These include maintaining a healthy weight, staying physically active, limiting alcohol intake, and considering genetic counseling if there is a family history of breast cancer. Support from healthcare professionals, family, and support groups is also vital for those affected by breast cancer.

As we observe Breast Cancer Awareness Month, it's important to spread awareness about the importance of early detection and support for those affected by this disease. Together, we can work towards a future where breast cancer is more manageable and less prevalent.

Sources:

1. American Cancer Society - Breast Cancer
2. World Health Organization - Breast Cancer
3. National Breast Cancer Foundation - Awareness Month



THE IMPORTANCE OF EARLY DETECTION IN BREAST CANCER

Early detection of breast cancer significantly increases the chances of successful treatment and survival. Regular screenings and awareness of the symptoms are crucial components in catching the disease in its initial stages.

MAMMOGRAMS: A KEY TOOL

Mammograms are the most effective screening tool for early detection of breast cancer. They can identify tumors that are too small to be felt and detect changes in breast tissue. Women aged 40 and older are generally advised to have annual mammograms, but those with higher risk factors may need to start earlier.

SELF-EXAMINATIONS AND AWARENESS

In addition to mammograms, regular self-examinations can help individuals become familiar with their breasts and notice any unusual changes. While not a substitute for professional screenings, self-exams can prompt timely medical consultations if changes are detected.

ADVANCEMENTS IN SCREENING TECHNOLOGY

Recent advancements in screening technology, such as 3D mammography and breast MRI, offer more detailed imaging and can be particularly beneficial for women with dense breast tissue. These technologies improve detection rates and reduce false positives, leading to more accurate diagnoses.

COMMUNITY AND HEALTHCARE SUPPORT

Community outreach and education programs play a vital role in promoting early detection. Healthcare providers can offer guidance on



screening schedules and risk assessments, ensuring that individuals receive personalized care based on their specific needs.

During Breast Cancer Awareness Month, we emphasize the importance of early detection and encourage everyone to take proactive steps in monitoring their breast health. By staying informed and vigilant, we can improve outcomes and save lives.

Sources:

1. Centers for Disease Control and Prevention - Breast Cancer Screening
2. Breastcancer.org - Mammograms
3. National Cancer Institute - Mammograms Fact Sheet

QUINOA AND ROASTED VEGETABLE SALAD

For Breast Cancer Awareness Month, we're featuring a hearty and nutritious Quinoa and Roasted Vegetable Salad. This dish is packed with fiber, vitamins, and minerals, making it a perfect choice for a healthy meal.

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 red bell pepper, diced
- 1 zucchini, sliced
- 1 cup cherry tomatoes, halved
- 1 red onion, sliced
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1/4 cup fresh parsley, chopped
- 1/4 cup feta cheese, crumbled (optional)
- Juice of 1 lemon

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. In a medium saucepan, bring the quinoa and water or vegetable broth to a boil.

Reduce heat, cover, and simmer for about 15 minutes, or until the quinoa is cooked and the liquid is absorbed. Fluff with a fork and set aside.

3. On a baking sheet, toss the red bell pepper, zucchini, cherry tomatoes, and red onion with olive oil, salt, and pepper. Roast in the oven for 20-25 minutes, or until the vegetables are tender and slightly caramelized.
4. In a large bowl, combine the cooked quinoa, roasted vegetables, parsley, and feta cheese (if using). Drizzle with lemon juice and toss to combine.
5. Serve warm or chilled as a nutritious main dish or side.

BENEFITS

This Quinoa and Roasted Vegetable Salad is a great source of plant-based protein, fiber, and antioxidants. The variety of vegetables provides essential nutrients, while quinoa offers a complete protein source, making it a balanced and satisfying meal.



GENTLE YOGA FOR BREAST CANCER AWARENESS

In recognition of Breast Cancer Awareness Month, we're highlighting gentle yoga as an excellent exercise option. Yoga offers numerous benefits, including stress reduction, improved flexibility, and enhanced mental well-being, making it a supportive practice for those affected by breast cancer.

BENEFITS OF GENTLE YOGA

Gentle yoga focuses on slow, mindful movements and deep breathing, which can help reduce stress and anxiety. It also promotes flexibility and balance, which are important for overall health and recovery. For individuals undergoing treatment or in recovery, yoga can be adapted to accommodate different energy levels and physical abilities.



SAMPLE YOGA ROUTINE

Here's a simple yoga routine to try at home:

- **Mountain Pose (Tadasana):** Stand tall with feet together, arms at your sides. Focus on your breath and find your center.
- **Cat-Cow Stretch:** On hands and knees, alternate between arching your back (cow) and rounding it (cat) to warm up the spine.
- **Child's Pose (Balasana):** Sit back on your heels, stretch your arms forward, and rest your forehead on the mat for relaxation.
- **Seated Forward Bend (Paschimottanasana):** Sit with legs extended, gently reach forward, and hold for a gentle stretch.
- **Corpse Pose (Savasana):** Lie flat on your back, arms at your sides, and focus on deep breathing to relax the body and mind.

Incorporating gentle yoga into your routine can provide physical and emotional support during breast cancer treatment and recovery. Always consult with a healthcare provider before starting any new exercise program, especially if you have specific health concerns.

Your EAP Can Help
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