

Employee Assistance Program  
Stuecker & Associates Inc. (SAI)

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# HEALTHY

## EXCHANGE

THE NEWSLETTER OF YOUR  
**EMPLOYEE ASSISTANCE PROGRAM**

**FALL 2015**

## For Your Information

### PARENTING TIP

"Catch" your child being good. A steady diet of disapproval, nagging and criticism does not teach your child to improve. Instead, focus your comments on what is done and what is done well, rather than on what is done poorly or not at all.



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### COUPLE CARE

Seek help early if you are experiencing marital difficulties. Half of all marriages that do end, do so in the first seven years, yet the average couple waits six years before seeking help for marital problems. This means the average couple lives with unhappiness for far too long.

### BETTER TIME MANAGEMENT

Refrain from doing many things at once because you think you're saving time. What actually happens when you do several things at once is that nothing gets your full attention, there's greater potential for error, and you probably spend more time in the long run because you weren't totally focused on what you were doing. Instead, do one thing at a time.



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## SELF TEST

### What Is Problem Drinking Or Drug Use?



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Alcohol and drug problems occur at all educational and social levels, and in every age group. If you think that you (or a family member) may have a problem with alcohol or drugs, ask yourself the following questions. If the answer to any of them is "yes," you need to examine how your alcohol or drug use is affecting your health, safety, relationships, family, job performance or finances.

1. Do you ever drink heavily or use drugs when you are disappointed, under pressure or have had a quarrel with someone?
2. Do you sometimes feel guilty about your drinking or drug use? Do you do things while under the influence that you wouldn't do otherwise? Do you find yourself regretting them later?
3. Do you tell yourself you can stop drinking or using drugs any time you want to, but you keep getting drunk or high when you don't intend to?
4. Has a family member, friend, or your employer ever expressed concern or complained about your drinking or drug use? Are you annoyed by their concern? Do you become defensive?
5. Do you sometimes have the "shakes" in the morning and find that it helps to have a "little" drink, tranquilizer or medication of some kind?
6. Do you ever wake up the morning after with no memory of the night before? Have these "blackouts" become more frequent?
7. Do you find yourself lying to your spouse, your kids, your friends, your employer to cover up your drinking or drug use - though you really don't like lying?
8. Have you had financial, work, family or legal problems as a result of your drinking or drug use?
9. Do you drink or get high while alone?
10. Have you driven a car while intoxicated or in a drug-induced haze? Have you ever been arrested for driving under the influence of a substance?
11. Do you need to resort to alcohol or drugs in order to do something (start the day, work, have sex, or socialize, for example) or to change how you feel (sad, scared, anxious or angry), to banish shyness or bolster confidence?

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## What is problem drinking...

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12. Do you notice you have an increased need for more alcohol or more of your drug of choice in order to feel high?
13. Do you sometimes feel uncomfortable when you have to be somewhere where no alcohol or drugs will be available? When drinking or drugging with other people, do you keep going when everyone else has had enough?
14. Has your drinking or drug use led to conflicts with your friends or family members? Do you regularly hide alcohol or drugs from those close to you so that they will not know how much you are using?
15. Have you ever thought that your life might be better if you didn't drink or use drugs, or that life as it is just isn't worth living?

If you find the answer is "yes" to even two or three of the questions above, you should seriously consider the possibility that your drinking or drug use is a problem. Answering "yes" to three or more may indicate a dependency.

NOTE: The questionnaire above is for educational purposes only and does not provide a diagnosis of alcohol or drug abuse or addiction. It is not a substitute for a full evaluation by a healthcare professional, and should only be used as a guide to understanding your alcohol or drug use and related health issues.

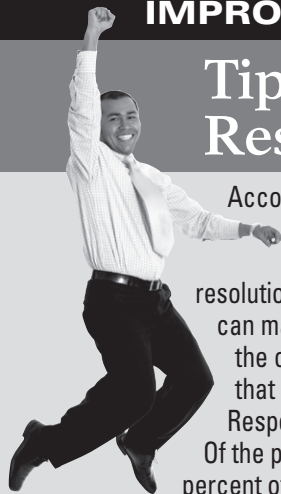
## Contact your EAP

Problem drinking or drug use can happen to anyone. The key is to recognize the problem early and seek professional assistance. Taking steps as soon as possible can help reduce the painful consequences that almost always come with excessive drinking or drug use.

If you think that you or a family member might have a problem with alcohol or drugs, contact your Employee Assistance Program (EAP) for CONFIDENTIAL counseling, referrals or information. EAP counselors are specially trained to help you get the right kind of help for a problem with alcohol or drugs. We're here to help you.

## IMPROVING YOUR LIFE

# Tips For New Year's Resolution Success



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Andres

According to a University of Washington survey, 63% of the people questioned were still keeping their number-one New Year's resolution after two months. The keys to making a successful resolution? The researchers say a person's confidence that he or she can make the behavioral change and the commitment to making the change, are most important. In addition, the study indicates that successful resolutions are a process, not a one-time effort. Respondents to the survey reported that persistence can pay off. Of the people who successfully achieved their top resolution, only 40 percent of them did so on the first attempt. The rest made multiple tries, with 17 percent finally succeeding after more than six attempts.

According to the University of Washington researchers, the following are sure-fire ingredients for resolution failure:

1. Not thinking about making a resolution(s) until the last minute.
2. Reacting on New Year's Eve and making your resolution(s) based on what's bothering you or what is on your mind at the time.
3. Framing your resolution(s) in absolute terms, such as "I will never do X again."

### Tips for resolution success

The survey researchers offer the following tips to help you attain your New Year's resolutions:

1. Have a strong initial commitment to make a change.
2. Have coping strategies to deal with problems or obstacles that are sure to come up.
3. Keep track of your progress. The more monitoring you do and the more feedback you get, the better you'll do.

Take credit for success when you achieve a resolution, say the researchers, but it is a mistake to blame yourself if you fail. Instead, the researchers say, look at the barriers that were in your way. See how you can do better the next time and figure out a better plan to succeed. You do get to try again and can make behavior changes throughout the year, not only at New Year's.

## SAI Employee Assistance Program

Contact (502) 452-9227  
(800) 799-9EAP

- ♦ **24 Hour Helpline:** 502-452-9227 or 1-800-799-9EAP. Your EAP is always available to help you or your dependents with any personal, family or work-related concern.
  - ✔ Marriage and family difficulties
  - ✔ Depression
  - ✔ Drug and alcohol abuse
  - ✔ Emotional stress
  - ✔ Work Issues
  - ✔ And more...
- ♦ **Face to face counseling** with a Licensed Professional Counselor at an office convenient to you.
- ♦ **Legal Counseling:** Free confidential telephone consultations with an experienced attorney.
- ♦ **Work/Life Benefits:** Customized Searches for Educational Guidebooks, Adoption Resources, College Planning, Legal and Financial, Child Care, Elder Care, Health and Fitness Clubs, and Veterinarians and Pet Care Services.