

Solutions

Volume 5, 2024

Mental Health Awareness Month: Overcome Fear of Stigma to Seek Counselling

Personal challenges can impact well-being, and mental distractions that often accompany them can keep you from feeling like your best self. Your employee assistance program (EAP) is an easy path to help with challenges, but does stigma or embarrassment hold you back? You are sure of confidentiality, but you believe handling problems on your own better demonstrates you are not incompetent or weak. Here's the big reveal: Nothing could be further from the truth. Seeking counselling is a courageous and proactive decision that demonstrates strength, self-awareness, and a commitment to personal growth. Just as you would seek medical care for a physical ailment, seeking counselling for challenges or emotional pain is a vital aspect of self-care. Today, employers are committed to fostering a culture of support where seeking counselling is encouraged. So, go for it. Make the call. Your future self will thank you for it.

Get the Positivity Back in Your Team

Does your workplace team have a strong bond with a high level of trust? If not, getting the positivity back is probably easier than you think. Team morale will naturally erode if simple tasks that reinforce cohesiveness are ignored due to time pressures, deadlines, staff shortages, and overwork. This allows minor tensions and miscommunications to fester. So, create routine opportunities for facilitated discussions where the whole team can privately address conflicts, miscommunication, and perceived tensions to constructively resolve issues. Use this time to also clarify roles, responsibilities, and expectations. Dispel ambiguity and new potential sources of conflict. Now, witness how better you feel coming to work tomorrow.



Osteoporosis: Out of Sight, Out of Mind

Osteoporosis is a disease that weakens bones and contributes to fractures. It's a myth that only the elderly are affected, although they do experience increased risk. Young people are affected by conditions that impede bone health. For example, a young person suffering from bulimia may sustain a bone fracture due to adverse effects of the condition interfering with the absorption of calcium and essential nutrients. Hormonal disorders, diabetes, celiac disease, inflammatory bowel disease, and conditions like rheumatoid arthritis can play a role in weakening bones. Certain medications also weaken bones, especially if they affect calcium or vitamin D absorption. Brittle bones in osteoporosis are comparable to dried twigs that snap easily when bent or stepped on. This fragility has implications for everyday activities, as even minor stresses could fracture a bone. Work closely with your medical doctor, know your risk for osteoporosis, and follow their guidance. Learn more: www.columbiapsychiatry.org [search "ssri osteoporosis"]

How to Fix Your Day

Experiencing a negative event can disrupt your day, causing your previously uplifted mood to seemingly vanish. Take these actions to restore your positive mindset: 1) Admit things have been thrown out of whack and your feelings are normal. 2) Attempt a short “geographic” change (like a walk outside to change visuals away from the scene of the event). 3) Identify negative thoughts reverberating from the event. 4) Challenge the negative thoughts to disrupt their effects. 5) Identify positive thoughts to make #4 a speedier step. 6) Focus on what you can control—reaction, perspective, prevention, improvements, boundaries, self-care, etc. This gives you a constructive outlet to match your need to respond. 7) Plan a good thing or two—events, experiences, and treats—to rebalance the day. 8) Need support? Reach out to that friend to vent. 9) Find the lesson. Discover or consider what positive outcome exists indirectly or directly because of the event? 10) Celebrate that you fixed your day!

Mental Decluttering—a Different Kind of Spring Cleaning

Mental clutter is overpowering stress created by the daily demands of modern life, our multiple roles, to-do lists, thoughts, emotions, responsibilities, and the constant influx of information. Enter the self-help concept of decluttering to reduce stress, improve concentration, enhance creativity, and cultivate a greater sense of well-being. Mental decluttering is about creating space for what truly matters and letting go of what no longer serves us mentally and emotionally. Signs indicating the need for mental decluttering include difficulty concentrating, experiencing a lack of creativity, and feeling disconnected from a positive sense of well-being. The practice of mental decluttering may involve various techniques, such as mindfulness meditation, journaling, prioritizing tasks, setting boundaries, and letting go of negative thoughts or emotions. New resource: “Declutter Your Mind and Stop Overthinking: 87 Tools & Techniques to Calm Your Mind & Improve Your Wellbeing (2023)”

Counselling & Mental Wellness Support

May 6-12 is Mental Health Awareness Week, and we want to take a moment to emphasize that it is normal to become overwhelmed with life’s challenges. It can be helpful to consult with a professional - someone who is objective, caring, and experienced at helping with the particular issue you’re facing. FSEAP’s confidential counselling services pair you with a suitable counsellor based on your individual personality and needs to help address issues such as mental health struggles, trauma, relationship challenges or concerns, substance use and addictions, grief and loss, life transitions, and more. Counselling includes assessment, information, referral, and/or short-term, goal-focused counselling.



You can access this support in-person, by phone, online (e-counselling), or through video counselling sessions.

Getting started with FSEAP counselling services is easy. Contact your EAP provider to begin working on your mental wellness today.

