



FRONTLINE EMPLOYEE

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TIPS FOR POST-ELECTION HOLIDAY GATHERINGS

It might be a challenge to safely host a holiday gathering this season—but if you do, look to CDC recommendations and follow local official guidance. Are you determined to curtail political talk in order to reduce conflict, especially among family members? If you believe the tension of political bickering will undermine the enjoyment of your event that you've worked so hard to arrange, consider these tips: 1) Speak with each of your guests separately beforehand and request a commitment to avoid political discussions. 2) Ask these same guests if they can play a monitoring role to help change the subject if conversations steer into a political realm. This turns each guest into both an ally and a gatekeeper. 3) Consider inviting a guest having difficulty following your rules to help with a task at your event that will occupy them in a different way.

YES, THAT'S EMOTIONAL ABUSE

Emotionally abusive relationships are full of confusion and denial for victims. Delays in seeking help are influenced by cycles of abuse followed by remorse, stigma and fear about leaving, damaged self-esteem, blaming yourself, questioning your sanity, and telling yourself, "Deep down he/she really is a good person (or doesn't mean it)." To get traction on change, examine an awareness checklist from an authority website like WomensHealth.gov. It will help you move along the decision path to reaching out for help, like the EAP.

Source: [WomensHealth.gov](https://www.womenshealth.gov) [search "emotional abuse"].

TABLE OF CONTENTS

Tips For Post-Election Holiday
Gatherings • P. 1

Yes, That's Emotional Abuse
• P. 1

Health Effects of Loneliness
• P. 2

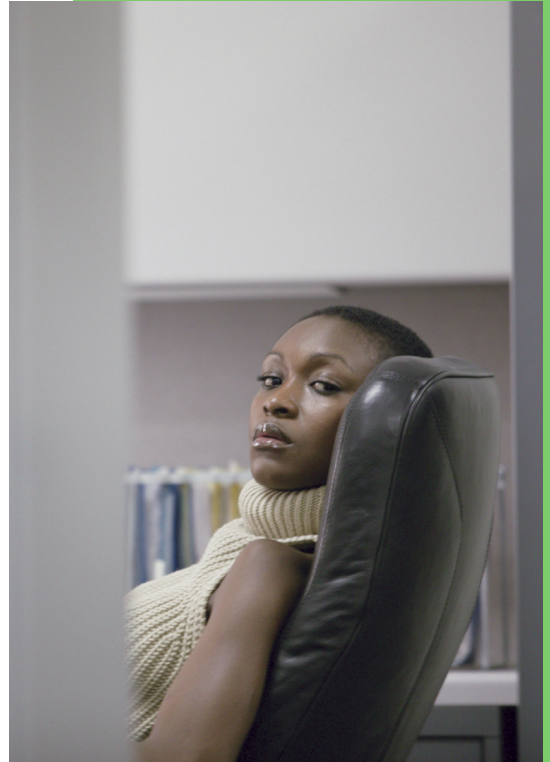
Pandemic Pain and Young
People • P. 2

Your Assistance Program Can
Do That • P. 2

HEALTH EFFECTS OF LONELINESS

Loneliness is a national health crisis experienced by one-third of the population across all generations. You are “hard wired” for close emotional connections. Without them, you can suffer high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, and cognitive decline. Research shows the same negative effects can extend to couples who have grown apart emotionally due to unresolved marital or couple conflicts but who still live under the same roof. You don’t have to live alone to be lonely. Exploring professional counseling to resolve couple conflicts that have lingered for years can be difficult, but reversing the effects on your health is new motivation for doing so.

Source: www.news.uga.edu/marital-conflict-causes-loneliness-health-problems and Cigna.com [search “loneliness epidemic”]



PANDEMIC PAIN AND YOUNG PEOPLE

Teens need peer interaction and emotional validation to grow mentally healthy. So, isolation for teens during the pandemic is difficult. It’s not just a drag, it’s a risk issue because over one-third of teens periodically have suicidal thoughts. Not knowing when “normal” will return adds to their anxiety. As a parent, trust your gut. If your teenager demonstrates agitated behavior, moodiness, problems with self-motivation, disinterest in school, or is apathetic with unusual sleeping and eating patterns, talk to a professional counselor. A simple assessment may help identify a mental disorder and prevent self-harming behavior or even suicide.

Source: Rutgers.edu [search “teens, pandemic”]



YOUR ASSISTANCE PROGRAM CAN DO THAT

Mental health might come to mind when you think about your assistance program, but this is only scratching the surface. There are numerous ways EAP/MAP/SAPs can help, so never dismiss the program as an avenue to resolve a problem you face.

Ways Assistance Programs help that are often overlooked: 1) Acting as a sounding board when you face a tough decision. 2) Help for deciding whether you need a professional counselor or a completely different type of resource. 3) Problem-solving about how to help a friend who won’t get help or admit they have a problem. 4) Guidance on handling a personality clash with a coworker or boss. 5) Help to rule out whether you are depressed, burnt out, or experiencing signs of any other condition.

