



FRONTLINE EMPLOYEE

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GROUP THERAPY POWER

A recent survey found that one out of six people sought professional counseling in 2020. If the price of individual counseling is beyond your reach, don't dismiss group counseling via Zoom. Group therapy is less expensive, and it has advantages that include experiencing support from others, and accelerated self-awareness as you reflect on how others manage their problems and cope with stress. You may be aware of roadblocks and personal issues hindering your desired changes, and the power of peer influence and constructive criticism is powerful within the group setting. Also, you may identify solutions by observing others solving similar problems, and you will be less likely to intellectualize and discard helpful ideas and suggestions as "not relevant to me." Ask your Assistance Program about group counseling resource directories and let them help you connect.

Source: www.vida.com/mental-health-in-a-pandemic-winter/

DON'T GIVE UP ON YOUR GOALS

Is your New Year's goal motivation starting to wane? Tried and true ways of getting back on track to achieving a goal that is falling by the wayside exist. 1) Spend an hour or so recalling and refreshing the benefits of your goal. Find images, articles, and videos that make an impact and allow you to feel the renewed motivation. 2) Discover all the "whys" that make it worthy to achieve your goal. 3) Divide your goal into stages. Then divide the stages into steps and the steps into pieces. This increases "do-ability." 4) Identify roadblocks that are interfering with your goal and reduce or manage their interference. For example, are you watching too much TV that fuels procrastination? Then cut back on your TV time. 5) Seek out radical accountability. For example, don't just tell one friend your goal to have him or her hold you accountable. Instead, mail a letter stating your goal to 25 friends! 6) Preplan a lot of rewards for achieving "mini-wins" along the way to meeting your goal.

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HOW TO HELP SOMEONE STOP SMOKING

The American Cancer Society has tips for family members supporting smokers trying to quit. Although the smoker is in charge, consider the following (among other tips): 1) Ask the person quitting whether he or she wants you to check in with them about how they are feeling as they face withdrawal challenges. 2) Let the person know you are available to give them encouragement. 3) Spend time participating in healthy distractions with the person who's quitting. 4) Be empathic, and do not express any doubts that the smoker will succeed. 5) Remove triggers (ashtrays, lighters, etc.). 6) Work toward getting rid of smoke smell in everything, including clothing, rugs, and drapes. 7) Help out with any child issues, chores, and problems that create stress for the person trying to quit. 8) Celebrate progress and be patient with nicotine withdrawal issues like irritability.



Source: www.cancer.org [search "helping smoker quit"].

MEN—IT'S OKAY TO TALK ABOUT YOUR FEELINGS

Not all men shy away from talking about their feelings, but it's still a common male trait. It stems from the modern culture, learned behavior, and the subtle message that is not okay to show vulnerability, dependency, or weakness. Did you know, however, that Navy Seals are trained in emotional resilience to not deny feelings and emotions, but to instead pay attention and respond appropriately to them? For both men and women, the ability to express feelings is often a gateway to the next step: reaching out for help with problems like depression, which can be a risk factor for suicide (two-thirds of which are committed by men).

Source: www.sofrep.com [search "4 steps to emotional resilience"].



OPIOIDS IN CONSTRUCTION TRADES

Opioid addiction is still a national emergency, with 130 related deaths each day. Construction workers are the most-affected occupational group because pain from injuries is often treated with opioids. The Food and Drug Administration (FDA) recommends asking your doctor key questions if an opioid is recommended. How long do you expect my pain to last? Is there a non-opioid option that will work as well? How long will I be taking this medication?

Reduce your risk of dependency by letting your provider know about any personal or family history of addiction. Dependency on opioids can happen quickly, and many users will seek out other opioid-related substances if a doctor resists further prescriptions, even from questionable sources.

Download this doctor questions checklist: www.fda.gov/media/132343/download.