


# The EAP RESOURCE

## THE "NO BULL" BULLETIN



EMPLOYEE ASSISTANCE PROGRAM

A CONFIDENTIAL RESOURCE FOR PERSONAL PROBLEMS

# 286-3145

OPERATED BY THE CITY OF MILWAUKEE HEALTH DEPARTMENT WITH ASSISTANCE FROM A JOINT LABOR/MANAGEMENT STEERING COMMITTEE.

## What is EAP?

The **Employee Assistance Program (EAP)** provides confidential help to city workers and their **families** and deals with issues related to **stress, depression, alcohol/drugs, gambling, emotions, conflict, domestic violence, family and finances.** The EAP Counselor will listen, give advice, and put you in touch with medical, social services, or other helping agencies when specialized or long-term help is needed.

*In honor of Memorial Day.....*

## Words to "TAPS"

*(Note: there are no "official" words to Taps. Below are the most popular.)*

Day is done, gone the sun  
from the hills, from the lake, from the skies  
all is well, safely rest  
God is nigh

Go to sleep, peaceful sleep  
May the soldier or sailor,  
God keep.  
On the land, or the deep,  
safe in sleep.

Love, good night,  
Must thou go,  
When the night need thee so?  
All is well.  
Speedeth all to their rest.

Fades the light; and afar  
Goeth day, and the stars  
Shineth bright, fare thee well:  
Day has gone,  
Night is on.

Thanks and praise,  
For our days,  
'neath the sun, 'neath the stars, 'neath the sky,  
As we go, this we know,  
God is nigh.

*When asked what he would do if he found a million dollars, Yogi Berra replied, "I'd find the fellow who lost it and if he was poor, I'd return it."*

## "IN-HOUSE" Coordinator's Comments

### "MAN UP"

Holding back thoughts and emotions make them incomplete, and may allow them to fester in ways that can cause a host of physical and mental health problems.

Let's look at it this way: suppose you have a wonderful thought or experience, what is the natural reaction .... most will say, "tell someone about it." It is human nature to share a joy with someone, and it completes the feeling.

So too with bad and upsetting thoughts and experiences, but unlike good experiences, we are programmed to keep them to ourselves, to... "man up". The negative thought or feeling is not completed and stays in the body and psyche unresolved...free to wreak physical and emotional damage.

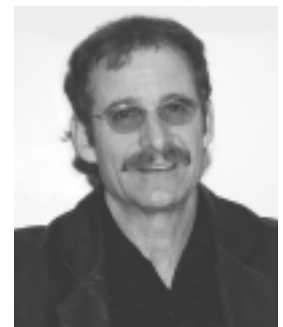
The result can be violence, depression, alcohol abuse, marital, stomach and cardiovascular

problems. I remember a psychologist giving a training session on traumatic stress saying, "talk about it man, you might save yourself an ulcer."

Thoreau said, "Most men lead lives of quiet desperation..."

***Sometimes "manning up" is getting that persistent thought out of your head by talking to someone.***

Share the joys and the pain.  
Stay healthy...we need you,  
...and you don't need ulcers!



*Bob Schweitzer,  
EAP Coordinator*

*"I must check my calendar to see when I have time to have my nervous breakdown."  
- Anonymous (you know who you are)*

## Brief Counseling

Sometimes individuals don't need referral to treatment, psychotherapy or any outside resources. The EAP Coordinator often performs crisis and supportive counseling. Examples are situational crises, recent losses of loved ones, traumatic events and at times as an adjunct to formal psychological treatment. Sometimes people just need to vent or receive practical advice.

*Referring to the bad sun conditions in left field at the stadium, Yogi Berra said, "it gets late early out there."*

## Getting Back into Exercise

*Kay W. Maas, Dietetic Intern,  
Mount Mary College*

The ice and snow from winter have finally melted and the green grass is calling you outside to either play on it or mow it. Here are some tips to get your body back into exercise.

Before your activity, warm up with less intense movement by walking/running in place or slowly swinging that imaginary golf club or baseball bat. Once you are warmed up, you can S-T-R-E-T-C-H. Do some slow gentle stretches that you can hold for about 30 seconds. Remember to breathe and **do not bounce**. You can stretch all of the major muscle groups — the legs, the arms, and then the trunk of the body but spend more time with the muscles that you are really going to use doing the activity.

Then, get moving, but start at a slower pace. Your body needs time to adjust from the long days of winter hibernation to being more active so start at a slow to moderate pace and then pick it up as your body adapts. What is a moderate pace? If you can talk while you are active, then you are at a moderate pace. Aim for 20 to 30 minutes.

Cool down. Give your body a chance to return things to normal. Keep moving after you have finished your activity, but at a slower pace. Stretch some more while your muscles are still warm. Let your heart rate and your breathing rate return to normal.

Don't forget to eat a diet with plenty of fresh fruits and vegetables, whole grains to provide you with energy, lean protein to repair and build muscle, and plenty of fluids (6 – 8 glasses of fluid a day) to keep you well hydrated. There, don't you feel better?

*"Normal is in the eye of the beholder."*

*—Whoopi Goldberg*

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## TEARDROP WINE

Late at night a restless wind, whistles through his soul  
Dreams at night that don't seem right, makes his blood run cold  
At the dawn a memory comes that, soothes his troubled mind  
He grabs a bottle from the shelf, and pours some teardrop wine

Now lost in a fantasy, now the sun comes shine  
Now gone from reality, just memories...  
And teardrop wine

He gave his love all he could, 'till he could give no more  
Roses wilted, the sky it faded, when she walked out that door  
Had to find herself she said, so she had to fly away  
Seek a sunrise of her own, so she could not stay

Now lost in a fantasy, now the sun comes shine  
Now gone from reality, just memories...  
And teardrop wine

Summer breezes, winter winds and, autumn colors pass  
Can't forget his deep regrets, mistakes made in the past  
Will never find love again, to this he has resigned  
Just the bottle on the shelf, his cache of teardrop wine

Now lost in a fantasy, now the sun comes shine  
Now gone from reality, just memories...  
And teardrop wine

*Bob Schweitzer © 1998*

*"And the day came when the risk to remain tight in the bud was more painful than the risk it took to blossom."*

*—Anais Nin*

## Relationships: In the Workplace and at Home

We've all figured out how to behave in the workplace. Our effectiveness on the job depends on it. No matter how stressed out, or angry we may become with work partners, bosses, citizens, or customers we've learned how to suppress our feelings, "button it up" and reign in those comments and behaviors that can make a tense situation worse.

Effective at work, yes. But at home, not so much. Relationships with friends and family are equal. They thrive and survive on all parties being emotionally present; to know what we feel and need, and to be willing to communicate those feelings and needs honestly with those who share our lives..

So, how to make the shift from one way of being to the other? Just as we've learned at times to cut ourselves off from our feelings we can learn to shift back again to be emotionally available to others, and to participate fully in our lives. At days' end discharge "frozen" feelings in healthy ways. Move your body. Walk. Sing in the car. Breathe deeply. Talk it out with someone you trust.

If things become too strained at home, sometimes professional counseling is necessary.

Wake up to yourself. Celebrate life!

Maureen Laustsen, LCSW, LMFT  
*Psychotherapist, Northshore Clinic and Consultants, Milwaukee, Wisconsin*



Tom Barrett, Mayor  
Bevan K. Baker,  
Commissioner of Health  
[www.milwaukee.gov/health](http://www.milwaukee.gov/health)