


The EAP RESOURCE

THE "NO BULL" BULLETIN

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.



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.

JUST FOR TODAY

Today (November 20th), is the **GREAT AMERICAN SMOKE-OUT.** Thousands of people will be abstaining from smoking for **one day.** I quit smoking on the Smoke-out in 1992 after almost 30 years of heavy smoking. I quit that day with only that day in mind.

Some tips to help you not smoke today:

- When you crave....breathe deeply, slowly... inhale, hold, exhale, and repeat. Take a short brisk walk.
- Have healthy snacks on hand (unhealthy ok too...just for today).
- Have a partner or support person (you may call the EAP if you like).
- *Keep in mind that the craving will pass whether you smoke or not.*
- If you get angry or upset, talk to someone about it. (I will be in the office all day). Tell yourself, "Just for today, just for today."

If you have smoked today already, quit for the rest of the day.

Puff Puff Puff Puff Puff

Nicotine addiction is a monster to kick. Smokers and ex-smokers know what I am talking about. Although habit often triggers the phenomenon, in reality it is a physical and psychological dependency. Withdrawal from nicotine is as real as any other drug addiction. Quitting is not easy and it often takes a number of sincere attempts to "get it."

"IN-HOUSE" Coordinator's Comments *Early Intervention*

Early intervention is addressing personal problems before they take a serious toll on your life. All issues can lead to job, family, medical and mental health problems that can progress to stages where one in effect, becomes a "casualty." By "casualty" I mean experiencing life threatening illnesses, late stage alcohol and drug addiction, divorce, job loss, major depression and suicidal thoughts.

When you have an EAP you don't have to wait until your problem is "bad enough" or in the "catastrophic stages," any distress can be mitigated and dealt with before it reaches extreme (casualty) stages. The earlier you talk about a problem with a counselor, the chances for resolving the issue becomes much better.

Many times employees don't need treatment to deal with life issues; sometimes a few EAP sessions with the Coordinator suffice....*and a major problem can be short-circuited.*

However, ***it is never too late to seek help for personal problems.*** Assessment and referral by the EAP for major problems can facilitate appropriate and expert treatment that can bring very positive outcomes.

Don't wait to seek help; it's an easy trip to have a consultation with the EAP Coordinator.



*Bob Schweitzer,
EAP Coordinator*

Research shows that a combination of counseling, medication, and support brings the best results. There are programs developed to help people quit smoking. If a City employee enters a program and provides verification to the EAP or Mike Brady in Employee Benefits (x2317), medication such as Chantix and Zyban will be covered by City Health Plans.

Call the EAP (x3145) for information about available programs.

*"Doctor, Doctor, I can't concentrate!
One minute I'm ok, and the next minute
I'm blank!"*

"And how long have you had this complaint?" the doctor asks.

He replies, "What complaint?"

Healthy Holiday Tips

Stacy Brand, Mount Mary Dietetic Intern



Are you determined not to gain weight this holiday season? Here are some tips to help you survive the holiday eating frenzy

and make you look and feel great!

- *Include physical activity.*
- *Increase the number of steps walked.*
- *Broil your food instead of frying.*
- *Use low fat ingredients in recipes.*
- *Eat healthy snacks throughout the day.*
- *Balance your meals eaten out to include fruits and vegetables.*
- *Limit your alcohol intake.*
- *Eat your holiday feast slowly.*

Some easy exercises could include: parking far away at the mall, taking a walk, or even ice skating. These exercises will help burn off the extra calories from the holiday season. Keep track of how many steps you take in a week and try to increase the total number the following week. Using low-calorie oil sprays while broiling will help cut down on the fat. Using lower fat ingredients in recipes lowers the consumption of fat and calories. Eating fruits and vegetables during the day will help control your appetite at the holiday feast and provide the proper vitamins and minerals needed. Selecting lower calorie beer or wine will cut down on the amount of calories consumed. The desire to have seconds is reduced when food is eaten slowly.

Incorporate these tips and have a great holiday season!

For more information on healthy holiday eating, contact Yvonne Greer, MPH, RD, CD, ygreer@milwaukee.gov

Resource:

<http://www.betterhealthusa.com/public/273.cfm>

*"And he found himself a body
He found himself a mind
He found himself a sweet soul, yeah,
And he found enough to find
He found enough to find."*

— Anonymous

Eat Better: Eat Together!

Stacy Brand, Mount Mary Dietetic Intern

Do you ever worry at work about how your children are doing in school? There is a simple way to improve children's school success: eat together as a family. Eating together as a family helps children develop new vocabulary, practice important language skills, and score better on tests. Children tend to have fewer behavior problems and improved communication when families eat together. Eating as a family may decrease your stress at work because children will behave better and parenting will become easier.

Weight concerns involving youth are also decreased with more family meals, and children are less likely to develop eating disorders. Having more family meals promotes healthier weights in children and decreases the number of overweight youth.

Everyone benefits from eating together: time is better spent, money is better used and saved, and the meals are healthier and more nutritious. Meals prepared at home include more fruits, vegetables, and nutrient-rich foods.

Here are some tips to make eating together successful:

- *Turn off the television.*
- *Make meals a priority.*
- *Don't allow cell phones at the dinner table.*
- *Have cheerful conversations.*
- *Prepare meals together.*
- *Aim for at least 4 meals a week eaten together as a family.*

Practice eating together as a family and see what a difference it will make at work and school!

For more nutrition information, contact Yvonne Greer, MPH, RD, CD, ygreer@milwaukee.gov

Resources:

<http://www.schoolwellness.org/Docs/importanceoffamilymealtimespresentation.ppt#267,10>, *Weight concerns Washington State University, Cooperative Extension, the Nutrition Education Network of Washington, and USDA Food and Nutrition Service*

Do you smoke? Are you thinking about quitting?

When you're ready to quit, the Wisconsin Tobacco Quit line is ready to help.

**Call toll free:
1-877-270-STOP (7867)**

LOVE IS THICKER THAN BLOOD

When I was a young boy,
my mama told me son
Always get your learnin',
and keep God number one
Treat others as yourself
and, you will be loved
And keep in mind that life's not kind,
and love is thicker than blood

She was born in 38', amidst a stormy night
She lived a life of kindness
and, taught me what was right
You can choose your friends, not family,
which can be bought
And keep in mind that life's not kind
and, love is thicker than blood

She was always there
At the end of the day
Spanish pork chops sizzling
When I'd come home from play

Now I'm grown and wiser,
and mama's gone to God
I know that she looks down on me,
and is, proud I am her son
I learned some hard taught lessons,
each and every one
And I, keep in mind, that life's not kind,
and, love is thicker than blood

She was always there
At the end of the day
Spanish pork chops sizzling
When I'd come home from play

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"A guy goes in to see a psychologist and says, "It seems I can't make any friends. Can you help me, you fat slob?"



Tom Barrett, Mayor
Bevan K. Baker,
Commissioner of Health
www.milwaukee.gov/health