



Eap Assist Program

March 2020

Counseling support in AU, NZ, USA, Canada & UK

Strengthen Your Immune System



Vaccinations may boost resistance, but cures for virus-based illnesses like the flu don't exist. So, keep your immune system "tuned"—it's the only one you've got! Boost your immune system with 1) adequate sleep; 2) getting recommended vaccinations; 3) eating a variety of colorful fruits and vegetables rich in antioxidants; 4) getting recommended exercise; 5) washing your hands and maintaining good hygiene; 6) avoiding smoking and heavy alcohol use (or getting evaluated for addictive illness if you struggle with these issues); and 7) maintaining a healthy weight. The immune system becomes less efficient with age. Examine gaps in your immune system maintenance plan, and talk to your EAP, medical doctor, or health/wellness adviser to overcome roadblocks. It may be a first step to a longer and healthier life.

Using an EAP When the Problem Isn't Yours

Did you know you can reach out to your employee assistance program for help in dealing with a problem that isn't your problem but one that still affects you? Examples include mental illness that affects a relative, a close friend experiencing homelessness, a loved one or friend you fear is at risk for self-harm, etc. Even if the problem isn't yours, EAP can help you support the other person while taking care of yourself at the same time.



Problem Gambling Awareness Month is March



Problem gambling just means that gambling is causing problems in someone's life. These problems could be related to relationships, money, or even work. Over half a million people in New York State are struggling with problems due to their gambling. Problem gambling doesn't just affect the individual. It also affects family members, friends, and co-workers. If you're struggling, you are not alone. **HELP IS AVAILABLE.** Don't wait for gambling problems to get worse. Reach out today. Find your local Problem Gambling Resource Center Or contact US by visiting <http://eapassist.com.au> for information and support.

Music Can Make More of Exercise!

New studies show that upbeat, engaging, and fast-paced songs can reduce the perceived effort put into workouts with endurance and cardio exercises, like running, but less so, however, with strength-based workouts like weightlifting. The reason? Music has been shown to have



an impact on our physio-psychological responses. This includes our emotional responses, our coordination, and both our automatic and planned movements. The rhythmic patterns of certain songs can empower you to perform better and engage more during low-intensity exercises. So, if you're having trouble pushing through your workouts, listening to some high-tempo, upbeat music may be the push you need.

