PATHWAYS
April 2022

New Calorie Restriction Diet Rage

Beyond losing weight, calorie-restricting diets done safely may improve longevity and memory, lessen inflammation, and even fight GI infections. Like most weight loss programs and diets, there are cautions worth knowing about. One study reported that some participants mismanaged their eating routine and had health problems like anemia and bone loss. Some dieters have gone too far, losing weight too fast with heavy calorie restriction crash diets. They are concerning because they can result in kidney damage, abnormal heart rate, dehydration, and electrolyte imbalances. Be guided properly, and consult your medical doctor so he or she understands your goals and can monitor your health needs. You are more likely to gain the benefits, reduce risk, have better accountability, and maybe keep the lost weight off for good.

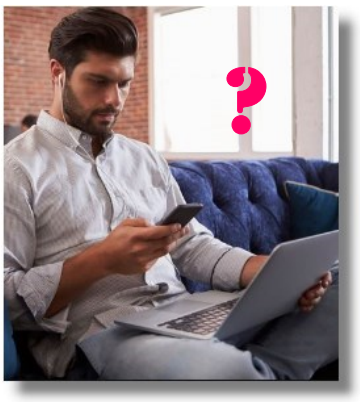
Stay Focused on Your New Path if Downsized

Like a grief reaction, denial is usually the first response to news of being downsized or excessed. Likewise, anger often follows, especially if loyalty to your employer has been a strong personal work ethic, and you envisioned retiring from your job someday. Often the first reaction is to engage in commiserating with coworkers. This path often emphasizes negativity and hopelessness and can undermine your ability to rise above the crisis. Keep your work ethic, but focus on opportunities. Experience shows that doing so will better energize discovery of the next step in your career journey.

Free Cool Apps: OurGroceries.com

OurGroceries is a smartphone app that allows everyone in the household to have the same grocery list on their phone. If modified, everyone with the app gets an instant update. It solves the problem of omitting grocery store items and overbuying items not needed. If you purchase an item and cross it off the list, everyone's list is updated. The app learns what you buy, so when typing an item, you never need to enter more than a letter or two before the item choice appears.

Cyberbullying in the Workplace



Cyberbullying is the use of electronic media to harass or intimidate. It can harm health, increase absenteeism, and decrease job satisfaction. Cyberbullying is different from other bullying. Online forums where anonymity exists can make it difficult to pin down a perpetrator. It can also be 24/7, and the digital medium of choice can be email, text, or social networking sites. Intervention step #1 is to tell the cyberbully to stop it, but coworkers are especially influential. Research shows that intolerance of peers will have more influence than a corporate policy. So don't be a bystander. Be a change agent, and make cyberbullying not okay. You'll see less of it.

Stress Awareness Month. . .

Psychological Effects of War

Many people have been affected by the stress of the Ukraine war. There are at least five current wars and over 50 armed conflicts active in the world. The Syrian war includes 600,000 deaths. It's difficult to imagine the trauma victims experience. Helplessness, anxiety, and fear can affect anyone with a personal history of war trauma or any life-threatening event. Be mindful of overexposure to war news. Videos, feeds, news, and social media are as close as your smartphone. Be cautious about accepting any story as immediately true. Disinformation, or "psyops," is used in war routinely to manipulate emotions, and you can be affected unnecessarily. Take care of yourself with positive health practices and stress management exercises. If you have a family member such as a child emotionally affected by war news, don't discourage them from "thinking about it." Encourage them to share their feelings and help them (process) their reaction. Then discuss ways to cope with the stress. (Empathy is a healing force that helps put strong emotions in their place.) If you are from a war-torn country, came from one nearby, or have friends and family who are there right now, your reaction can be especially stressful. But every person has a different coping style for severe stress or trauma. Don't judge yourself or others for having different emotional reactions to traumatic events. Your Employee Assistance Program (EAP) is here to help, reach out for support. It's the best first step to winning over stress.

You're a Sales Representative
(No Matter What You Do)

"Every employee is a salesperson." It's a motto in many companies. Phrases like "Answer the phone with a smile" may sound tiresome, but delve more deeply. These are attitude adjusters. They help manage stress. Any position could, someday, somehow, come directly in contact with a customer. Most employees know this and respond accordingly, but living with a positive attitude is an acquired life skill. One distasteful or less-than-stellar customer experience is sometimes all it takes to set in motion stressful communication and a bad day. It makes sense to put your best attitude forward. Try it for a day. You may discover that a purposeful and positive engaging style is a key to enjoying your job more.

Getting Your Work-Life Groove Back

Commuting to work comes with boundaries between work and home that can make work-life balance a little easier. If you're a remote worker, you have to set your own boundaries. It may not be easy. A natural urgency to complete work or return to work may be ever-present. This dynamic can cause you to postpone "until tomorrow" things you would otherwise enjoy doing. This pattern then repeats. If the "always on" lifestyle is undermining work-life balance, your first awareness will be boredom and frustration at your lack of leisure or engaging recreational pursuits. Identify and use this awareness to plan and engage social, recreational, family, and leisure activities. Change the scenery and shake things up. You'll discover more energy and excitement for your job and a more complete sense of self.

Doing a Great Reset as a Couple

When you met, you saw each other as special, amazing, and wonderful, but has your relationship lost pizzazz? Overcoming monotony can be a challenge but is possible. Yes, it feels awkward at first, and vulnerability will be required, but what works is working with a couples therapist who "feels right." Communication habits; trust; fear of getting hurt, or even embarrassed or rejected; sexual issues; resentments built from arguing; and health issues may need troubleshooting. Couples therapy can work, but your desire to try is key. Start by researching couples therapists in your area. You can get a referral from your EAP or a free pre-therapy meeting to help you zero in on the issues. This can help your first couples therapy appointment go more easily, be more productive, and possibly even be exciting.

Eastern Suffolk BOCES

BOCES Employee Assistance Program

1741D North Ocean Avenue, Medford, NY 11763 (631) 289-0480
154 Commack Road, Suite 210 Commack, NY 11725 (631) 218-5445
188 W. Montauk Hwy, Ste. E1, Hampton Bays, NY 11946 (631) 728-2008

BOCES Western Suffolk