

EAP Connections

A newsletter for employees served
by Sutter EAP

KEEPING CALM

By Georgiana Rivera, LCSW

What is the Employee Assistance Program (EAP)?

Sutter EAP provides employees and family members referrals to licensed, professional therapists. Our network of experienced therapists can help with personal problems that may impact your job, relationships or overall well-being.

- **There is no charge to you!**
- **Confidential!**

Call **800-477-2258** to learn more about your benefit.

Life's journey isn't always smooth. It can be challenging to manage work, relationships, parenting and caring for loved ones. It's easy to find ourselves caught in a whirlwind of responsibilities, deadlines and obligations. We all find ourselves feeling overwhelmed from time to time. The good news is there are simple practices that you can do to help keep calm amidst life's challenges. We suggest incorporating a daily mindfulness exercise to increase your well-being, life balance, happiness, joy and peace.

Mindfulness promotes being aware of moment to moment thoughts, feelings, and behaviors without judgement and accepting what is present. This awareness is cultivated by focusing on your breathing, body and surroundings. Most mindfulness exercises are simple, can be practiced almost anywhere, and take 5-10 minutes. The secret to success is committing to a daily practice that is easy and enjoyable.

We recommend trying the S.T.O.P. approach which creates a pause allowing us to observe and reorient our thoughts and feelings.



S top
T ake a deep breath
O pen and observe
P roceed

You can do S.T.O.P. while walking around your office or home. It can be done sitting in a quiet place. It can be in silence, changing spaces, focusing on your breathing, closing your eyes and imagining a pleasant event, or following a guided meditation. This exercise can interrupt stressful thoughts so a new and higher perception can occur and minimize our response to stressful events, such as the fight, flight, or freeze response. This and other mindfulness practices can also help combat chronic physical pain.

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**“Breathing in, I calm
body and mind.**

Breathing out, I smile.

**Dwelling in the
present moment,**

**I know this is a
precious moment.”**

-Thich Nhat Hahn



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**If you are interested in learning more
about mindfulness we recommend:**

- Watching Andy Puddicombe’s TED Talk, “All it Takes is 10 Mindful Minutes.”
- Checking out the following mobile apps; Calm, Headspace, or Insight Timer.
- Visiting the online Greater Good Science Center’s Magazine & Keys to Well-being.
- Calling Sutter EAP to be connected with a licensed mental health professional who can help you be more mindful.

**In the future be on the lookout for
more mindfulness exercises from
Sutter EAP communications.**



Helping you be there for your senior loved ones: ELDER CARE RESOURCES

Sometimes it’s hard to acknowledge that a parent or loved one is aging to the point where additional care is required. When you find yourself becoming part of a senior’s caregiving routine, remember that you may have access to supportive resources and information from Sutter Health Employee Assistance Program (EAP). We can help by providing:

- **Financial consultations to explore options for covering elder care expenses**
- **Information, guidance and referrals for concerns such as:**
 - Knowing when an elder needs supportive care
 - Locating elder care options
 - Determining if a senior is able to stay at home
 - Finding appropriate housing- Senior Communities, Assisted Living, Skilled Nursing Facility, etc.
 - Relocation Resources- Move Management, Estate Services, Cleaning Services, etc.
 - Health, nutrition, and safety concerns
 - Transportation and meal delivery programs
 - Caregiver Support
 - Respite Options, Such as Home Health Care Providers
- **Emotional Support delivered by licensed mental health professionals for employees and eligible dependents**

Call 800-477-2258 today to determine what EAP resources and services you are eligible for. Also, visit sutterhealth.org to learn more about what Sutter Health Senior and Geriatric Care Services are available in your area.