

EMPLOYEE WELLNESS NEWSLETTER

Learn the Five Steps of Suicide Prevention

The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) recommends awareness of the “five steps” to suicide prevention. The research-supported model can reduce the risk that a person in crisis will take his or her life. The approach includes a series of action steps anyone can learn. This includes 1) asking if a person is suicidal, 2) being there and offering support, 3) playing a role in keeping someone safe and summoning help, 4) assisting the person in connecting with other support resources, and 5) following up. Suicide prevention is everyone’s responsibility. The five steps are for everyone because someday you might be the one in the position to save a life.



Source: <http://www.bethe1to.com/bethe1to-steps-evidence>



“Amotivational Syndrome” and Marijuana

Does cannabis use foster apathy and reduced self-efficacy—“amotivational syndrome”? The most thorough study yet examined the cannabis use and behaviors of over 500 college students. Marijuana use, age, gender, race, personality style (extraversion, agreeableness, openness, conscientiousness, and neuroticism), use of other substances (alcohol and tobacco), and general personal assessments of initiative, effort, and persistence were examined. Results: Marijuana use forecasted lower initiative and persistence, even after statistically ruling out 13 other variables! The debate about amotivational syndrome has raged for years, but only marijuana (not alcohol or tobacco) use significantly and longitudinally prompted lower initiative and persistence in subjects. See the report:

www.ncbi.nlm.nih.gov/pubmed/28620722

For Information, Consultation and Referral Assistance
Contact the Wheeler EAP at 1.800.275.3327

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Reduce Catastrophic Thinking

Humans worry, but when we focus on the worst-case scenario, it is called catastrophic thinking. It's worry on steroids. Catastrophic thinking is agitating and exhausting. It can be toxic to your mental health. Catastrophic thinking can be applied to almost anything—child safety concerns, bills, personal health, the environment, deadlines, etc. Remaining concerned while avoiding one's worst fears is possible. 1) Recognize that catastrophic thinking is a drain on your mental energy. 2) Reduce worry levels by constructing contingency plans and solutions *in writing*. 3) Take a mental break with "thought."

Anger in the Workplace

If you blow up at disappointments, rage at inconveniences, or bark at others' mistakes, then you probably recognize your anger management problem. Are you still struggling to get a handle on it? The change you want entails education about anger, self-awareness, and triggers; practicing alternative responses; logging attempts at change; practicing response tactics; apologizing to others when you slip up; and measuring progress. Anger responses become engrained, which is why a programmatic approach is often needed to gain control in the long term. Talk to your EAP or a counselor to discuss the pieces above and how to turn them into a plan that will give you results.



Thinking Outside of the Box

You've heard the expression "thinking outside of the box." It's thinking creatively and solving problems in ways that defy convention. Outside-the-box thinkers see the same information differently from the way their coworkers do. When others "zig," they "zag." You can learn how to think outside of the box. The payoff can be huge for your employer. Learning this skill starts with experiencing failure caused by conditioned linear thinking. Try a few exercises designed for this purpose. Once you have an "aha!" experience with the exercises, then you've got the idea. Resource: www.creativethinking.net [search: "exercises"].

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