

EAP News

Summer 2015

Joint Base Lewis McChord



The Employee Assistance Program

Happy Summer JBLM!..

We look forward to the months of sunny skies, warming weather and outdoor excursions. In the meantime, let's remember to remain hydrated and take opportunities to enjoy the cool, refreshing shade. And for those who are accustomed to the Washington weather and are longing for the inevitable return of rain return; rest assure that it will be here soon.

Please keep in mind that your JBLM EAP is a resource available to DoD civilian employees, family members of Active Duty Service-members, and Military retirees. Services are professional, confidential and available to you at no cost. Your EAP office is located both on Lewis (M-F) and McChord (T/Th) with client hours at 0800-1500. Specific location information advertised on the following pages.

The Armed Forces Substance Abuse Program (AFSAP) is the proponent for the EAP. The EAP is a great resource for any adult living issue, to include increased hardships, crisis, etc. Please feel free to stop in and see us. We are glad to sit, chat and see how we can assist!

EAP Mission: Consult with management and supervisors in dealing with performance problems in the workplace, assist employees who have job-affecting personal issues, and provide short-term consultation, education and referral services to clients - toward improving work-life balance and their quality of life.

Maintaining balance in the workplace

The EAP News

Manage Stress

As we move forward in addressing suspenses and due dates at work and home, lets remember to find healthy ways to manage our stress. Everyday life comes with some level of stress. Although it is how we manage it that counts!

Channing Bete describes stress as pressure or tension that can be positive or negative. Cortisol—the natural stress response/fat storage hormone—is the culprit in chronic stress. You can reduce cortisol release with sleep, diet, rest, exercise and some times by merely talking.

On JBLM we have centers where DoD civilians and Family Members may access for stress relief at no cost to you. Please feel free to inquire about the JBLM Wellness Center (at Jensen Fitness Center) @ 966-3757 or the Health and Wellness Center (McChord) @ 982-6947. Look forward to seeing you there!

5 Ways to Stay Healthy During Summer

Summer is here! This year it appears to be a pretty hot one so these are few tips on how to stay healthy during the Summer Season and have a great time. (*The following tips are from article originally published August 2008 on natural news*)

RAW FOODS Enjoys as many raw foods as possible. There are great seasonal vegetables and fruits that are the best during the summer months. Smoothies and salads are some ways of eating raw foods and avoiding hot kitchens.

WILD FOODS In our area we can find wild blackberries and raspberries in some area trails, they are truly organic and free. And you can add the value of exercise. Also blueberries can be found in some trails and they are full of antioxidants.

SUN SCREEN They are so many options, make sure that the one you chose has the recommended SP number to avoid sun burns and protects again UVs. Also they are organic option to guard against UV, check your area stores for options.

DRINK WATER Hydrate, Hydrate, Hydrate What else can we said, however some of us do not like the taste of water, so adding few berries like blackberries or raspberries or lemon or lime wedges may give encourages to drink more.

EXERCISE Time to enjoy long warm days doing outdoors activities, whether is gardening (good ways of growing your own raw food), walking on trails and enjoying wild berries, sunbathing with appropriate skin protection and recharging your batteries or enjoying a cool glass of water this is a great time of the year.

Be safe and happy

The EAP News

Substance Update

Powdered alcohol may be sold in your area late this Summer. The federal government approved it, but 37 states are hoping to block and prohibit its sale.

Powdered alcohol is sold in pouches and flavored as cocktails. A drink pouch requires five ounces of water or other liquid to reconstitute the powder into a cocktail with the right amount of alcohol equivalent to the real thing.

Experts fear that the portability, novelty, and storage advantages of powdered alcohol will attract underage youth to experiment with it and thereby abuse alcohol even more than they do now. Cocktails to be sold by the manufacturer include pink cosmopolitans, lemon drops, and margaritas, which of course may appeal to a younger crowd.

Whether powdered alcohol will lead to greater problems is unknown, but being aware of this substance can help you as a parent consider the role you will play in helping keep your child stay safe, and yourself as well.

Source: www.dea.gov



ASAP-M Corner

As we approach the middle of July and the middle of summer, we have already experienced our first heat wave and made it through a dry Independence Day holiday weekend. Like the dry grass, the heat can foster an environment where tempers may flare up and things can ignite or explode much more easily than in the more cool and damp months of fall and winter. By this point in the summer, kids at home may be starting to become bored and restless, vacations may have been wonderful and also brought various stressors with them. Working through all of these dynamics, people often find they need someone to reach out to. Our Employee Assistance Program team stand ready as a source that you may check in with for concerns in the workplace or home front. Call 967-1412 or 966-4597 to find out about services available or to make an appointment.

v/r,
Dr. Jolee Darnell
ASAP-M