



EMPLOYEE
ASSISTANCE OF
CENTRAL VA

EAP

ALL
POINTS
EAP

(434) 845-1246 in Central VA • (800) 645-1246 Outside Central VA • www.eacv.org

Sports Gambling and Your Job

Sports betting is popular and often peaks in the spring, with a flurry of wagers centered on the March Madness National Collegiate Athletic Association (NCAA) basketball tournaments. Some companies view it as a morale booster. Others prohibit it—big time. Play it smart. Know your organization's policy or position on this activity. In any case, avoid allowing betting pools to interfere with your job. If you coordinate a betting pool, you can count on fellow employees wondering why or how you have all that free time. Caution: Sports betting has added to the risk of compulsive gambling and many experts considered it an entry point for young people into a lifelong gambling addiction.



Need help with a problem?

CALL EAP

Your employer sponsors your employee assistance program (EAP) for personal and job concerns. Confidential, professional services at no cost to you or your immediate family.

434-845-1246
In the Central VA Area

800-645-1246
Outside Central VA

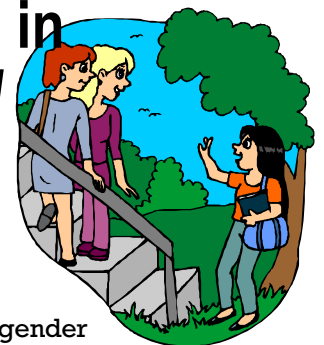
Food Portion Distortion

Increase your awareness of "food portion distortion." Over the past several decades, the size of food portions has exploded. What was a tiny bag of French fries is now a box, a small drink is now a large, and a large drink is now a bucket! Even triple-patty hamburgers are now available. The ill effects on health have always existed, but, in addition, what we think of as a "portion" has increased! To avoid the potential impact on your health, consider interventions such as using smaller plates, sharing food, ordering only the appetizer if the entrée is huge, or simply asking for less.



Gender Equity in Math Capability

Bury the myth. Girls around the world are not worse at math than boys, even though boys may be more confident in their math abilities. Girls from countries where gender equity is more prevalent are more likely to perform better at mathematics, according to a new analysis of international research. The analysis of data represented nearly 500,000 students in 69 countries. The critical factors that will support more girls excelling in math are female role models excelling in math, positive messages about capability, perceived expectations, and the right educational tools.



Source: American Psychological Association, Jan. 5, 2010.

When Trauma Affects a Loved One Who Is ... Far Away



Distance compounds worry and fear when someone you love is in harm's way. Such events can cause stress overload in four key ways: (1) incomplete information and worry about the whereabouts of your loved one, (2) inability to communicate, (3) feelings of helplessness, and (4) a repeating media "loop" of bad news. Be specific about the things your employer can do to help you cope (such as flexible hours and unscheduled time off); most employers are willing to help. Turn off the television as an information source, and turn to official Web sites/information sources that disseminate important details. Maintain routines, because familiarity and normalcy in everyday life provide a natural antidote to emotional upheaval. Keep up an exercise routine. Stick to a schedule. Focus on things that you can control, like cleaning and organizing your surroundings. To satisfy the need to "do something," join forces with others organizing fund-raising events or working together to assemble care packages or to provide relief. Talk about what you're feeling with someone you trust. Write or e-mail your loved one even if he or she can't receive the message yet, because getting your thoughts on paper is a helpful emotional release. Don't keep children in the dark, and instead provide appropriate information. Let younger ones express their feelings through art projects, writing, and play. Turn to your employee assistance program for support and advice, because doing so is a proven path to wellness.

Fighting Time Bandits



Spot and intervene with time bandits, those annoying distractions that interrupt productivity. They're numerous and endless, which makes effectively managing your time an art. Many time bandits lurk within your habits. They may be as close as your "to-do" list—the oldest and often least understood productivity tool. Rather than using it as a memory jogger and recording everything you could possibly need to do, make a list of only two or three things that absolutely must get done *today*. Doing so will cause you to work on what counts, rather than dithering with the less important time bandits. Best-selling author and business success expert Michael Gerber coaches even his high-powered CEO clients in how to use this technique to get more done.

College Spring Break Dangers



Spring break beach trips to Florida, Texas, and Mexico are coming up. Young people, especially women, should take measures to avoid "drug-facilitated sexual assault" while on these jaunts. Notorious drugs used for such crimes include Ketamine, Rohypnol, and GHB. Victim prevention information can be found at www.JustThinkTwice.com, a site recommended by the U.S. Drug Enforcement Administration for increasing education and awareness about drugs. Important rules of prevention: (1) Don't drink alcoholic beverages if you are underage. (2) If you do drink, don't drink beverages that you did not open, don't take a drink from a punch bowl, and don't drink from a container that is being passed around. (3) If someone offers you a drink from the bar, decline, & order your own drink. (4) Carry your own drink at all times. (5) Don't leave your drink unattended. (6) If you accidentally leave your drink unattended, discard it.

Calling in "Sick"



Have you phoned in "sick" just to get a day off? One national survey found that 20% of employees have done so at least once. The most common reason: "I felt stressed and wanted a day off." Consider phoning your employee assistance program (EAP) the next time the unexpected desire to take off looms. It might be a signal that a personal difficulty or workplace issue needs to be resolved. For example, is it a conflict with a coworker or a supervisor, or a need for better organizing skills to cope with too much work, that is making you feel overwhelmed? What about an argument with a customer or some unfair workplace experience that you need to discuss? Instead of taking a day off for short-term relief, talk to the EAP. It may have a long-term cure.