October 2021

Occupational Wellness

Some estimate that we spend up to 30% of our lives at work- so we certainly want to make the most of our occupational wellness! The Substance Abuse and Mental Health Services Administration (SAMHSA) states that occupational wellness is found in a job that provides meaning and purpose, while reflecting personal values, interests, and beliefs.

Questions to consider for your occupational wellness:
Do you...

Enjoy the work that you do?
Make time to talk and build relationships with colleagues?
Take breaks and time to eat lunch?
Learn new things related to your profession?
Find your work interesting, exciting, and rewarding?
Maintain balance between your professional and personal life?

Ideas to improve your occupational wellness:
Increase your knowledge and skills to accomplish your goals.
Acknowledge the benefits and positives in your job.
Create connections with co-workers.
Increase levels of connection and purposeful living through volunteering your time.
Keep balanced by scheduling and prioritizing leisure activities after work hours.
Write out goals, create a plan to execute them, and then start working on your plan.

Did you know AAH EAP provides services to support your work-life balance? For more information, visit www.aah.org/eap or Click Here.

If you would like additional support in finding balance and occupational wellness, please call us at 800.236.3231.

Advocate Aurora Health EAP offers free, confidential assistance for you and your household family members.
November 2021

What Would You Do with an Extra Hour?

So, what would YOU do with an extra 60 minutes of time? Would you enjoy an extra movie or binge one more episode of your favorite show? Would you stay out late, knowing you'll catch up on sleep later? What about investing that time to… SLEEP??? With Daylight Saving Time ending, going to bed at the same time and knowing there is an extra hour available for your mind and body to rest and restore is a wonderful investment in your wellbeing!

Numerous studies have shown the benefit of good sleep hygiene. Not only does it help your physical health through improving metabolism, appetite regulation, and stress responses, but it also improves mood, memory, judgment and safety-sensitive decisions. Consider these tips to improve your sleep:

1. Avoid caffeine, alcohol, nicotine, and other chemicals that interfere with sleep
2. Turn your bedroom into a sleep-inducing environment.
3. Establish a soothing pre-sleep routine.
4. Go to sleep when you’re truly tired.
5. Don’t be a nighttime clock-watcher.
6. Use light to your advantage.
7. Keep your internal clock set with a consistent sleep schedule.
8. Nap early—or not at all.
9. Lighten up on evening meals.
11. Exercise early.
12. Follow through.

https://healthysleep.med.harvard.edu/need-sleep

If you would like additional support in creating healthy sleep habits or ways to bolster your wellbeing, please call us at 800.236.3231.

To access AAH EAP online resources, visit www.aah.org/eap.
December 2021

Tis the Season… for Giving

No one has ever become poor by giving.  A. Frank

In the hustle and bustle of this holiday season, remember that the joy of giving extends beyond beautifully wrapped gifts exchanged between family and friends. Often, the pursuit of “giving the perfect gift” becomes an unrealistic, stress-filled, and costly goal. This year consider ways to pursue connection with others through meaningful gifts of your time and talents. Perhaps donate to a charity or volunteer your time.

These sorts of gifts become twofold: Not only is it a gift to others, but it becomes a gift to yourself as well! Studies show that giving is associated not only with increased happiness, but with better physical health as well (lowering blood pressure, depression, and stress levels, while increasing the length and satisfaction in life.) Giving also increases our sense of purpose, connection and belonging as we continue to navigate holidays during a pandemic.

Are you interested in giving the gift of your time? Consider volunteering:

www.volunteermatch.org
www.unitedway.org/get-involved/volunteer

Are you interested in donating in honor of a loved one? Consider donating:

www.goodneighbors.us
www.goodwillsew.com/how-you-can-help/ways-to-donate

References:
https://www.rush.edu/news/health-benefits-giving
https://www.ucl.ac.uk/students/news/2020/apr/10-benefits-helping-others

If your holidays are feeling overwhelmingly stressful or your family interactions need support, please call us at 800.236.3231.

To access AAH EAP online resources on managing stress, visit www.aah.org/eap or Click Here.

Advocate Aurora Health EAP offers free, confidential assistance for you and your household family members.