

EAP NEWS



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The EAP is a free service for you and your eligible family members.

All EAP services are completely confidential.

Change Your Point of View, Beat Chaos

When disorder and confusion surround you, your attitude will determine whether you stay calm and in charge of yourself, or whether you will become disordered and confused.

Psychotherapist Sylvia Boorstein says recognizing these truths will prepare you to face a chaotic situation, be it at work, in an airport, or at home:

- Even the most careful planning does not ensure the result we want.
- Things change all the time. Knowing that makes difficult times bearable.
- Challenges are part of change. Responding to them with impatience or anger makes difficult situations worse.
- Shift your perspective from yourself to the problem.
- At each moment, how you respond to

the situation is a matter of your own choice.

Boorstein says you deal with what's going on in the present moment if you ask yourself:

1. Is this situation going to continue forever? Whatever it is, the answer is no.
2. Is this the only thing going on in my life right now? No. Remind yourself of the good things that are going on and that your life includes bigger things than the present moment.
3. Who else is here, and what's going on with them? Usually, they are people a lot like you. They are managing the best way they can.
4. Now is always an awesome moment, but remember that ALL of life is happening, not just this situation, says Boorstein. ○



At last, doctors have a prescription that you'll like, and the price is right. It's a big laugh, and it's free.

Laughter can be strong medicine say researchers at Stanford University. Even the physical act is good for you. It increases blood flow and contracts abdominal muscles.

The most significant evidence of laughter's power comes from a study of heart attack patients. Half watched comedy shows for 30 minutes every day, the other half didn't. After a year, the laughers had one-fifth the number of repeat heart attacks that the control group had.

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Happy Father's Day! Modern Dads Play a Vital Role in Kid's Lives

A new generation of men are redefining fatherhood and masculinity.

According to census figures, one in four dads takes care of his preschooler during the time the mother is working. The number of children who are raised by a primary-care father is more than 2 million and rising. And fathers who work full time are more involved in their children's lives. According to the Families and Work Institute in New York City, dads now provide up to three-fourths of the child care mothers do, up from one-half 30 years ago.

A father's presence makes a big difference in a child's long-term development, say psychologists at the University of California, Riverside. Children with involved dads regulate their own emotions better. They have better social skills, and more success in school.

A father's influence comes through the unique ways they play and interact with kids. Kids who interact with their fathers are more likely to tolerate frustration and master tasks on their own before asking

for help.

Quoted in *Psychology Today*, psychologists at the University of Connecticut say a father's love may be the best gift he can give. Their 40-year study shows it to be a significant buffer against depression and conduct problems.

There is already a mountain of research showing that kids without a father in the picture are at a higher risk for school dropout, drug use, teen pregnancy, delinquency, and suicide.

To all of our fathers, we say, "Thanks Dad," your love and caring are important factors in bringing the next generation successfully into adulthood. ○

A father's influence comes through the unique ways they play and interact with kids.

A truly rich man is one whose children run into his arms when his hands are empty.

~Author Unknown~

Recovering From the Loss of a Beloved Pet

When a pet dies, people find themselves apologizing to friends for their sad mood or their tears. Rather, they should realize that when pets become members of the family, mourning is unavoidable. But how do you recover?

Psychologists for the Association for Pet Loss and Bereavement in New York City give this advice.

1. Have a small memorial service. It will be very therapeutic.
2. Recall happy memories of your pet with others who knew him.
3. Give yourself permission to grieve. Stress and fatigue are results of denial.
4. Talk about it with those who share your love of animals.
5. Recognize that this pet can never be replaced, but leave yourself open for a new pet when you are ready.
6. Tell kids the truth. Say the pet died, not that it was put to sleep or went to heaven, says Dr. Wallace Sife, author of *The Loss of a Pet* (Howell Book House). ○

For Better Health, Memory, Outlook: *Write*



Maybe you never liked writing in school and don't want to start now. Or maybe you do a lot of writing at work and don't want to do more of it at home.

What if you knew that writing would improve your health, give you a better memory, and improve your outlook on life? Researchers at North Carolina State University say it will.

Writing about difficult experiences and turning points can make it easier to access your memories. The doctors found that those who wrote about major events had big gains in their working memories, much bigger than those who wrote about trivial events.

Psychologists at the University of Texas, Austin, studied people who wrote about an assigned topic for 15 minutes on four consecutive days. Later that year, those who wrote about emotional topics had far fewer doctors' visits. Those with asthma or arthritis had fewer symptoms if they kept a journal about stressful life experiences. Here's how to start:



- Decide that no single writing session is particularly important, not as important as writing regularly.
- Writing fiction is OK too, because you will convert your life experiences into stories that help you make sense of them. Read about your topic so you can add details to your story.
- Be honest. Look at life the way it really is. It might feel risky, but you aren't really risking anything in writing.
- Don't worry much about style, form, punctuation, or grammar – just write.
- Visualize your ideal reader, someone who would appreciate your story even if you never show it to him or her.
- Write about something that is or was important to you. Try not to get involved in trivial matters.

Why not write even if only for a few minutes each day? You have nothing to lose and could have a happier, healthier life to gain. ○

Writing about difficult experiences and turning points can make it easier to access your memories.

Laughing.....continued from page 1

Doctors at the University of California, Irvine, say watching a humorous video decreases levels of two key stress hormones that can cause irregular heart rhythms. Heart disease patients are often given beta-blocking drugs that specifically block these hormones. The doctors say laughter does the same thing and is a lot more fun.

In other studies, laughter has been shown to help children and adults handle painful medical procedures. ○



July Safety Tips: Fireworks



- Protect yourself with safety glasses.
- Respect the sparklers. The American Academy of Pediatrics reports that half of fireworks injuries involve kids under age 15. And 65 percent of all injuries are caused by common fireworks like sparklers.
- Don't put firecrackers in a bottle, can, or a container of any kind.
- Choose a site that is away from flammable material.
- Keep a bucket of water handy to put out grass fires and fireworks that don't go off. Never try to relight them.
- Any eye injury should be seen by an emergency room doctor. Never press, rub, or touch an injured eye. ○

Show Kids How to Resolve Conflict

Wouldn't it be nice if your child used trust, caring and respect to end conflicts? It would be much better than name calling, crying, or hitting.

role in making kids see both sides of a problem and thinking about solutions. Be neutral and show sympathy.

If you'd like your child to develop peacemaking skills, finding calm solutions to discord must be a priority at home. Your child needs to see problem solving in action to understand how it works. He must see that how we responds to conflict is within our control.

3. Let each child tell the story. Hearing individual versions helps you discover the real problem.

4. Teach the use of "I" messages: "I am angry," or "I wanted to play too," for example. No blaming, name calling, or threatening should be allowed.

Psychologists at Rutgers University suggest asking "Is that a good idea?" Then stand back and let the children work it out.

5. Listen. As each child speaks, everyone there should focus attention on her and listen actively. Maintain eye contact. Ask for clarifications.

If a heated battle is in progress, these six steps will show kids that they can resolve problems.

6. Brainstorm solutions. When you've heard both stories, let each child tell his ideas for resolving the conflict. Ask "Would that work?"

1. Calm your child down. Say you understand how he feels, but you want him to stop crying or yelling now. Ask him to take several deep breaths.

The big payoff comes when a child can take her peacemaking skills out of the home and into the world. ○

2. Be an ally. Parents have an important

How to Use Your EAP

When help is needed call the office location most convenient for you. The office coordinator will ask for your name, employer and a brief description of your presenting concern. If an emergency exists you will be given immediate assistance. If your situation is not an emergency, you will be offered telephone assistance and/or in-person sessions to complete an assessment and make a referral for treatment if needed.



Meetings with your counselor are completely confidential. Your employer will not know you have used the EAP. No one will be provided any information about you without your written consent. Exceptions would occur only in the event of you being considered dangerous to yourself or someone else.

At the first appointment you should be prepared to give the counselor some background information to assist in formulating an action plan. Many people find it helpful to prepare a list of things they wish to discuss at each session. ○



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1-800-433-2320

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