

# EAP Navigator

Cascade Centers, Inc.

September 2012

## National Health Observances

### September

ADHD Month

Baby Safety Month

Backpack Safely America Month

International Self-Awareness Month

International People Skills Month

College Savings Month

National Preparedness Month

National Skin Care Awareness Month

National Alcohol & Drug Addiction Recovery Month

Self Improvement Month

### Week of September 9-15

Suicide Prevention Week

National Assisted Living Week

### Week of September 16-22

Build a Better Image Week

### Week of September 23-29

Remember to Register to Vote Week

### October

National Domestic Violence Awareness Month

Emotional Wellness Month

Health Literacy Month

National Crime Prevention Month

National Breast Cancer Awareness Month

National Depression Education & Awareness Month

### Week of October 4-10

Fire Prevention Week

### Week of October 5-11

Financial Planning Week

## Helping the Body and Mind Recover from a Chemical Dependency

If you or a loved one is chemically dependent, the first step to recovery is accepting that there is a problem and making the decision to get help. From there, the journey has just begun. Being addicted to a substance affects the body and the mind, and in order to fully recover, you'll have to address all of the physical, behavioral, and mental patterns that have developed over the course of your addiction.

Given that taking the first step is always the hardest, once you decide to seek help there is hope; success can be achieved through determination. When you restore your physical and mental self, you will get more of your life back, chemical-free. Read on for information on how you or a loved one can make a full recovery.

### Treating the Body Right

When quitting a substance, it will take time for the body to adjust back to life without the substance. Your doctor will know if you should have medical help while quitting the drug, or if it is safe to quit "cold turkey" without any medical assistance.

Exercise can be a valuable part of recovery. Engaging in exercise helps to release stress and also to strengthen and return your body



back to health. Endorphins are released through exercise; these natural chemicals generate positive feelings that can further assist your recovery. When you begin an exercise routine, start small and build up from there. Be careful not to overwork your body limits; use exercise to release stress, not build up stress.

In addition to exercise, good nutrition is important. Make sure you have plenty of fresh vegetables, fruits, and whole grains in your diet. Work to remove processed foods, additives, refined sugar, caffeine, and high-fat foods. Note that sugar and caffeine can actually increase cravings for drugs or alcohol.

Eating right and exercising will help you sleep better during this difficult time. Make sure you take time to rest, as it will be an essential part of your recovery.

*Continued on page 2*



CASCADE CENTERS  
INCORPORATED

Your Success is Our Compass

## September is Self Improvement Month: Develop Yourself

Think of yourself as a total person. Don't neglect other needs just because your companionship or friendship needs are not being met.

- Make sure you follow habits of good nutrition, regular exercise, and adequate sleep. Don't let academics, hobbies, and other interests slide.
- Use your alone time to get to know yourself. Think of it as an opportunity to develop independence and to learn to take care of your own emotional needs. You can grow in important ways during time alone.
- Use your alone time to enjoy yourself rather than just existing until you will be with others. Avoid merely vegetating - deal

with your situation actively. Recognize that there are many creative and enjoyable ways to use your alone time.

- Whenever possible, use what you have enjoyed in the past to help you decide how to enjoy your alone time now.
- Keep things in your environment (such as books, puzzles or music) that you can use to enjoy in your alone time.
- Explore the possibility of doing things alone that you usually do with other people (like going to the movies).
- Don't decide ahead of time how you're going to feel about an activity. Keep an open mind.



In summary don't define yourself as a lonely person. No matter how bad you feel, loneliness will diminish or even disappear when you focus attention and energy on needs you can currently meet and when you learn to develop new ways to meet your other needs. Don't wait for your feelings to get you going. Get going and good feelings will eventually catch up with you.

*U.S. Department of Health and Human Services ©2012*

*Chemical Dependency, continued from page 1*

### Healing the Mind

Oftentimes, chemical dependency develops as a means to cover or numb the emotional pain one is feeling. When the substance is no longer part of their unhealthy coping mechanisms, people may feel the emotions they have masked for the first time. This is when the person has to put their energy towards learning healthy coping skills to work through and manage the emotional pain. Below are some activities that can help restore the mind to a healthy state:

- Write down situations or people in your life that trigger you to take the substance. Avoid them the best you can.
- Seek out a therapist who specializes in addiction and recovery.
- Surround yourself with people who respect and support your sobriety.
- Develop a routine of

meditation, visualization, or other relaxation techniques.

- Meet and communicate with others at a 12-step program. The phone book or your employee assistance program can help you find groups in your area that can support you on your journey.

*Written by Life Advantages - Author Delvina Miremadi ©2012*

### Cascade Centers - EAP Access

Cascade Centers provides assessment, short-term problem solving, referrals, training, and consultations to a wide array of employers and agencies.

Employees and family members can call Cascade 24 hours a day, seven days a week. We can help! Call Cascade Centers to schedule an in-person appointment or get the resources you need. **For more information, please call us at:**

**1-800-433-2320**

[www.cascadecenters.com](http://www.cascadecenters.com)

### What is EAP?

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** service that can assist you and your eligible family members with **ANY** personal concern, large or small.



**CASCADE CENTERS**  
INCORPORATED