



# PERSPECTIVES

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**PENTAGON EMPLOYEE REFFERAL SERVICE (PERS)**  
**THOTH SOLUTIONS, INC.**

## What is the EAP?

The Employee Assistance Program's (EAP) mission is to ensure the well-being of employees by assisting them in resolving issues that may be adversely impacting work or home. The EAP provides one-on-one problem assessment, short-term counseling, referrals to community resources and crisis intervention.

In addition to working with you on an individual basis, we conduct a variety of educational workshops and classes. We are frequently asked to speak at employee orientation sessions and offer monthly supervisor training classes.

Visit the EAP website:

<http://www.dthc.capmed.mil/EAP/SitePages/Home.aspx>

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## Being a Parent is Stressful: Tips for Success

The majority of married parents say that the quality of their relationship decreases drastically following the arrival of their first bundle of joy. Yes, their first child! Most of us are aware of the challenges that can accompany parenting children.



These can include anxiety about parenting and rearing healthy children, as well as lost sleep over school performance and disrespectful behavior. Parents also deal with their own episodes of bad moods trying to cope with all this and more. When it comes to parenting, the old adage: The days are long but the years are short: Proves true for most parents. Parents can do more than just "survive" their parenting roles. Parents do well when they advocate for their needs, as well as their children's. The following are some tips you may want to try to manage your couple and individual needs more effectively. Here's to greater balance in your relationship!

### Tips to Try:

1. **Remember you are a couple.** Take 10 minutes daily to talk or take a walk as friends. Keep a date night even if it has to be every other week. This gives you a fun and relaxed time to just be a pair and relax together.
2. **Clarify.** Discussing and agreeing to routine assigned tasks takes off the pressure of having to constantly talk or argue about things not getting done.

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*I cannot stress enough that the answer to life's questions is often in people's faces. Try putting your iPhones down once in a while, and look in people's faces. People's faces will tell you amazing things. Like if they are angry, or nauseous or asleep.*

-- Amy Poehler

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3. **Accept offers for babysitting** from friends and/or family so that the two of you can have breaks individually or together to pursue some fun or rejuvenating activity. These extracurricular activities are what made you happy and interesting to your partner in the first place.
4. **Keep good boundaries** with relatives and friends. Often when a family grows and children are in it, grandparents, extended family and even friends begin to visit more and participate in family activities. This can be a great thing, but it should be a visit that works for you and your partner. Having boundaries reduces stress...Use them!
5. **MONEY.** Needs and wants have to be renegotiated between partners whether one or both of them is employed. Together, decide on choices like whether to have big fancy birthday parties or whether to use the money for a weekend getaway together.
6. **Greet your partner** when you enter or leave the house. This is a brief way to touch base, embrace and show a little regular attention to your significant other and co-parent.

Active communication, negotiating and protecting intimate time with your partner will heal many of the problems associated with the demands of parenting. However, if you are experiencing a troubling change in your couple relationship, severe depression or anger toward your partner or children, it maybe time to seek professional help. **Call us at the Employee Assistance Program at #703-692-8917 if you would like to talk it through.**

[health.usnews.com/health-news/blogs/on-parenting/2009/04/13/having-children-adds-stress-to-a-marriage](http://health.usnews.com/health-news/blogs/on-parenting/2009/04/13/having-children-adds-stress-to-a-marriage)

### Celebrate Recovery!

Summer is just around the corner—picnics, lots of sunshine, the beach, boating...and lots of opportunities to “party!” Have a fantastic and safe summer. When relaxing and socializing, here are a few tips to keep in mind to stay motivated and alcohol free!



Plan ahead and invite friends who do not drink alcohol as guests to outings.



Being the only person not drinking at a gathering can be a trigger to relapse.



Regularly monitor your stress level. If your vacation is still weeks away, consider taking a day off now. Ignoring stress puts you at greater risk for relapse.



If you are bored with the 12 Step meeting you are currently attending, try a new one!



If you are frequently feeling angry, talk to a supportive person such as a friend, your sponsor, or an EAP counselor.



Remember, “Relapse” is not an event but a process which reactivates patterns of denial, isolation, elevated stress, and impaired judgment.

To learn more about relapse prevention, please call **703-692-8917** for a free PERS consultation.

# Upcoming Workshops - PERS

May 2013		
<p><b>9</b> <b>EAP Supervisory Training</b> 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon</p>	<p><b>15</b> <b>Substance Abuse 101</b> 9:30 - 11:00 am Pentagon Conference Center Rm. B9</p>	<p><b>16</b> <b>Stress Management</b> 9:00-10:30 am Pentagon Conference Center Rm. B8</p>
	<p><b>23</b> <b>Retirement in Mind</b> 9:00-11:00 am Pentagon Conference Center Rm. B3</p>	
June 2013		
<p><b>5</b> <b>Motivation 101: Bringing Out the Best in Your Staff</b> 9:30 - 11:30 am Pentagon Conference Center Rm. B9</p>	<p><b>6</b> <b>Supervisory Training: Taking Care of Yourself and Your Employees</b> 9:00 - 11:00 am Pentagon Conference Center Rm. B10</p>	<p><b>7</b> <b>Financial Planning in an Uncertain Times</b> 12:00 - 1:00 pm Pentagon Conference Center Rm. B3</p>
<p><b>13</b> <b>Supervisory Training</b> 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon</p>		<p><b>27</b> <b>Supervisory Training: Building Trust</b> 9:00 - 11:00 am Pentagon Conference Center Rm. M2</p>
July 2013		
<p><b>9</b> <b>Behavioral Addiction</b> 10:00 -11:00 am Pentagon Conference Center Rm. B9</p>	<p><b>18</b> <b>Supervisory Training</b> 9:30 -11:30 am Pentagon Conference Center Rm. B3</p>	<p><b>25</b> <b>Raising Emotionally Intelligent Children</b> 9:30 - 11:30 am Pentagon Conference Center Rm. B8</p>
	<p><b>30</b> <b>Dealing with Difficult People</b> 9:30 - 11:30 am Pentagon Conference Center Rm. M4</p>	

For Additional information or to register, call 703-692-8917 or email [DTHC.PERS@health.mil](mailto:DTHC.PERS@health.mil)

# Upcoming Workshops - Mark Center

May 2013		
<p><b>20</b>  <b>High Performance or Obsessive Behavior</b>                      9:30 - 11:30 am                      Conference Rm. 20                      Mark Center, Level B1</p>	<p><b>21</b>  <b>Supervisory Training: Taking Care of Yourself and Your Employees During Stressful Times</b>                      11:00 - 1:00 pm                      Conference Rm. 14                      Mark Center, Level B1</p>	<p><b>23</b>  <b>Psychology of Teenagers</b>                      12:00-1:00 pm                      Conference Rm. 13                      Mark Center, Level B1</p>
June 2013		
<p><b>5</b>  <b>Tools for Staying Calm in Stressful Times</b>                      12:00 - 1:00 pm                      Conference Rm. 24                      Mark Center, Level B1</p>	<p><b>11</b>  <b>Power of Full Engagement</b>                      9:00 - 12:00 pm                      Conference Rm. 19                      Mark Center, Level B1</p>	<p><b>13</b>  <b>Dealing with Difficult People</b>                      9:30 - 11:30 am                      Conference Rm. 20                      Mark Center, Level B1</p>
	<p><b>17</b>  <b>Supervisory Training</b>                      9:30 - 11:30 am                      Conference Rm. 20                      Mark Center, Level B1</p>	
July 2013		
	<p><b>22</b>  <b>Relationship Communication: Men &amp; Women are Different</b>                      9:30 - 11:30 am                      Conference Rm. 20                      Mark Center, Level B1</p>	

For Additional information or to register, call 703-692-8917 or email [DTHC.PERS@health.mil](mailto:DTHC.PERS@health.mil)

## Ask the EAP

**Q:** How will using the EAP affect my job security?

**A:** Using the EAP will not adversely affect your job status or your eligibility for promotion. Some people think that going to talk to a counselor puts their career in jeopardy. In fact, many who do seek assistance find that resolving the problem actually improves their well-being and has positive effects on their job performance and attendance. Failing to recog-



### When It's More Than Just Stress

In a recent study published in Psychosomatic Medicine, researchers reported that the people who scored in the top 20% on the burnout scale were 79% more likely to develop coronary heart disease. Job burnout is a stronger predictor of heart disease than the classic risk factors, according to Dr. Sharon Toker, one of the lead researchers.

Are you at risk for job burnout? Ask yourself the following questions:

1. Do my co-workers appear to walk on eggshells around me?
2. Do I consistently arrive late to work?
3. Do I dread going to the office?
4. Have I lost enthusiasm for my job? If no, do I care about my job?
5. Have I stopped socializing and participating in office events?
6. Am I experiencing an increase in physical ailments?
7. Do I feel hopeless?
8. Do I openly criticize my peers, my bosses and the organization?
9. Has my productivity decreased?
10. Has my work quality decreased?



If you answered yes to one or more of these questions, you might be at risk for burnout. Here are some tips!

1. Use your vacation time.
2. Make time to relax.
3. Get a mentor and talk with other people about job strategies.
4. Start volunteering in your community.
5. Learn how to say no!
6. Learn to do something just because it is fun! Fun is an essential part of good self care.
7. Join an association related to your job field.
8. Make a plan, look at what you can and cannot change
9. Talk to a professional. Your EAP is a great place to start.

If you would like to learn more about burnout or talk to one of our counselors about your situation, please call 703-692-8917 (Pentagon) or 571-372-5619 (Mark Center)