

PERSPECTIVES

P. 1


PERS

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Tips for Coping with Stress-Related Eating During the Holidays

Do you find that you sometimes “pack on the pounds” during the holiday season or stressful periods of your life, turning to food to calm your nerves or nurture yourself? Do you find that you run down the hall to the vending machine more frequently during stressful workdays? If so, you may find these tips useful:

- Try to wait. If you can wait 15-30 minutes you may find that the craving passes or you may become distracted and forget about food.
- Keep a food journal. Looking at what you already ate today may convince you that you don't really need that snack or extra helping. This will also get you in the habit of thinking before you eat.
- If you have a pattern of snacking at a certain time of day, change your routine to keep yourself occupied during that period.
- Make it a habit to eat only when seated and when not otherwise occupied by a task. You will focus more on eating and tend to eat less.
- Eat regularly. If you wait until you are “starving” you may lose control over what and how much you eat.
- Put a Post-It note on your refrigerator, your computer monitor or in your car reminding you to think before you eat. Examples might be “Are you really hungry?” or “Think about what you are eating.”
- Know yourself and your weakest times and places. Don't go there.
- Remove trouble. Discard tempting foods from your home and office.
- Don't grocery shop when you are hungry; bring home only food you feel good about eating.
- Make time for physical activity. Exercise is a natural stress reducer.
- Sometimes nothing works. If the craving doesn't go away, it might be time to indulge yourself.
- If you have difficulty changing your habits or feel like your eating is getting out of control, it may be time to seek assistance. Your Employee Assistance Program (EAP) is available to provide assistance. Other resources include your physician or dietitian.

Adapted from The Independent Practitioner, Spring 2003.

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.narmc.amedd.army.mil/
dilorenzo/pers.asp](http://www.narmc.amedd.army.mil/dilorenzo/pers.asp)

(Click on the EAP/PERS tab on the left)

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Love is Not Abuse

Elements of a **healthy relationship** include open and honest communication, shared power and control regarding decisions, and respect for one another. An **unhealthy relationship** or unbalanced relationship involves one partner exercising control and power over the other. This may include threats, name-calling, insults, preventing access to money, isolation from friends and family, coercion, violence, stalking, and physical injury.



Did You Know?

(*taken from National Coalition Against Domestic Violence www.ncadv.org)

- 1 out of 4 women will experience domestic violence in her lifetime
- An estimated 1.3 million women are victims of physical assault by an intimate partner each year
- 85% of domestic violence victims are women
- Females who are 20-24 years of age are at the great risk of nonfatal intimate partner violence
- 1 in 12 women and 1 in 45 men have been stalked in their lifetime

Am I Being Abused?

(*taken from DC Coalition Against Domestic Violence <http://dccadv.org>)

Most relationships are not abusive. However, feeling threatened or intimidated are usually signs of an abusive relationship. Does your partner ever:

- Degrade you by calling you names or putting you down?
- Control who you see, where you go or what you do?
- Stop you from seeing your friends or family members?
- Use your children to control you?
- Intimidate you with threatening words, looks or weapons?
- Shove you, slap you or hit you?
- Deny their actions?
- Repeatedly blame you for their actions?
- Threaten to kill you?

If you answered yes to one or more of these question, please seek help from a resource listed below.

If You Need Help

- The National Domestic Violence Hotline 1-800-799-SAFE (7233)
- Call, the Employee Assistance Program, at 703-692-8917, to schedule an appointment with a counselor. Appointments are free and confidential.

Upcoming Workshops

November 2011

<p>16</p> <p>Mark Center Supervisory Training (for Supervisors and Managers of Civilian Personnel)</p> <p>10:00 - 11:30 am Conference Rm. 14 B1</p>	<p>17</p> <p>Mark Center Success Over Stress</p> <p>12:30 - 2:30 pm Conference Rm. 19 B1</p>	<p>17</p> <p>Pentagon Balancing Work & Family</p> <p>9:30 - 11:00 am Upton Conference Rm. (#219) DTHC</p>
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December 2011

<p>1</p> <p>Pentagon Retirement in Mind</p> <p>9:30 - 11:30 am Upton Conference Rm. (#219) DTHC</p>		<p>8</p> <p>Pentagon Supervisory Training (for Supervisors and Managers of Civilian Personnel)</p> <p>9:30 - 11:30 am Upton Conference Rm. (#219) DTHC</p>
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For additional information or to register, call 703-692-8917 or email PERS@amedd.army.mil

Walking the Tightrope of Life: A Balancing Act

By Stacie Chapman, LCPC

The leaves are changing, the mornings are colder, and retailers are starting to sell fake trees and musical lawn ornaments. This can only mean one thing: the holidays are coming. It's the time of year when people's already packed schedules are stretched to the breaking point. Holiday stress statistics reported by the American Psychological Association show that that 69% of people feel like they have even less time during the holiday season to get things done. (Source: <http://www.healthcarecolleges.net/blog/how-to-deal-with-holiday-stress/>)

The Employee Assistance Program is offering a workshop on Balancing Work and Home Life and will include tips for making it through the holiday season. The workshop will also discuss tips for dealing with technology and other barriers to balancing all of life's demands. The workshop is Thursday, November 17, 2011 at 930 am.

Ask The EAP?

Q: How confidential is the EAP?

A: Client identity and information provided to a counselor is protected by law. No information about clients who make use of the EAP will be disclosed without their written consent. Exceptions are rare and are to ensure the safety of the clients and/or others.

To have your questions answered by the EAP please email: PERS@amedd.army.mil

