

PERSPECTIVES

PUBLISHED BY THE
PENTAGON EMPLOYEE REFERRAL SERVICE (PERS)
BEHAVIORAL FACTORS INC.

PERS

TIPS FOR REDUCING HOLIDAY STRESS

HEALTH. Ward off the blues with good nutrition, plenty of sleep, minimal amounts of alcohol and sugar. Get plenty of fresh air and exercise. Don't isolate in the house

OTHERS. Do something nice for someone else. This can make us feel good about ourselves.

LEARN TO SAY NO. People will understand if you say no. This prevents us from feeling overwhelmed and resentful.

IMPLEMENT A TIMELINE. Plan ahead. Limit your stress—begin shopping, cooking, decorating, writing cards, or other tasks now.

DRINKING. Be aware that excessive drinking can increase feelings of depression.

ASK FOR HELP. For example, if you have guests, ask every one to bring part of the meal.

YOU ARE NOT ALONE. Don't feel guilty if you are not happy. Holiday depression and blues are normal and temporary.

SAVOR WHAT IS SPECIAL. Remember what's special and important about the holidays – stay focused on these aspects.

TRADITIONS. Give yourself permission to drop one or two family traditions or obligations this year.

RELAXATION. If your body is relaxed, then you are more likely to feel calm and better able to handle life's stressors.

EXPECTATIONS. Don't allow your expectations of holidays to be dictated by unrealistic scenes from movies.

SWAP BABYSITTING. Swap with friends to get shopping done "hands-free."

STICK TO A BUDGET. Establish a budget for holiday spending. Be realistic.



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

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

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Positive Aging: Attitude is Key to Healthy Aging

By: Jane Shea, PhD

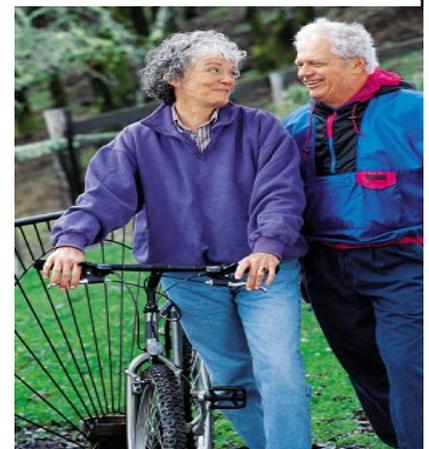
Have you ever noticed that some people move gracefully into their “golden years” and others go kicking and screaming? Have you observed that some people shrug off the various aches and pains that come with normal aging and others are completely focused on them? It appears that some are better equipped to cope with, and even embrace, the changes associated with aging. The field of Positive Psychology, more specifically Positive Aging, may provide some answers to the difference in outlook.

Positive Psychology, according to psychologist Martin Seligman, posits that people possess strengths (courage, future mindedness, optimism, interpersonal skills, work ethic, honesty, perseverance, hope) that help them cope with the challenges they meet throughout their lives. Positive aging refers to experiencing happiness and a sense of well-being, even in the presence of disease. The field of thought is based on the assumption that it is possible to actively shape one’s own experience of aging by making choices and using resources. Characteristics of positive aging include making lifestyle choices to preserve health and well-being as well as mobilizing resources to cope with age related decline. Positive aging also requires flexibility across the lifespan. Most importantly, positive aging requires the ability to focus on the positives rather than the problems and difficulties of growing old. If you are the person who always sees the ‘glass half empty,’ making an effort to shift toward a more positive viewpoint may really pay off as you grow older.

If you would like more information about this topic and others related to healthy aging, consider signing up for a new 2-part workshop offered jointly by PERS and Fit To Win in the DiLorenzo TRICARE Health Clinic, “Aging is Not for Sissies.” The course is being offered on January 26 and February 2, 9:00 to 10:30 AM in the Upton Conference Room of the DiLorenzo TRICARE Health Clinic. Please call 703 692-8917 or email pers@amedd.army.mil to register.

“It is not how old you are, but how you are old.”

Jules Renard





Upcoming Workshops

January 2011			
6 Supervisory Training Series Troubled Employee: How the EAP can work 9:30 - 11:00 am Upton Conference Rm. (#219) DTHC, Pentagon	19 Supervisory Training Series Success over Stress: Self Care for the Supervisor 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon	25 Coming Back: Psychological Aspects of Civilian Deploy- ment 10:00 am - 12:00 pm Upton Conference Rm. (#219) DTHC, Pentagon	26 Aging is not for Sissies (Part I) 9:00 am - 10:30 pm Upton Conference Rm. (#219) DTHC, Pentagon
February 2011			
2 Aging is not for Sissies (Part II) 9:30 - 10:30 am Upton Conference Rm. (#219) DTHC, Pentagon	3 Enhancing Your Relationship 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon	8 Supervisory Training Series Working Styles 9:00 - 11:00 am Upton Conference Rm. (#219) DTHC, Pentagon	16 Retirement in Mind 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon
March 2011			
3 Positive Thinking 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon	8 Supervisory Training Series Crisis Management for Sup. 9:00 - 11:00 am Upton Conference Rm. (#219) DTHC, Pentagon	29 Supervisory Training Series Team Building for Sup. 9:00 - 12:00 pm Upton Conference Rm. (#219) DTHC, Pentagon	
For additional information or to register, call 703-692-8917 or email PERS@amedd.army.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 recognize and resolve personal problems which adversely affect job performance may actually pose a greater risk to job security.



Coming Back- Psychological Aspects of Civilian Deployment

By: Eileen Long-Farias

Our civilian employees continue to deploy to Afghanistan, Iraq and other hardship posts in large numbers. Unlike military personnel, these men and women typically deploy as individuals and not as part of a team. This unique experience brings with it many issues. While there can be advantages, such as career advancement and interesting work opportunities, there are, of course, inherent difficulties. Civilians have a range of experiences which translates into a variety of personal responses. Some people describe their deployment as uneventful while others lived with daily mortar attacks and constant threat. There can be a wide range of exposure to traumatic events.

One aspect of deployment that can be unexpectedly difficult is the return home. The re-integration process takes time. Often times the expectation, especially for first time “deployees”, is that they will pick up right where they left off. Many people find that this is not always the case. In the instance of those individuals who were hyper-vigilant throughout their deployment, the body and brain do not switch out of that mode automatically. Many people will notice that their fuse is shorter or their sleep is impacted. It takes time to adjust to the rhythm and different demands of being “home”. Getting re-acquainted with coworkers and re-integrating in to one’s family requires patience on everyone’s part. A deployment experience can change a person’s expectations of their work role as well as their familial and social relationships.



The Pentagon Employee Referral Service is offering a training that will focus on the psychological aspects of civilian deployment. Join us for “Coming Back- Psychological Aspects of Civilian Deployment” on January 25 from 10 to 12pm. Please call 703-692-8917 to register or for more information.

Make an EAP Appointment: Call 703-692-8917 to schedule an appointment that is convenient for you. The EAP is open Monday through Friday from 7:30 am to 4:00pm.

The EAP is located in the DiLorenzo TRICARE Health Clinic (DTHC), which is located in the Pentagon. The clinic is on the 1st floor of the eighth corridor, near the north parking entrance.