

QUANTUM

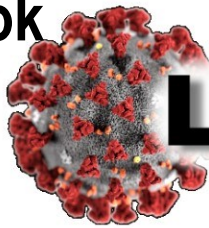
Wellness, Productivity, and You!



BALANCED LIVING

2020-04

COVID-19 Links: Worth a Look



New information resources are appearing weekly to help everyone worldwide understand, plan, cope, and overcome the hardship associated with the coronavirus COVID-19 pandemic. Consider these resources and easily memorized bitly.com links to help you remember them and share with others.* These are from the U.S. Centers for Disease Control and Prevention:

- 1) Everything You Need to Know: [CoronaVirus.gov](https://www.coronavirus.gov); 2) Disinfecting Your Home: bit.ly/corona-clean; 3) Homemade Disinfectant: bit.ly/virus-bleach; 4) Fear and Anxiety about Coro-

*Note: Links verified U.S. CDC.gov.
Some employers block shortened links.

Links

Exercise Motivation Tip: Sign a Contract

Do you keep wanting to start an exercise program, but so far have failed to launch?

There are scientifically proven ways to motivate yourself. You have heard of one: telling a friend who will hold you to account. Well, there are embellishments to this one you may wish to try. They include using a group of friends (not just one, to create more embarrassment), signing a written contract in front of them, and even adding a financial penalty for specific steps you miss along the way to your goal—that your friends keep!



Source: www.dailyburn.com/life/fitness/workout-motivation-tips/

Does Relationship Addiction Affect You?

Is your romantic relationship characterized by possessiveness, jealousy, manipulation, and feeling terrified of abandonment? These states are common among those who struggle with “relationship addiction.”



Relationship addiction (or love addiction) is not classified as a mental disorder, but many affected by it believe it should be. The dominant pattern is addictive clinging along with severe relationship conflict. Taking over a partner’s responsibilities, focusing on the partner’s “true potential” rather than abusive behaviors, or molding yourself to be the person your partner wants are also common. Escaping relationship addiction is possible with counseling. Talk to your EAP. Change will be a rewarding journey of hard work, but it won’t be about “fixing the relationship.” It will be about learning more about how you respond to relationships, discovering the real you, and finding the healthy relation-

Improve Depression Treatment with Talk Therapy

Talk to your doctor about adding talk therapy (counseling) to help treat depression more efficiently in addition to any pharmaceutical intervention you have been given. Talk therapy may 1) help you prevent negative self-talk scripts that are naturally associated with depression, but can make the condition feel

worse; 2) assist you in feeling better faster during the natural delay in the medication’s positive effects; 3) offer you additional structure and a helping relationship you can look forward to each week; and 4) add a collaborating professional to work with your doctor to offer feedback on your condition.



COVID-19: Reducing Fear and Anxiety



Uncertainty about what's going to happen with COVID-19 and its impact on everyone can have you feeling anxious and fearful. Whether you are concerned about your job or an elderly family member, getting food and supplies, or even getting sick yourself—you have an important goal: combat this stress and stay calm. Here's how:

- 1) Practice self-care: Focus on what you can control. Get more sleep, read a new book, have a warm bath, or take a walk somewhere quiet—whatever you do, now is the time to prioritize your well-being.
- 2) Limit social media use: Set limits on how often you use social media, especially if you're at home where it's tempting to check in more often. Don't let a constant stream of tweets, status updates, and conflicting opinions overwhelm you.
- 3) Read only reliable news sources: Stay informed by reading only reliable sources, such as government websites, the WHO, and the CDC. Other news sources may be less accurate, and they may cause feelings of panic and concern.
- 4) Talk it out: Acknowledge any stress or anxiety you're feeling right now, and ask others how they're coping. Talk to family and friends, and make sure you check in with how your kids are feeling.
- 5) Reach out to coworkers: Now is the time for coworkers to come together. Focus on maintaining positive morale at work, and if you're working remotely, set

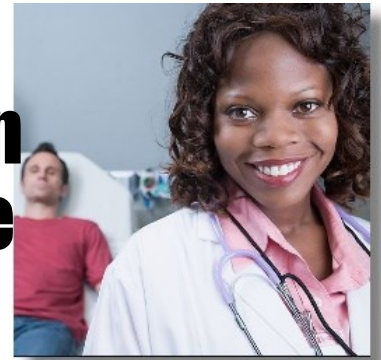
Intervening with a Troubled Teen

Most parents do the best job they can raising children, but any expert will tell you that it also takes a bit of luck. If you are slowly adapting to increasing behavioral problems of a teenager, don't dismiss the idea of a professional assessment to help you identify a path to correct defiant or oppositional behavior. In the 1980s, a worldwide movement of parents helping parents emerged based on a book called *Toughlove*. Decades later, many of its ideas remain standard fare as tools for helping parents reassert and recapture control over their homes, parenting effectiveness, and a better relationship with their children. Start by contacting your EAP so they can point you to reputable services and resources, and you may discover some of these assertive principles of the Toughlove movement.



Source: Toughlove; Phyllis and David York; Bantam; 1982

Try an Addiction Medicine Physician



Loved ones typically play significant roles in leading an alcoholic or drug addict into treatment. A first stop along the way is often a doctor's office. The hope is that the physician will motivate the ill loved one to accept proper help. If this becomes your experience, consider a specialist physician in "addiction medicine." These highly trained medical doctors are concerned with the prevention, evaluation, diagnosis, treatment, and recovery of persons with the disease of addiction. They diagnose substance-related health conditions and treat persons suffering with unhealthy use of nicotine, alcohol, prescription medications, and other licit and illicit drugs. What's more, these physicians also help family members whose well-being are affected by a loved one's substance use or addiction. This is you. With over 6,000 physician addiction specialists nationwide, there's likely one close by. Visit the American Society on Addiction Medicine at ASAM.org, click on "Find a Physician," or contact an em-

Source: ASAM.org Public Policy on Identifying an Addiction Specialist, 2011

Maintain Healthy Lungs to Fight COVID-19



You are at higher risk of a deadly outcome from COVID-19 if you smoke. Smoking increases your risk for acute respiratory distress syndrome (ARDS) and adversely affects your immune system. Now is the time to stop using tobacco, and to give up vaping and marijuana—whatever can deplete lung functioning. Many changes in society are likely from the global fight against the coronavirus pandemic. One of them is likely to be a new effort by smokers to quit, this time for good. Be a part of this healthy change by contacting your employee assistance program for more information or SmokeFree.gov.

Source: tobacco.ucsf.edu/blog