

YOUR EMPLOYEE ASSISTANCE PROGRAM

# E·A·P Plus



## EAP PLUS & YOU

PROVIDING A MENTALLY HEALTHY WORKPLACE

JUNE 2023

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JUNE IS NATIONAL PTSD AWARENESS MONTH

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Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self, and their ability to feel the full range of emotions and experiences.

Traumatic situations can include: war, natural disasters, sexual violence, childhood abuse, car accidents, community violence or domestic violence. The experience of trauma can vary from person to person as how one experiences a traumatic event is highly individualized. Although responses to traumatic events vary significantly among people, there are some basic symptoms of trauma that are common.

Emotional signs of trauma might include:

- sadness
- anger
- denial
- fear
- shame
- worry

Physical signs of trauma might include:

- dizziness
- altered sleep patterns
- changes in appetite
- headaches
- stomach problems

Trauma can also lead to nightmares, relationship problems, emotional outbursts, substance use, panic attacks, avoidance or increased isolation, feeling disconnected from oneself or others, and heightened anxiety.

Fortunately, there are a number of highly effective therapies for the treatment of trauma. Common treatments include: cognitive behavioral therapy, cognitive processing therapy, eye movement desensitization and reprocessing, and prolonged exposure therapy. Medication can also be used in combination with therapy. The exact length of time required for treatment varies, but in general could range from 12-18 sessions.

Trauma therapy can improve a person's quality of life. As a result of therapy, an individual may be less susceptible to triggers and symptoms, have closer connections with people, feel less frustrated and irritable, and have better coping skills.

(Source: [integratedlistening.com](http://integratedlistening.com))

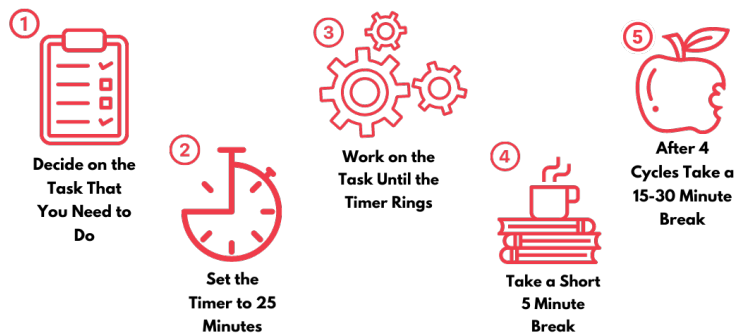
## TRY THE POMODORO TECHNIQUE

You might benefit from the Pomodoro Technique if you struggle with distractions and remaining focused on projects.

Developed by Francesco Cirillo, the approach to managing time requires a kitchen timer and breaking work into short, focused intervals called Pomodoros. Each interval is 25 minutes.

You would work for 25 minutes, then take a 5-minute break. After four Pomodoros, take a longer break of 15-30 minutes. Ultimately, you should be better able to maintain focus and productivity, and eventually become more efficient at prioritizing tasks and avoiding distractions.

## THE POMODORO TECHNIQUE





Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather. Why? Sun exposure can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common form of cancer in the U.S. Skin cancer is on the rise in the U.S.

The National Cancer Institute estimates there will be 99,780 new cases of skin melanomas and 7,650 related deaths in 2022. In 2019, there were an estimated 1.3 million people living with melanoma of the skin in the U.S. About 4.3 million

people are treated for basal cell carcinoma and squamous cell carcinoma, two of the most common types of skin cancer, in the U.S. every year, according to published data from the Centers for Disease Control and Prevention.

The U.S. Food and Drug Administration continues to evaluate sunscreen products to ensure that they are safe and effective. Sunscreens help protect people from sunburn and, for broad spectrum products with sun protection factor (SPF) values of at least 15, from skin cancer and early skin aging caused by the sun when used as directed with other sun protection measures.

As you may have recently heard, certain spray sunscreens have been recalled because of benzene contamination. The FDA recommends that consumers not use recalled sunscreens. Find out here if your sunscreen has been recalled. The FDA continues to monitor the quality of drugs and, when appropriate, encourages retailers to remove products from store shelves and online marketplaces when issues arise. Consumers should continue to use sunscreen, along with other sun protection measures, to reduce risks from sun exposure.

### **Lower Your Risk for Sunburn, Skin Cancer, and Early Skin Aging**

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Sunburn is a type of skin damage caused by the sun. Tanning is also a sign of the skin reacting to potentially damaging UV radiation by producing additional pigmentation that provides it with some, but often not enough, protection against sunburn. Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage.

You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available. (The FDA regulates these products only if they are intended to be used for medical purposes.)
- Using broad spectrum sunscreens with an SPF value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.)
- Reading the label to ensure you use your sunscreen correctly.

- Consulting a health care professional before applying sunscreen to infants younger than 6 months.

In general, the FDA recommends that you use broad spectrum sunscreen with an SPF of 15 or higher, even on cloudy days. In addition:

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (but avoid putting it inside your mouth and eyes).
- Reapply at least every two hours. Apply more often if you're swimming or sweating. (Read the label for your specific sunscreen. An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is waterproof.
- Currently, only sunscreens in lotion, cream, stick, gel, oil, butter, paste, spray, and powder dosage forms can be legally marketed. Sunscreen in all other dosage forms, including wipes, towelettes, body washes, and shampoos, cannot be legally marketed without further FDA action.

Source: <https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses>



### Meet your EAP Manager

*Mary Jane Kocian-Figueroa, Psy.D., MPH*

Please reach out to Mary Jane directly at **937-528-3176** with any questions or if you are seeking us as a possible resource for your staff. We care about your company's well-being and that of your employees!

All calls for counseling services: **937-293-4525**

*Information in this newsletter is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional.*

Download the .PDF of this Newsletter

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