

Volume IV

Fall 2005



E.A.P. SUNY FREDONIA

EAP Newsletter

Welcome to the new EAP newsletter! This month, we focus on several important issues, including adjusting to changes, social support, fall fitness, and fall safety tips. We also highlight many health and wellness resources on campus. Happy Fall!

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Adjusting to changes

With the beginning of the Fall, often people experience changes in their lives. New jobs may begin. Children start school or return to school. Debt from summer vacations may have to be dealt with. These changes combined with other responsibilities such as housework, errands, family, and work can occasionally feel overwhelming. Making significant changes in life or having a lot of responsibilities can lead sometimes to a great deal of stress. Signs that one is having difficulty adjusting to a new situation or that one is under too much stress include feeling very nervous, having problems sleeping, feeling irritable, feeling depressed or hopeless, worrying, and excessive tiredness. Adjustment problems and stress can be decreased a number of ways including:

Talking with a good friend or family member about your feelings and situation.

Exercising (even 15 minutes/day can be very helpful).

Finding ways to relax, even if for a few minutes (e.g., deep breathing, going for a walk, listening to music).

Looking closely at all responsibilities: Can any be reduced, even temporarily? Perhaps you can make arrangements with friends or neighbors to take turns taking children to after-school activities; perhaps other family members or friends can help more with day-to-day errands or housework than they are currently. Is there a way to get things done at work more quickly?

Talking with a counselor to find strategies to reduce stress that will work best for you.

Making lists and using a calendar to plan out activities for each day. This can help decrease worry about what needs to be done each day.

The EAP website (www.fredonia.edu/eap/) offers information about many different online resources and wellness links that can be helpful. There is information on stress management and fitness among other helpful articles.

For even more information, ideas, and support visit www.lifeworks.com (User ID nys: Password 2670). This website deals with everyday issues like balancing work and family; and midlife and retirement issues.

Social Support

There are many changes that people go through in their lives. A person may change jobs, attend a new school, lose a person that is close to him/her, or even just need to talk to someone who will listen. Social support from others is a very important aspect of life. Just having someone to confide in like relatives and friends can help reduce stress.

Now, you may be thinking that you used to be close to a family member or friend but now have been too busy with "life" to talk to this person in awhile. Even if you have not talked to some close friends for a period of time, it is never too late to give them a call, send a letter or e-mail them, to restore the social network you once had. It is always nice to have an opportunity to talk about things that are happening in your life. These may be wonderful things that have occurred or events that have placed a major burden on your life.

If you ever feel the need to talk to someone about the things that are happening in your life and feel that you have no one to confide in, you can contact the EAP office on campus. **Wilma Parry** is the EAP Coordinator. She provides assessment and referral services to people. You can contact her at 673-3586 or visit the EAP website (www.fredonia.edu/eap/) for more information.

Flu Shots will be available to all faculty, staff, and students beginning Monday, October 17, until Friday, November 18, 2005. They will be given at LoGrasso Hall Student Health Center.

Hours: Monday, Wednesday, Friday 9am-11am and 2pm-4pm

Tuesday and Thursday 12pm-2pm

Cost: \$20.00 for faculty and staff and \$15.00 for students check or cash (please bring exact amount if paying in cash)

Fall Fitness

During the fall the days get shorter, and without the sunlight you may be less enthusiastic and feel like you have less time for exercise. This still doesn't mean you have to wait for spring to get back outside, however. The cool mornings and early evenings are very refreshing for exercising.

You can take a walk through your neighborhood or a park, or take advantage of places where you can pick apples or go hiking. Playing football or soccer with children or other family members can also be enjoyable.

This will give you a chance to exercise and experience some of the wonderful colors nature has to offer during the fall



months.

This season is also popular for indoor activities on and off campus. Bowling can be enjoyable for the whole family even if you are not on a league. **Some year-round activities offered at the college include the Blue Devil Fitness center, the pool, and indoor track as**

well as the racquetball court.

Fredonia State also offers **Yoga** classes in 8-week sessions during lunchtime. This can be a fantastic way to relax and may also be beneficial for health problems such as anxiety, hypertension, muscle tension, depression, and low back pain.

Pilates is also offered on Mondays from 12:30pm until 1:30 pm.

For more information regarding Yoga and Pilates contact Lifelong Learning at ext. 3177.

Whether you choose indoor or outdoor activities you will get a chance to get some exercise. These activities may be so enjoyable that you probably won't mind exercising at all!

Fall Safety Tips

Many people are excited to get outside and enjoy the cooler air and beauty nature has to offer in the fall. However, fall can offer some challenges in terms of safety.

Back to school safety

Watch for buses! Do not go around them when they are stopped to pick up or drop children off.

Keep an eye out for children walking to school.

If your child rides his/her bicycle to school make sure he/she wears a helmet.

Outdoor cleanup

Raking leaves can be a very strenuous task. A lot of twisting, bending, and lifting is required and can cause many muscle aches the next day if one is not careful. It may help to stretch before and after raking to relieve muscle tension.

Wear gloves when raking to prevent blisters.

If you are on a ladder cleaning gutters, be sure the ladder is long enough, do not overextend your reach, and have someone on the ground to hold it.

Use a wheelbarrow for moving heavy items.



Take part in the Great American Smokeout!

This year's event is November 17, 2005.

The American Cancer Society holds this event once a year. It is designed to help smokers quit for one day, in hope they will quit for good.

To learn more about this event visit www.cancer.org/docroot/PED/ped_10_4asp