Learn the Five Steps of Suicide Prevention

The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or Text 741741. recommends awareness of the “five steps” to suicide prevention. The research-supported model can reduce the risk that a person in crisis will take his or her life. The approach includes a series of action steps anyone can learn. This includes 1) asking if a person is suicidal, 2) being there and offering support, 3) playing a role in keeping someone safe and summoning help, 4) assisting the person in connecting with other support resources, and 5) following up. Suicide prevention is everyone’s responsibility. The five steps are for everyone because someday you might be the one in the position to save a life.

Source: http://www.bethe1to.com/bethe1to-steps-evidence/.

E-Cigarette use is an “epidemic”

The use of e-cigarettes has become an epidemic among teens and needs to be stopped, Food and Drug Administration chief Dr. Scott Gottlieb said Wednesday. There are clear signs that youth use of e-cigs or “Juuling” has reached an epidemic proportion and strategies to combat this concern must be prioritized. The American Medical Association said the FDA should ban flavors and should also require lower nicotine levels in all cigarettes and e-cigarettes. “Increasing the awareness of the harmful nature of these products and their addictive power is the only way to prevent another generation of Americans from developing nicotine dependence,” the AMA said.

If you have concerns that your young adult may have an addiction to nicotine, contact EAP at eap@binghamton.edu for free local resources.

Stress Management: Discover Your “Flow”

One important stress management technique is detachment, which helps build resilience. An example is taking a vacation. One powerful and healthy way to detach that you may not have heard of is “flow activity.” A flow activity is any activity such as gardening, painting, reading for pleasure, needlework, or dancing that can absorb your complete attention in a meaningful, goal-directed, pleasurable, and completely distracting way. When you are busy and under stress, it’s easy to fall into an “eat-sleep-work-repeat” cycle. Interrupting this course of stress with two to three hours a week of flow activities that help you completely detach will significantly elevate your happiness. You will experience more balance and engagement with your job.

Learn more at http://www.ted.com [Search “mihaly”]

Anger in the Workplace

If you blow up at disappointments, rage at inconveniences, or bark at others’ mistakes, then you probably recognize your anger management problem. Are you still struggling to get a handle on it? The change you want entails education about anger, self-awareness, and triggers; practicing alternative responses; logging attempts at change; practicing response tactics; apologizing to others when you slip up; and measuring progress. Anger responses become engrained, which is why a programmatic approach is often needed to gain control in the long term. Talk to your EAP or a counselor to discuss the pieces above and how to turn them into a plan that will give you results.

The FDA is considering a ban on all flavored e-cigarettes.

Maggie Fox | Sept.12, 2018

Watch the video here: nbcnews.com/health/health-news/e-cigarette-use-epidemic-fda-chief-says-n908781
Many articles, books, and speeches have discussed the secret to finding happiness, but there is only one 75-year study that has attempted to pin down the answer. It's the Grant and Gluek Study, which began in 1934. And it continues today. The project focuses on the lives of two completely different groups of people—a large group of low-income people from Boston, Massachusetts, and a similarly large group of Harvard graduates. The only finding common to both groups of what ultimately brings joy is quality relationships. Recent studies on the negative effects of loneliness lend support to these findings. Developing strong and positive relationships is a social skill that also has some important ingredients. And it can be learned. If you’re past your teens and younger years and you find your health and relationships are lacking, it can be a bit more of a challenge to fire up an active friends network. For advice on reestablishing a social life after lots of time away from the practice of doing so, start with a visit to your EAP.

Are Teenagers Switching to Xanax?

Many teenagers who have been using opioids may be switching to prescription drugs like Xanax, say addiction treatment professionals who specialize in teen substance abuse. The war on street opioids, related overdose fears, and the risk of death when using fentanyl may be influencing the switch. Drugs like Xanax are often plentiful in medicine cabinets of parents and grandparents. Stealing the substances and distributing them among peers is not uncommon. Once you are addicted, quitting Xanax suddenly can be life-threatening. Because drug-using teens often drink, using Xanax, Valium, and similar drugs can be particularly hazardous. If you have been prescribed medications like Xanax, manage these substances so they cannot be stolen. Never give your medication to your teen as a way of controlling his or her anxiety. Teens more susceptible to Xanax and other benzodiazepine addiction will be those with family histories of substance abuse.