



EAP: In Focus

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Newsletter of your Employee
Assistance Program

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What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
 - Marital
 - Family
 - Stress
 - Financial
 - Legal
 - Anxiety
 - Depression
 - Etc...
- Just call
1-800-226-7930

Do you often complain of being tired? You certainly are not alone! A recent study from the Centers for Disease Control and Prevention finds that almost one third of American adults get less than seven hours of sleep per night. The National Sleep Foundation recommends 7—9 hours of sleep per night for adults 18 to 64. It appears that sleep is what we sacrifice when our schedules get too busy.

Unfortunately, many studies show that you are less productive when you aren't getting enough sleep. Here is a list of what the costs of lack of sleep can be:

SLEEP!

Poor judgement
Difficulty learning and retaining information
Delayed Reaction time
Irritability
Impatience
Negativity
Decreased Concentration

Your best, most productive work almost always comes when you are well rested.

Keys to a good night's sleep

Maintain a regular sleep schedule. It is better to go to bed an hour earlier during the week than

trying to catch up on weekends.
Keep your room dark
Use white noise such as a fan to dampen outside noise.
Avoid caffeine in the evenings. It stays in your system for up to 6 hours.
Don't use alcohol to excess. It may help you fall asleep, but your sleep won't be of good quality.
Shut out negativity.
Try gratitude journaling to put your mind in a better frame to induce better sleep.

Quotation Corner

Sleep is the best medication

Dalai Lama

Synergy EAP Solutions

3949 Evans Ave.,
Suite 202
Fort Myers, FL 33901

Phone: 239-278-7435
Fax: 239-278-7439
E-mail:
solutions@synergieap.org

**Caring, Confidential,
Convenient**

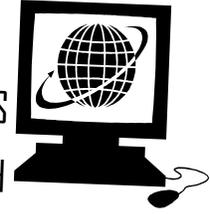
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CHECK THESE OUT!!

WWW = WEB PAGES

WORTH



WATCHING

Tips on getting a good night's sleep

Article with ideas to help you sleep.

<https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>

Family Genograms

Have you received one or two graduation notices lately from great nephews, nieces or cousins and asked yourself, “Now whose child is this? Is it my sister’s grandson or my brother’s?” An easy way to keep tabs on who is related to whom is to compose a simple diagram called a family genogram.

Developed in the 1970s and 1980s by psychotherapists, family genograms go further than traditional family trees because they are able to contain a wealth of information on the families they represent. A genogram not only shows you the names of the people who compose your family, but also how everyone in the family relates to each other and other important family information.

For example, a genogram will not only tell you that your sister Betsy and her husband Neil have three children, but also that their oldest son has two chil-

dren, the youngest of which is “a handful” to discipline while the elder child is an honor roll student in the 10th grade at Farley High School. The genogram can also point out strained relationships among various family members, make notes regarding physical or mental health conditions of relatives, and trace histories of addictions in the family system.

A genogram can be straightforward or complex depending on its purpose. A specific function of a genogram might be to chronicle the diseases and conditions that occur in the family system to evaluate an individual’s health risk. In family therapy, genograms are used to examine relationships between family members and assess their relevance to the presenting complaints or issues.

To see how to create a family genogram and to view examples, go online and do a search using the keywords “genogram” or “genogram maker.” You’ll pull up programs and sample genograms that explain the symbols and the step-by-step process. You might find it interesting and fun to contact your relatives and ask for their information and input. They will probably want copies when you’re done.

