

## In this Newsletter

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*(for additional event and registration information, see below)*

**Everyday Leadership: Thriving in Today's Changing World**

*Zoom Video*

*May 13, 2021 at 12:00-12:45*

**A Week of Mindfulness and Meditation (Telephonic)**

*Zoom Telephonic event*

*Daily the week of May 17, 2021  
3:00 - 3:15 p.m.*

**Emphasizing Empathy: Supporting Mental Health at Home and at Work**

*Zoom Video*

*May 25, 2021 at 12:00-12:30 p.m.*

**EAP Benefits Orientations**

*(see below to register for specific date)*

*Zoom Video*

*May 6, 2021 at 10:00 a.m.*

*May 13, 2021 at 2:00 p.m.*

*May 20, 2021 at 10:00 a.m.*

**EAP Supervisory Training**

*Zoom Video*

*May 18, 2021 at 12:00-12:45 p.m.*

***Click here to Access this  
Newsletter as a PDF***

## May is Mental Health Awareness Month



With all the changes and uncertainty in the world, it is time to break the stigma around getting support. This month is dedicated to raising awareness and educate the public about mental illnesses, the realities of living with these conditions, and the strategies for attaining mental health and wellness.

The stigma that surrounds mental health is a common problem that affects whether or not people seek treatment. The fact is that you are not alone:

- **1 in 5** U.S. adults experience some kind of mental illness
- **1 in 20** U.S. adults experience serious mental illness
- **16.5%** of U.S. youth aged 6-17 experience a mental health disorder
- **3.8%** of U.S. adults experience a co-occurring substance use disorder and mental illness

# Take Mental Health Matters Into Your Own Hands!

C&FS EAP benefits and services are here for you and our counselors, coaches and consultants are always available for you to discuss your needs. Call or schedule a mental health check in today – call 716-681-4300 or [complete the on-line intake form below](#).

In addition, many people like exploring resources privately on their own. [Our Online Helpful Resources](#) are designed for just that. Resources such as webinars, expert articles, [Mental Health screening tests](#), newsletters, local resources, and important links are available on our website. You and your eligible household members can explore at any time.

[Click to Complete an EAP Online Intake Form](#)

## Mental Health as a Daily Practice: Creating a Plan for Good Mental Health

Staying healthy is a central goal in many people's lives, and we all are seeking ways to promote good health. Health advice is everywhere, and much of the information and energy is focused on physical health. This month we want to focus on ways that we are able to promote and protect our mental health. Establishing routines for good physical health is one way to promote mental health. Here are a few other ways:

### Connect with others

Reach out to people you care about. Let the people you love know that you appreciate them. Send a text, make a call or send a card, it will help you and the people you love.

### Find some quiet time

Some people find strength from practicing [mindfulness and meditation](#). Others find strength and solace in a 15 minute walk alone listening to calming music. Find what works for you incorporate this practice into your everyday life.

### Ask for help

It is ok to not be ok. We are all experiencing a collective experience through the COVID pandemic. This time has taken its toll, and others may be able to understand how you are feeling. Sharing our experiences can be comforting and help us feel that we are not

## Mental Health: Know the Warning Signs for Adults, Teenagers, and Children

Trying to tell the difference between what is expected behavior and what might be a sign of a mental illness isn't easy. It is very difficult to determine if there is mental illness, if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

If you are wondering about your symptoms, **you can take a Mental Health screening test to learn more about your concerns** or reach out to C&FS EAP for a consultation - call 716-681-4300 or **complete the on-line intake form here**.

Each mental illness has its own symptoms, but **common signs of mental illness in adults and adolescents** can include the following:

- Excessive worrying or fear, sadness or low energy
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling

alone. Call C&FS EAP if you would like to talk with a professional, 716-681-4300 or [complete the on-line intake form here.](#)

## A Week of Mindfulness and Meditation

**May 17, 18, 19, 20, & 21**

**3:00 p.m. daily –**

**15 minute meditation**

**Telephonic event:**

Dial US: +1 929 436 2866

Webinar ID: 880 6114 7161

Presenter: There will be a new guide daily, leading you through a mindfulness exercise

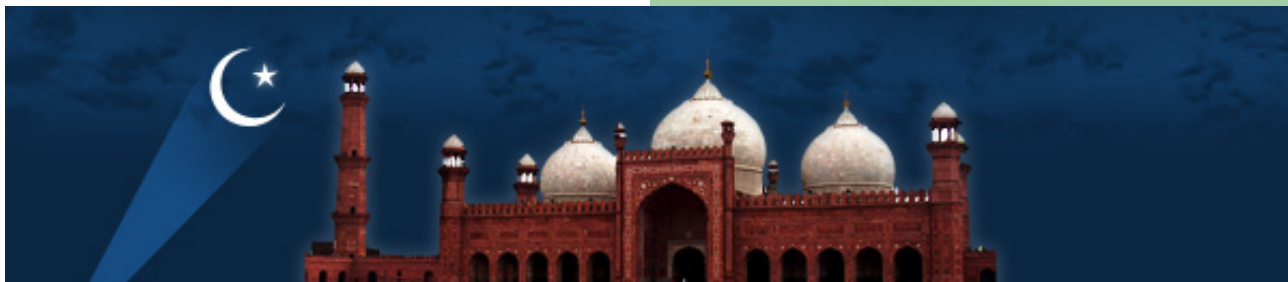
Join us the week of May 17th for an afternoon mindfulness break. We all lead extremely busy lives where we are pulled in a million different directions at once. One way to help manage the stress that our hectic lifestyles is to practice mindfulness through guided meditation. Mindfulness is maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surroundings. Join our meditation guides daily by calling in and experiencing the power of a mindful moment!

**Hosted by C&FS Center for Resolution and Justice and Employee Assistance Program**

- tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes
- Thinking about and talking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. **Symptoms in children may include the following:**

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums



## Celebrating Ramadan

This year, the month long fast of Ramadan began around April 13th (or at sundown on April 12th) and ends around May 12th. It is the 9th month of the Islamic Calendar, which is based on a 12 month lunar year, and is considered to be one of the holiest months of the year for Muslims.

Traditionally, Muslims fast from pre-dawn to sunset, a fast of between 11-16 hours depending on the time of year for a period of 29-30 days. The fast of Ramadan entails forgoing food and drink. Muslims welcome Ramadan as an opportunity for self-reflection, spiritual improvement, and as a means to grow in moral excellence. The elderly, ill, young children, and pregnant or nursing mothers are excused from fasting.

# Tips for Supporting Colleagues Who Celebrate Ramadan

1. If you are aware that someone is Islam, feel free to acknowledge their holiday by wishing them a "Happy Ramadan!"
2. Be considerate when bringing food into the office during this time, as they may not be able to partake.
3. Be flexible with meeting times. Fasting can impact energy levels, and certain times are traditionally devoted to prayer or celebration, so get their input when scheduling.
4. Eid is the closing celebration of Ramadan, which often involves a feast and celebration with family, so be aware that people often take time off during this time.
5. Like many holidays, Ramadan looks different during the pandemic. Many people can't see the loved ones they usually see, so understand that this may be a difficult time for them and let them know if they need support that EAP is here for them.

## Happy Ramadan!

### UPCOMING EVENTS

#### Everyday Leadership: Thriving in Today's Changing World

*May 13, 2021 at 12:00-12:45 - Open to ALL*

[Click HERE to Register for Everyday Leadership](#)

**Presenter: Lindsey Zajac, Principal with Ahern, Murphy & Associates**  
Hosted by Megan Andrews, LCSW-R, C&FS EAP Assistant Director

When people think of leaders, they conjure up images of presidents, CEOs, or upper-level managers. There is a belief that only leaders lead, and the rest of us follow. But that is simply not the case. Leadership is not a title, and we all find ourselves in leadership roles in our personal and professional lives, every day. Everyday leadership is when someone takes intentional and daily action to foster connection and communication with others, while working together towards a shared purpose. Join Lindsey Zajac and Megan Andrews as they discuss everyday leadership in our changing world and address:

- What does everyday leadership look like at home and at work?
- What are the traits of extraordinary leadership?
- What has changed for leaders and what has stayed the same throughout the pandemic?
- Where do everyday leaders go from here?

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#### Emphasizing Empathy: Supporting Mental Health at Home and at Work

*May 25, 2021 at 12:00-12:30 - Open to ALL*

[Click HERE to Register for Emphasizing Empathy](#)

**Presenters:** Esther Kaul, LMHC, Clinical Supervisor at C&FS Outpatient Clinic, and Megan Andrews, LCSW-R, Assistant Director at Child & Family Services EAP

In the last year mental health has become one of the most talked about challenges in families, at work and in our communities. Even with brighter days ahead, the mental health crisis needs attention. Learning how to support others is vital, and our families and communities need this support now more than ever. The skill of empathy is an important factor in protecting mental

health. It can be defined as “putting yourself in another persons’ shoes”. By doing so, you become more aware of other’s feelings, and are better able to respond in a helpful way. Do you want to impact the world in a positive way? Then join us to learn how to reduce the stigma of mental health, sharpen your empathy skills!

This presentation is brought to you by Child & Family Services EAP and the C&FS Outpatient Clinic.

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### **EAP Benefits Orientations**

*May 6, 2021 at 10:00 a.m.*

Appropriate for EAP members who would like to learn more about their EAP benefit.

[Click to Register for the May 6 Orientation](#)

*May 13, 2021 at 2:00 p.m..*

[Click to Register for the May 13 Orientation](#)

*May 20, 2021 at 10:00 a.m.*

[Click to Register for the May 20 Orientation](#)

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### **General EAP Supervisory Training**

*May 18, 2021 at 12:00 p.m.*

This one-hour training offers strategies and practical information about using EAP services as a tool to more effectively manage people. Who should attend? Those in a supervisory role who are committed to promoting a workplace culture of safety and respect, and Leadership, human resources staff and those involved with developing policies and procedures.

[Click to Register for the May 18 Supervisory Training](#)