Acting, Helping, Preventing Suicide

Suicide is the second-leading cause of death among college students, but many colleges have limited resources for helping students deal with this pressing issue. Research shows that 90 percent of college students (and others) who take their own lives have a diagnosable mental illness, usually depression. Substance use disorders also contribute greatly to suicide risk. The American Foundation for Suicide Prevention’s recommendation: Be alert to signs of open aggression, anxiety, or agitation in a young person who is also depressed. Let the young person know that treatment is available. Encourage him or her to seek help. The EAP can provide you with information on the signs of risk for suicide and depression so you can better play an intervening role. 

Your Role in Corporate Integrity

Corporate integrity has become a top concern for customers and applicants seeking to work for reputable companies. Do you know the meaning of “integrity” and your role in making it part of the corporate culture in your company? Integrity means wholeness. When you demonstrate integrity, your actions match your words and the image promoted by your organization. Your conduct is dependable—not characterized by saying one thing and doing another, or promising things you can’t deliver. Strive to do what you say you will do, no matter how difficult. Be honest with others even if there is a cost. Put what is best for customers ahead of what is most expedient and easy to do and you will be considered an employee with integrity.

What’s Your Emotional IQ?

First made popular in Daniel Goleman’s book, Emotional Intelligence, this concept has heavily influenced how many psychologists understand emotional development and its effects on personal success. Emotional Intelligence refers to our ability to manage our emotional mind with intelligence in every facet of life. In large part, emotional intelligence is what we have typically called maturity. EQ increases as we deal successfully with our life experiences and gain wisdom. Emotional IQ involves the following:

- Managing emotional impulses
- Understanding another’s perspective
- Handling relationships smoothly
- Responding to situations appropriately

For additional information on this topic, go to the Free Seminars link at www.state.tn.us/finance/ins/eap/. You may also gain information on other previous seminars. Seminars are available onsite at your workplace upon request—call 615.741.1925 for scheduling.

Hangovers: Signal to Get Help?

Hung-over workers cost employers billions of dollars per year in lost productivity and absenteeism. Although heavy drinkers and alcoholics (11 percent of drinkers) experience more hangovers and contribute to more financial loss, hung-over workers are more likely to be light to moderate drinkers because there are more of them. Some people can get a hangover from just a couple of drinks. Coming to work with a hangover can pose substantial risk to yourself and others even if you have a zero blood-alcohol level. For some people, a hangover may be a risk factor for cardiac death. A hangover is a signal to evaluate your use of alcohol. The EAP can help.

Source: American College of Physicians; www.acponline.org

Important Notice: Information in this newsletter is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further questions or help with specific problems or personal concerns, contact your employee assistance professional.
New research presented by the European Society of Cardiology found that people with high blood pressure are more vulnerable to heart attacks during months of colder weather, or with sudden and significant temperature drops during other times of the year. One suggested theory to explain the phenomenon is the contraction of blood vessels and increased blood pressure experienced by hypertensive patients exposed to colder weather. The recommendation is to dress warmly when going out in the cold weather.

If you have a heart attack, chances are you won’t be sure what’s going on if you don’t know the symptoms. You may then wait too long before seeking help. Usually, heart attacks are accompanied by mild pain and discomfort, not a sudden feeling of having “an elephant on your chest.” Learn the symptoms of a heart attack and you may save your life, or that of someone you know.

- An uncomfortable feeling in the chest—pressure, squeezing, fullness, or pain.
- Discomfort in other areas of your body—either or both arms, the back, neck, jaw, or stomach.
- Fatigue—a feeling of physical and mental weariness. You may feel a sudden sense of being ill.
- Shortness of breath, which women in particular may have without chest discomfort.
- Breaking out in a cold sweat, indigestion, nausea, or light-headedness.

Source: American Heart Association

Teen Dating and Substance Abuse

Research from Columbia University’s prestigious National Center on Addiction and Substance Abuse found a close connection between teen dating/sexual behavior (ages 12-17) and teen risk of smoking, drinking, and using illegal drugs. The more friends who are sexually active and the more hours a teen spends with a boyfriend or girlfriend, the greater the risk of smoking, drinking, getting drunk, or using illegal drugs. Compared with teens who have no sexually active friends, teens who report that at least half of their friends are sexually active are:

- More than six and one-half times likelier to drink
- 31 times likelier to get drunk
- 22.5 times likelier to have tried marijuana
- More than five and one-half times likelier to smoke.

Twenty-five percent of teens report at least half their friends are sexually active. Parental engagement and awareness of their teen’s friends and dating practices once again correlated with reduced early sexual activity and substance abuse.

Source: American Attitudes on Substance Abuse IX; www.casacolumbia.org

Don’t Have a Cold Heart

Reward Yourself