

Employee Health Consultants, Inc.

From the Director

Inside this Issue:

- From the Director
- EAP Facts, etc.
- Climbing the Change Mountain
- **NEW!** Featured Person of the Month
- Web Watch

Feel free to copy or forward any part or this entire newsletter to employees of your company or organization. It is intended for the sole use of employees and families covered by the Employee Health Consultants, Inc. EAP.

We welcome your comments and concerns. We would also invite you to suggest topics of particular interest to you or your organization, forward particular questions or write an article-opinion of your own.

If you know of someone in your organization that might appreciate reading this newsletter, please forward his or her email address and we'll add it to our mailing list.

We can be contacted at emplhealth@AOL.com or by calling 1-800-365-2273.

Please visit our website at Employeehealthconsultants.com

A friend of mine turned fifty-one this year and his youngest child just turned eighteen months - that's right, eighteen months not eighteen years. His other child by his first marriage is twenty-three and graduating from college. He has worked for the same company for over twenty years. He's a skilled and highly paid guy and he knows he's on the bubble. We were talking the other day and he said some things that I thought were pretty interesting. First, he mentioned that he had become acutely aware that the world could get by quite nicely without him these days, and secondly, he

crinkled his eyes and made a face and said, "as far as I can tell, nothing ever works out the way you think it will. I guess I'd better get more flexible."

Now maybe this doesn't sound like much to you but this sounds like a survivor to me. He didn't moan or complain. He didn't say "nothing every works out the way you want."



He seemed to be preparing himself for change. Why change is painful I don't know, but it almost always is. What I took away from our conversation, unbeknownst to my friend, is that I'm not a very graceful changer but I'd like to be. I'd like to be better prepared and more thoughtful. I'd like to see opportunities rather than disasters. I'd like to be the guy who sees the pail of manure and says, "there must be a pony around here somewhere."

- Rick Atwater, Director of EAP Operations

New

The number of EAP calls for anxiety related problems has increased significantly in the last year. In response, your EAP has affiliated with a new program now available in the Chicago Area called the Center for the Assessment and Treatment of Anxiety and Phobia. They can be reached through the EAP or by calling directly 1-877-700-6109.

EAP Facts, etc.

A survey by CCH Inc., a provider of employment law information, revealed that one in five U.S. workers today, who call in sick, report that they are suffering from stress rather than physical illness, up from one in twenty in 1995.

According to a study by the U.S. Center for Disease Control, there are six

services that are considered "gold standard" services for preventive health care that are available to less than half of all Americans: tobacco cessation counseling for adults, screening older adults for undetected vision impairments, screening older adults for colorectal cancer, screening younger women for chlamydia, screening and counseling

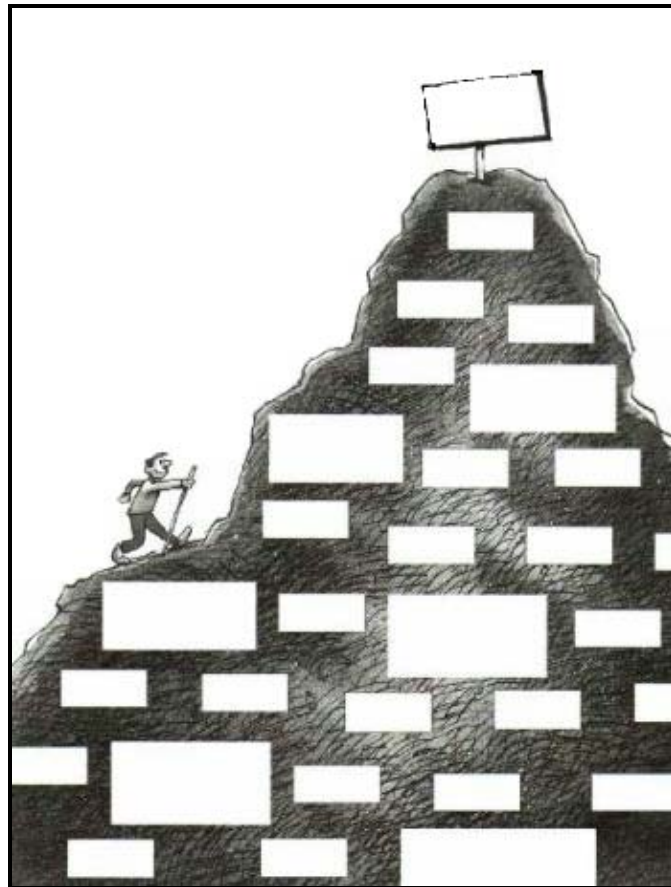
adults for problem drinking and vaccinating older adults against pneumococcal disease.



Climbing the Change Mountain



Sometimes when we want to change a major aspect of our lives, we may shrink from even beginning because it seems so big and impossible. Whatever change you're contemplating, you can improve your chances of success if you set up a series of small, easily attainable steps on the way to your larger goal. The path to change isn't always straight. Sometimes it's necessary to take a few side steps to move forward. Use the diagram of Change Mountain to plot a course for the change you want to make.



"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

- Helen Keller

"If you don't like something change it. If you can't change it, change your attitude. Don't complain."

- Maya Angelou

"Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind."

- Leonardo da Vinci

"To change, you gotta change."

- Earnie Larson



Web Watch...

Featured Person

Introducing Frank Morales, MS, ED, CADC, MISA II. Frank has twenty years of EAP and therapy experience specializing in adult learning, behavioral therapies, addiction recovery skills and hypnosis. He is an experienced corporate trainer, aspiring artist and musician. Frank works primarily in the Chicago office. We greatly appreciate his contribution to our EAP staff.

We review all the links that we provide but we cannot guarantee the quality or content of these links, only the quality of our own material. We encourage you to read our review notices along with each link and make your own decision as to its usefulness to you.

[Methods for Changing Behavior \(www.mentalhelp.net/psyhelp/chap11\)](http://www.mentalhelp.net/psyhelp/chap11) – A straightforward outline of personal change strategies and easy to understand explanations.

[Change Project \(www.well.com/user/bbear/oindex/html\)](http://www.well.com/user/bbear/oindex/html) – An interesting collection of articles about the nature of change in different settings.

