

FRONTLINE EMPLOYEE



STRENGTHEN YOUR IMMUNE SYSTEM

Vaccinations may boost resistance, but cures for virus-based illnesses like the flu don't exist. So, keep your immune system "tuned" – it's the only one you've got! Boost your immune system with 1) adequate sleep; 2) getting recommended vaccinations; 3) eating a variety of colorful fruits and vegetables rich in antioxidants; 4) getting recommended exercise; 5) washing your hands and maintaining good

hygiene; 6) avoiding smoking and heavy alcohol use (or getting evaluated for addictive illness if you struggle with these issues); 7) maintaining a healthy weight. The immune system becomes less efficient with age. Examine gaps in your immune system maintenance plan, and talk to your EAP, medical doctor, or health/wellness advisor to overcome roadblocks. It may be a first step to a longer life.

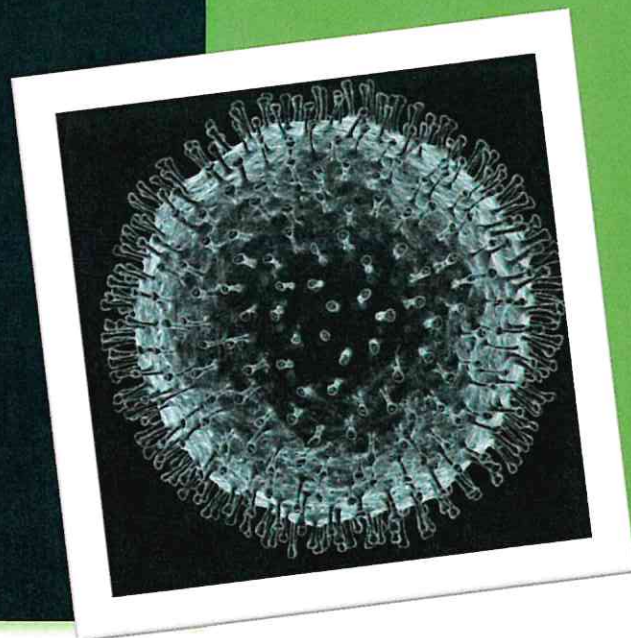
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FEAR & FACTS: COVID19 CORONAVIRUS

Much misinformation exists about the Wuhan coronavirus. Heed health precautions and seek authoritative information.

The death rate from the virus for those under 60 years of age averages less than one-half of 1 percent, and for those under 50 years old, it averages less than one-quarter of 1 percent. Persons over 60, especially those with compounding medical problems, comprise the majority of deaths. Did you know that 8,000 to 20,000 deaths occur each year in the USA from our seasonal flu, and since Jan 1, more than 100 of those have been children?





USING AN EAP WHEN THE PROBLEM ISN'T YOURS

Reach out to your employee assistance program for help with personal problems that aren't directly your problem, but still affect you.

Examples include mental illness that affects a relative, a close friend experiencing homelessness, a loved one or friend you fear is at risk for self-harm following a tragic incident, etc. Employee assistance programs do not apply extreme and rigid interpretations to prevent employees from accessing help, and upon inquiry, the EA professionals will help you take the next step.



MUSIC CAN MAKE MORE OF EXERCISE

New studies show that upbeat, engaging, and fast-paced songs can reduce the perceived effort put into workouts with endurance and cardio exercises, like running, but not so much, however, with strength-based workouts like weightlifting. The reason? Music has been shown to have an impact on our physiological responses. This includes our emotional responses, our coordination, and our automatic and planned movements. That means the rhythmic patterns of certain songs can empower you to perform better and engage more during low-intensity exercises. So, if you're having trouble pushing through your workouts, listening to some of your favorite high-tempo, upbeat music may be the push you need.

SUPPORTING A SUICIDE LOSS SURVIVOR

Losing someone to suicide is traumatic and overwhelming.

Suicide loss survivors often don't know where to find support. Whether you're a survivor or supporting someone who is, seek counseling help. The aftermath can be so traumatic that mental health problems may follow. If you are supporting a survivor, make yourself easy to reach. Don't pressure a survivor to talk or "get it all out." Don't ask for reasons (for instance, "Why do you think he did it?" or similar questions). Experience shows it is often impossible to know exactly why someone has taken his or her life. What's important is finding a way to move forward. Surviving suicide is a long process, but with the right support—perhaps from a friend like you—it's possible.

