

The EAP RESOURCE

THE "NO BULL" BULLETIN



A CONFIDENTIAL RESOURCE FOR PERSONAL PROBLEMS

286-3145

OPERATED BY THE CITY OF MILWAUKEE HEALTH DEPARTMENT WITH ASSISTANCE FROM A JOINT LABOR/MANAGEMENT STEERING COMMITTEE.

What is EAP?

The **Employee Assistance Program (EAP)** provides confidential help to city workers and their **families** and deals with issues related to **stress, depression, alcohol/drugs, gambling, emotions, conflict, domestic violence, family and finances**. The EAP Counselor will listen, give advice, and put you in touch with medical, social services, or other helping agencies when specialized or long-term help is needed.

Self-Esteem Builds Emotional Health

Tips for building your self-esteem:

- Accept yourself.
- Find opportunities to praise yourself.
- Use your own standards to evaluate yourself
- Allow yourself to be "imperfect."
- Learn from past experiences, but don't let past mistakes put a cloud on today or tomorrow.
- Set realistic goals.
- Look for new challenges and opportunities.
- Put an end to negative self-talk.

This is an excerpt from a brochure of the Mental Health Association of Milwaukee County. If you would like a copy, call the EAP at 286-3145.

YOGI-ISMS

"You should always go to other people's funerals; otherwise, they won't come to yours."

"He can run anytime he wants; I'm giving him the red light."

"I always thought that record would stand until it was broken."

"90% of the putts that are short don't go in."

Yogi Berra

"IN-HOUSE" Coordinator's Comments

Now more than ever.....

The EAP has long provided individualized referrals to competent mental health and substance abuse therapists and programs. This year the City of Milwaukee has offered Humana as a Health Plan choice. Seeking counseling directly through the Health Plan means talking to an out-of-state representative who will refer you to a therapist from a list of providers they have in our area. They do not know our city neighborhoods, nor do they know the therapists they are recommending to you.

I have developed resources within the Plan's network of providers and continue to do so. I have met with all the therapists I refer people to and know the outlay of our city. The EAP makes referrals based upon many variables, such



*Bob Schweitzer,
EAP Coordinator*

as the particular problem, gender/cultural issues, occupational stressors, and location.

Now more than ever you need the EAP to guide you to the right care provider.

Please call for a free and confidential consultation.

Quick, At Work Stress-Relief Tips

- Switch to another task for a while if a particular project has you stressed.
- Play some music
- Schedule time each day to handle the unexpected
- Breathe slowly and deeply
- Massage forehead and temples lightly
- Take your breaks
- Get outside and walk
- Drink water throughout the workday
- Don't get too hungry (keep healthy snacks with you)

Turn the Page

A simple cup of coffee... with a bit of reflection, a brief reference to destiny, and a final resolve to accept the chapter's end.

Gerry Schroeder © 2006

There is no greater agony than bearing an untold story inside you.

Maya Angelou

GRUNTS

I remember they'd come in from the bush,
it was hot and their boots caked with mud.
Their bodies were laden with weapons and fadin',
fatigues and the cold sweat of blood.

Now as the rain beats down on the ground,
another blast from the past.
I see body bags on the flight line laid,
with grunts that gave their last.

Tell me what price freedom,
tell me what is the cost?
To turn your back on your soul,
to save the weak and the old
It's a burden...
Only they know

I think of them now, the brave from the bush,
and the scars from all of their hell.
Heroes for sure, and now they endure,
with stories they'll never tell.

Tell me what price freedom,
tell me what is the cost?
To turn your back on your soul,
to save the weak and the old
It's a burden...
Only they know.

Bob Schweitzer ©2006

Street Person Man

It was time to go outside and get some fresh air. While looking out on Broadway, I saw a street person man come shuffling down the sidewalk...ragged clothes flying in the wind.

He stopped at the green street trash can, lifted the cover and dug in, looking for items of worth. I looked away and saw a young woman approaching briskly, and when she saw the man I could see a look of horror on her face.

She walked on about ten feet, and then turned around while digging into her purse. She pulled out three dollar bills and gave them to the man, then quietly walked away. The man looked at the bills, and then he too walked on. My heart warmed as I saw this wonderful compassionate event.

Later, I thought about the look of horror on her face, and how I had just looked away. And the thing is...she *should* have been horrified by what she saw...as I should have been, too.

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ZZZZZZZZL.....

Before Thomas Edison's invention of the light bulb, people slept an average of 10 hours a night. Today, Americans average 6.9 hours of sleep on week-nights and 7.5 on weekends. Sleep deprivation and sleep disorders are estimated to cost Americans over \$100 billion annually in lost productivity, medical expenses, sick leave, and property and environmental damage.

Tips from the National Sleep Foundation

- Maintain a regular and wake time schedule, including weekends
- Establish a regular, relaxing bedtime routine such as soaking in a hot bath, reading a book or listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- Sleep on a comfortable mattress and pillows.
- Use your bedroom only for sleep and sex.
- Finish eating 2-3 hours before your regular bedtime.
- Exercise regularly.
- Avoid caffeine close to bedtime.

(National Sleep Foundation)

Keeping Your Cool *by Andrea Witt, Dietetic Intern, Mount Mary College*

With the summer months just around the corner, there are a few things that you need to do to take proper care of your body and to prevent dehydration (when the body loses too much fluid and does not contain enough water for normal functioning).

Water is the number one component of the human body, making up about 60% of your body weight. You need water to regulate your body temperature, cushion your joints, keep your skin moist, and build muscle and other tissues. Water is your body's most essential nutrient. Your body is constantly losing water through breath, sweat, and urine, and it is critical to replace it. Your body's primary source of water is in what you drink and eat.

Waiting until you feel thirsty means that you've waited too long. By the time your body responds to thirst you are already experiencing the early signs of dehydration. To prevent a bout of dehydration here are some key points to keep in mind:

- Drink fluids at regular intervals, whether you feel thirsty or not. When you are working in high temperatures, drinking a half-cup to a cup of fluids every 15 to 20 minutes will help keep you properly hydrated.
- Wear lightweight, light-colored clothing while working outside.
- Eat light; frequent small meals throughout the day are better than a single, heavy one.

- Remember: Food will also provide your body with small amounts of water. Examples of foods that naturally have a high water content are watermelon, cucumbers, tomatoes, and peaches. Cooked beans, pasta, grains, chicken breasts, and baked salmon are some other sources.

Proper hydration, clothing and nourishment all play a big role in keeping your body cool and protected from the potential dangers of the rising thermometer.

For more information please contact Yvonne Greer at (414)286-3619 at the City of Milwaukee Health Department.

Think Health 
Act Now!
CITY OF MILWAUKEE
HEALTH DEPARTMENT

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Commissioner of Health
www.milwaukee.gov/health