As the impact of the pandemic diminishes and you head outdoors to have fun in the sun, “keep safety in your summer.” A review of safety and wellness websites points to the most common activities associated with injuries or death: boating and water sports, mowing lawns, unsafe use of playgrounds, bicycling, using trampolines, swimming and pool incidents, activities that include risk of slips and falls, spoiled food illnesses from outdoor eating events, and car accidents. The day of the year with the most car accidents is July 4th.

Are you affected by “headline stress disorder?” It’s not a real mental health diagnosis, but it has been discussed at the National Institutes of Health. News travels faster than ever. There is more competition for your attention and your loyalty, but it can be at a price if the news you consume keeps you agitated, angry, depressed, and worried. Combine this reality with our ability to share news with others in seconds, and you have a recipe for experiencing palpitations, insomnia, anxiety, depression, endocrine disorders, and hypertension. If this sounds too familiar, monitor your news consumption. Keep a record of what you read, watch, and listen to for a few days. Experiment with cutting back, and if you don’t make progress in reducing exposure and reduced symptoms, speak with your EAP or a professional counselor.

Have a Burnout Prevention Plan

You can experience burnout even if you love your job. Your initial enthusiasm, energy, and accomplishments can obscure your awareness of being overworked, resource limitations, lack of control of your schedule, and the negative consequences of neglecting work-life balance. Eventually, enthusiasm and interest wane, excitement diminishes, and job strain begins with associated physical, mental, and emotional effects. Without intervention, you risk a spiraling of increased symptoms of exhaustion, cynicism, and diminished effectiveness. Design strategies for renewal and work-life balance and consider a plan to spot symptoms early so you can intervene in order to halt “burnout creep.”

Source: www.ncbi.nlm.nih.gov/pmc [search PMC7104635]

Please, Report Sexual Harassment

Despite the protection of sexual harassment policies, 72 percent of sexual harassment victims don’t report the incidents they have suffered. Have you been sexually harassed but did not report it because you feared the consequences? Did you dismiss the incident, embracing that strategy as a way to cope? Did you think that somehow you were to blame for being harassed? If you are sexually harassed, follow your company’s policy and report it. Your employer wants to support you, and every sexual harassment prevention policy forbids retaliation. Decide to step forward so you can be the content and focused employee that both you and your employer want you to be.

Source: i-sight.com (Search “sexual harassment infographic.”)

Information in FrontLine Employee is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. Add “http://” to source links to follow. Link titles are always case sensitive.
One out of three teens will experience dating violence, according to the U.S. Centers for Disease Control and Prevention (CDC). Dating violence can have long-term psychological effects, so the CDC recognizes teen dating violence as a serious health problem. Plenty of guidance is offered to help parents play a prevention role. The CDC recommends talking with your teens, starting somewhere between the ages of 11 and 14, depending on your child’s maturity. Suggested topics: 1) behaviors that are healthy, unhealthy, and unsafe in dating; 2) warning signs of unhealthy dating behaviors; 3) dating issues related to texting and social media, including what’s okay and what’s not okay; 4) trusting in what has been learned about proper behaviors and boundaries—listening to one’s inner voice instead of outside pressures; and 5) being assertive in defining boundaries (e.g., “no means no”).

Leadership Skills Can Be Learned

Don’t dash your dreams for a leadership position because you think you don’t have the skills. They can be learned. A goal of being a leader is a force that can bring more excitement and energy to your job. Some leadership skills are easy to learn and only require a mental shift to practice. For example, do you know that leaders are also good followers? That doesn’t mean sitting back and being told what to do. It means feeling comfortable with someone else having control, being okay with others questioning your ideas, having an open mind, trusting others, spotting opportunities to step in and help, and being a good observer of the larger picture. Explore more about leadership skill development. You may discover the hardest step is just deciding to do it!

Pandemic and Prolonged Grief

Following the death of a loved one, stages of grief are experienced as you mourn a loss. But what if the pandemic kept you from visiting with your loved one prior to his or her death? What if circumstances did not allow you to be with family and friends in order to offer mutual support? And the meaningful funeral you envisioned—it didn’t happen. Circumstances like these may increase the risk of prolonged grief disorder (PGD). PGD normally affects about 10–20 percent of persons who experience loss. With PGD, the loss you feel seriously interrupts your daily functioning. It lasts for months, and feels extreme and persistent. If you are affected by PGD, learn more about it and consider how your EAP or another community resource can help you move forward with the peace of mind you deserve.

Source: www.apa.org (search “pro-a0036836”).