



# City of Albuquerque

## EAP Newsletter

*“The City of Albuquerque’s most valuable asset is its employees!”*

April 2021

### In This Issue

- On Patience and Happiness
- Dave’s Fitness Blog
- Helpful Links

### Helpful Links for you and your family:

#### ***Stress Management and Emotional Wellness***

##### ***Resources:***

#### [My Stress Tools](#)

Click the link to register for this free online stress-reduction program!

#### [Free Webinars from the Solutions Group](#)

Click here to sign up for a variety of free Webinars offered by the Solutions Group

#### [31 Tips for Improving Mental Health](#)

This article from Mental Health America includes daily exercises to improve your mental health

### On Patience and Happiness

By Dr. Lindsey Campos, EAP Manager



Patience is defined as “the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset”. There is no doubt that all of us have experienced delays, troubles, and suffering over this last year, whether it be missing friends and family members, dealing with the loss of our old lives, or any other situations that may have caused us distress or discomfort. We may have been able to approach some of these situations with patience and grace, whereas other situations may have caused us significant distress.

Patience may not come easily for all of us. I know for me, it has been something that I’ve had to learn and consciously work to improve. We live in a very goal-oriented society where we often expect instant gratification. And while reaching our goals and getting the things we want are very important and rewarding, it is also important for us to be present and enjoy the journey and the steps we take to reach our goals. There can be much satisfaction found in our daily lives, if we simply allow ourselves to stop and revel in the pure and simple joy of being alive.

When we stop attributing success and happiness to something outside ourselves, we can really begin to tap in to the present moment. That’s not to say that we shouldn’t try to achieve our goals; having goals for ourselves is important for our personal growth and resilience. And we can be happy and celebrate our achievements as well, but our happiness doesn’t have to depend on outside circumstances. Being happy is a conscious choice – and we can hold happiness in the same space as grief, fear, or other emotions that we may consider to be uncomfortable. We can experience difficult times and still hold gratitude for the things that are going well. And increasing the practice of being mindful, present, grateful, and joyful will undoubtedly help us to improve our patience.

For more information on ways of improving patience, please click the links to the articles below.

- [Seven Tips for Better Patience](#)
- [How to Develop Patience](#)

### Monthly Inspirational Quote:

*“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.” –Dalai Lama XIV*

## *Crisis Management*

### *Resources:*

[AGORA CRISIS CENTER](#)

1-866-HELP-1-NM

[NEW MEXICO CRISIS](#)

[AND ACCESS LINE](#)

1-855-NMCRISIS

[SUICIDE PREVENTION](#)

[LIFELINE](#)

1-800-273-TALK

[NATIONAL DOMESTIC](#)

[VIOLENCE HOTLINE](#)

1-800-799-SAFE

[HOPELINE: CALL OR TEXT](#)

1-877-235-4525

***We'd Love to  
Hear From you!***

***Please call or email us  
for more information  
on our program or to  
set up an  
appointment! Our  
contact info is below!***

**Phone (8am-5pm):**

(505) 768-4613

**Email:**

[eap@cabq.gov](mailto:eap@cabq.gov)

**After Hours Phone:**

(505) 254-3335

***TalkSpace is a text  
therapy platform free to  
CABQ Employees and  
family members 14 and  
older (must have  
Presbyterian Insurance  
thru CABQ)***

## Dave's Fitness Blog: A New Season

**By Dave Pulliam, Health and Wellness Coordinator**



Our weather is getting warmer. You may or may not be regretting what you did or did not do over the winter, but Spring is always a time for a clean slate with new opportunities and fresh starts. The weather is warmer, plants are growing, birds are active, and the desire to do things needs to be answered. It is a great time to get outside. This will improve your physical health through exercise, gardening, household chores or any movement. It will also improve your mental health through a change of scenery, fresh air, communing with nature or just getting away from your normal daily space.

If you have not been the most active over winter, start slowly, be patient, and build up to the level you desire. Even if you can only walk one block the first day, walk one block, or whatever amount you can comfortably accomplish. Enjoy the process. Then, do it again the next day. Try to do a little better the next week. The benefits come from improving, not being perfect.

If you want to get out and go hiking, be prepared for the level of hiking you are attempting, and the next level of difficulty just in case. Bring more gear the further you are away from pavement. Bring more water than you will drink, snacks, and a rain jacket. Think layers of clothes especially the higher you go in elevation. Take a flashlight and a charged phone (grab a flashlight so you don't have to use the one on your phone and use up the battery). Watch the weather report before you go, and keep an eye on clouds while hiking. And be aware of the wind.

If allergies bother you, that mask you have been wearing the past year can offer some help. Also, try showering right before bed to get pollen off your body for a better night's sleep.

If you prefer the gym, more are open and may be less crowded because of people going outside or giving up on their resolutions. Their loss is your gain. Start gradually, and remember to follow the rules of occupancy limits, spacing and masks.

For even more activities, like the virtual Run for the Zoo, check the CABQ Employee home page by clicking [HERE](#). It also lists programs and classes offered by the City to help you be healthy.

With all these activities, please follow common sense COVID rules. Keep your social distance and wear a mask when close to others. Even if you have received your vaccination shots, others may not have, or at least not both doses. This will ease as more of us receive them. Until then, don't let it be a barrier to your fitness. Follow the rules, be patient and be polite.

Also, think about your eating habits. We are starting to get a better selection of fruits and vegetables, so start including more of them. You don't have to be drastic with your eating, just work on being better. Small changes can have big overall impacts.

The outside world is changing, use it as a motivation to instill some changes and improvements for you. We have all had a hard year, we have a few more months of hardship ahead, but you can help yourself to be a healthier person both physically and mentally. Start slow, make it as enjoyable as you can, and strive for changes you can maintain for months to come.

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**Thank you for reading! Please stay safe and healthy out there!**