



City of Albuquerque EAP Newsletter

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

July 2020

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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

[10-Minute Meditation for Patience](#)

This 10-minute meditation focuses on building patience

Patience

By Paul Grabowsky, LPCC, EAP Therapist



Patience (noun): the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

In recent weeks we have been inundated with negative news involving a multitude of issues that are impacting our society. In March, we were thrust into a new reality. At the time, we did not know how long this new reality would last and if we would ever return to a time that resembled pre-March.

When there is so much uncertainty in the world, and not a clear indication when that uncertainty will end, one reaction can be impatience. This often results in increased anxiety, agitation, sleeplessness, and other physical symptoms, such as headaches, stomach issues, etc. This impacts all areas of our lives; our relationships with others, our loved ones, and ourselves. The frustration affects our focus on everyday tasks, work productivity, and our ability to plan for the future.

We have all been impacted by COVID-19; however, we have not all had the same experiences. Some folks have lost loved ones, some have lost income, and all of us have lost an overall sense of security. Being patient can be very difficult and elusive, especially during these times. How do we find patience in ourselves? We might ask: how did the people who lived through other difficult times find patience?

Having and practicing patience is an individual experience. We all have different capabilities to tolerate frustration. By exploring how we cope with frustration, we determine our ability to find patience. In previous articles, we have discussed meditation and self-reflection. The tools to accomplish this is within everyone. Identifying these tools requires self-reflection and practice.

Please see resources for reducing stress, practicing mindfulness, and increasing patience in the column to the left.

“If patience is worth anything, it must endure to the end of time. And a living faith will last in the midst of the blackest storm.” – Mahatma Gandhi

Physical Wellness

Resources:

[15 Easy and Healthy Recipes](#)

This article contains 15 easy and healthy recipes that everyone will love!

[10 Moves for At-Home Cardio](#)

This article contains 10 different moves that you can do at home for cardio workouts, no equipment needed!

[8 Best Online Yoga Classes](#)

This contains links to 8 of the top online yoga classes of 2020

[Staying Healthy During COVID-19:](#)

[How to Stay Mentally Healthy During COVID](#)

This article contains tips for mental wellness during COVID-19.

[A Doctor's Tips for Staying Healthy During COVID](#)

This article contains tips from a cardiologist on staying safe and healthy

[Healthy Cooking from Your Pantry](#)

This article contains tips for making healthy meals from home using what you already have in your pantry

Monthly Inspirational Quote:

"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it." --Maya Angelou

Dave's Fitness Blog: Home Work

By Dave Pulliam, Health and Wellness Coordinator



In this article I would like to talk about the activity we all are spending a large part of our workday doing: sitting. Specifically, those of you working from home are spending a large part of your day sitting. You are sitting at a desk or the kitchen table and using a laptop or desktop computer to connect to work. If you are doing this for just an hour or two a few days each week, you should be fine. You can ignore this article and go back to your hundreds of other tasks you do each day. But if you are spending much more time most days of the week, you are already feeling the effects of poor ergonomics. I don't think the majority of us will soon be back at work full time, and some of you may continue to work from home well into next year. It is time to admit, you need a home office.

A home office is the place you work from home. It should be a dedicated space with the tools you need to be productive and minimal distractions. If you live alone, this task should be fairly simple, designate a space and devote it to work. But if your spouse is also working from home, or the kids are taking classes at home, you may have to compromise. Sharing your space, or moving to your second or third area of choice may be necessary. But it will still need some basics.

You will need a power source for all your electronic needs. You will need an internet connection or good Wi-Fi signal. You will need a good phone signal or a land line. And you will need good light. Natural light is best for the eyes, but may let in too much heat. Artificial light should be bright enough to easily see all your tasks. An adjustable source will help, such as a lamp.

You will need a desk. It should be large enough to hold everything you need in your workday. If it is cramped or crowded, it will decrease your productivity. If you decide to buy one, look for a desk with a 1" – 2" thick surface. If it has a middle drawer or a rail in the middle it will limit your motion and limit how close you can sit to your work, or put you at a less than optimal angle. You should not have to reach up to your keyboard or have the desk press into your thighs.

You will need a chair. You can sit in any chair for an hour, but you will need a good chair for all day use. A good chair should have the following characteristics:

- An adjustable height
- 5 casters or wheels
- An adjustable seat pan that moves forward and back
- An adjustable seat pan tilt
- Adjustable arm rests that go up and down, in and out
- Adjustable lumbar support

You may find a chair that fits you without all these characteristics. But if you are sharing the chair with anyone in your home, adjustability will help everyone be comfortable. You can compromise

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

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)

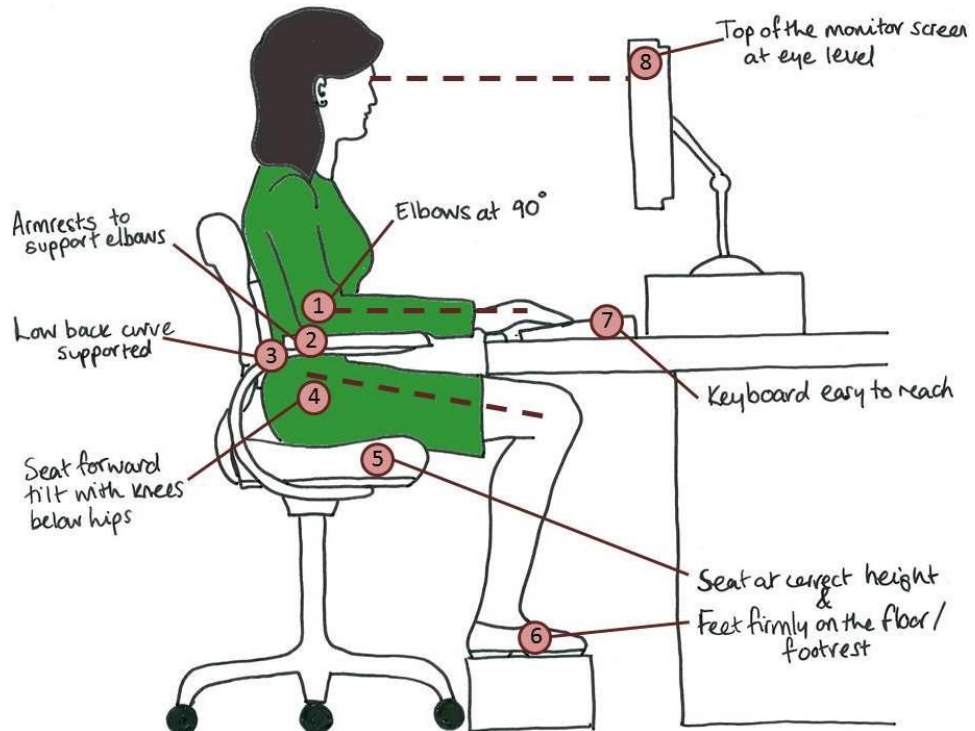
some of these characteristics, but that will decrease the amount of time you can comfortably sit without stiffness or pain.

If you decide to buy a chair, consider the type of flooring you have, and match the casters or wheels to it. Rubberized casters work best on hard floors or floor mats. Hard plastic casters work best on carpet. Considering this now will make it easier/less annoying later.

Now for your computer. If you are using a laptop, think about your time of use per day. One to two hours are fine for a laptop, but if you are getting up to six to eight hours, consider some modifications. An external monitor that can sit higher will prevent you from hunching over all day. An external mouse should be used for longer sessions, and will be more comfortable for short ones. And a full-sized external keyboard will make typing easier. If you are accustomed to an ergonomic keyboard at work, get one for home.

Now adjust all these to fit you. Your chair should be high enough that your forearms are close to level with your desktop, and your elbows should be near 90 degrees bent. Your thighs should be parallel to the floor. If you need to use a footrest to accomplish this, do so. Your monitor should be around 20" – 28" away from you, and high enough that your head is over your shoulders, not leaning forward. If you wear glasses, adjust the monitor height to your visual sweet spot, but avoid excessive forward head tilt.

Good posture will make your workday easier and more comfortable. You will notice this at the end of your day. Good ergonomics will make working from home less painful and more productive. Good habits, such as getting out of your chair frequently and stretching throughout your day will help your body perform with the tools you have. The more you compromise on your chair, desk, and equipment, the more you need to move throughout your day and the less total time you should spend at your desk.



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