



City of Albuquerque

EAP Newsletter

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

March 2021

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Helpful Links for you and your family:

*Stress Management/
Emotional Wellness
Resources:*

[Free Wellness Resources](#)
This site from the U.S. Department of Health and Human Services has many different wellness resources for you and your family!

[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

Prioritizing Mental Wellness

By Dr. Lindsey Campos, DBH, LPCC - CABQ EAP Manager



As we continue to survive through this pandemic, prioritizing mental wellness has become ever more important. Preliminary studies are showing that mental health issues such as anxiety and depression have drastically increased during the pandemic. Stress and depression can negatively impact immune functioning, and if left unmanaged, stress and depression can lead to chronic illness and other health issues. That is why it is so important to take care of our mental well-being as vigilantly as we are taking care of our physical well-being. Below are some helpful tips for finding simple and practical ways of prioritizing mental wellness.

- **Meditation and Mindfulness:** Incorporating a regular meditation practice into your life may be simpler than you think! Even taking just a few minutes a day to meditate can have a profound effect on your mental health and overall well-being. You can start by pausing for a few minutes to quiet your mind and take some deep breaths. You may want to go outside and try a [walking meditation](#). There are also tons of short guided meditation videos on the internet, and if you're interested in trying that, you can start with [this one](#)!
- **Journaling:** Journaling on a regular basis can be incredibly helpful and a really good tool for coping with difficult emotions. Find a notebook you like and keep it somewhere you will see it frequently, such as at your desk or on your bedside table. For more tips on journaling check out this [article](#).
- **Being Creative:** Being creative on a regular basis can really help improve mental health by reduce anxiety and depression and increasing happiness. The key to finding happiness while being creative is to let go of all expectations about the outcome of what you're creating and just immerse yourself in the pure joy of being creative in the moment. Being creative can take many different forms, such as making art, playing music, cooking, building something, and so much more! Find something you truly love doing and make time to do it. For more info on how creativity can improve health check out this [article](#).
- **Engage in Counseling:** When we are experiencing a physical issue or illness, we usually don't think twice about scheduling an appointment with our medical providers, so why should mental health be any different? If you are experiencing mental health issues such as depression, anxiety, grief and loss, conflicts at work, or any other issue that is affecting your mental wellness, the EAP is here to help! We are available to provide counseling for City employees and eligible family members Monday-Friday 8am-5pm. Please call **505-768-4613** to schedule an appointment! We look forward to working with you!

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)

Monthly Inspirational Quote:

"Nothing is worth more than laughter. It is strength to laugh and to abandon oneself, to be light."—Frida Kahlo

Good Grief

By Michele Heyman, LPCC- EAP Counselor

The term "good grief" might sound like an oxymoron (or remind you of the Peanuts comic strip depending on how old you are), but did you know there are good, "healthy" ways to grieve? But first we have to look at what grief is.

Most people would think of grief as what you do after the loss of a loved one. And while that is true, grief isn't just reserved for loss of a loved one. We can grieve losing a job, a marriage or relationship, a pet, a child going to college or even our health. We can even experience grief after a traumatic or catastrophic event. Grief can happen anytime something we hold dear to us is taken from us. Because loss happens, grief also happens.

So, then the question becomes how do I grieve? How we grieve is unique to everyone. It's as individual as you are. You may experience tearfulness, tiredness, some anger and lack of interest in pleasurable activities. You may become very busy- dive deeper into work or projects. You may become very vocal or withdraw in silence and spend time alone. This is your process for coping through grief. It takes time, and patience and self-care and awareness. It's an important part of the process, which is why its "good" grief.

But grief can become unhealthy if left unattended too long. Complicated or "stuck" grief can happen if we spend too long avoiding or not processing our grief. Using drugs or alcohol to "forget", staying angry, and continuing to focus on "why" this happened to us delays the healthy grieving process. By not talking, not crying, or avoiding people and places that remind us of our loss we can actually encourage the grief to become stuck and hang around longer than it should. Click [HERE](#) for more information on signs of unhealthy grieving.

Grieving happens. We don't "get over it", but we can get through it.

If you have experienced a traumatic event or a personal loss and feel like you may be experiencing grief, either healthy or not, please know that your EAP is here to help you with your grieving process.

To schedule an appointment, please call **505-768-4613**.

See more articles on grief and grieving below:

- [Coping with Grief and Loss](#)
- [Understanding Grief](#)
- [The Long Reach of Grief](#)

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