



# City of Albuquerque EAP Newsletter

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

October 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

#### [Coping with COVID Stress](#)

This article from the CDC discusses symptoms of stress and depression related to the pandemic as well as ways to cope

## Surge Capacity

By Michele Heyman, LPCC, EAP Therapist



By the time you read this it will have been close to 7 months of constant change. Waiting and wading through the unknown, the known and the no one knows. We have all been through so much change our ability to rise up to the challenge could feel as though it left us for good. Like the song says, “our get up and go must have got up and went”. Somewhere along the way, the excitement and challenge of the newness of the pandemic has run our patience out and a new term, “surge capacity” has arisen and taken the place of the term “burn out” (see the attached article on surge capacity, it is worth a read)

Surge capacity is our way of doing very high stress things for a short period of time, like handling a natural disaster or a crisis at work. Our mind and body kick into high gear to put out the fire. Then once the crisis is over we look around, survey the damage and get to work clearing away the rubble and rebuilding. We can actually see the crisis phase is over, and begin the clean-up phase.

The pandemic is not quite the same stressor or crisis situation. For one thing the “crisis” is still here, much longer than any of us expected. We don’t know when things will “return to normal”. The unknown keeps us in a long-term feeling of increased and heightened emotional distress. Anxieties run much higher than normal. Depressive symptoms from the loss of our “old” lives could be increasing. Our energy might be decreased, our motivation diminished. Our surge capacity maxed out.

For another thing, the loss and damage are not visible. We can’t look outside and see the rubble and what needs to be rebuilt. We have lost the ability to rebuild, an important part of any crisis or natural disaster. Because the damage is unseen, the loss isn’t a tangible thing. We are experiencing the loss of personal safety, our social life, family connection and for some our connection with coworkers in our workplace. Grieving these losses is natural, even if it has been 7 months.

If you are finding your surge capacity has reached its limit, if you are experiencing increased symptoms of anxiety or depression, low motivation or shortened patience with others please call us at your EAP. We are here to support you through this. And as always be gentle and kind with yourself.

## ***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)

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## **Monthly Inspirational Quote:**

*“Act as if what you do makes a difference. It does.” –William James*

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## **Dave's Fitness Blog: Fall Opportunities**

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



Fall is upon us, and we are still masked and distant. There was no State Fair, no Balloon Fiesta and no attendance for football games. Daylight is getting shorter, and soon we will find ourselves hibernating inside for winter. Don't give up yet. The weather is cooler, and you can actually go outside without worrying about the heat. The mornings are crisp and inviting. Get up early and get outside to enjoy it. Move around and enjoy the fresh air.

Except for the occasional smoke and haze, autumn air is invigoration and refreshing for the body and mind. Spend some of your lunch time getting out for a walk. You can do this without returning all sweaty from the heat. Do continue to wear sun protection, that is a habit important year-round.

You may not be able to enjoy some of your traditional fall activities, but there are still many things available. A brief list:

Get out and hike. Some of our unique and wonderful destinations include the [Petroglyphs](#) and our [Open Space](#) trails.

Get out and see beautiful and interesting sights. The [Rio Grande Nature Center](#) is full of life to observe or check out the [Open Space Visitor's Center](#) to experience and learn.

Or, check out the Albuquerque Zoo and Botanical Gardens, but [buy your tickets in advance](#).

There will still be balloons in the sky, too. The [Balloon Fall Fest](#) will be launching from our four quadrants so you will hopefully see them from your back yard.

If you would like to get out and cycle, the [Day of the Tread](#) will be held this year on October 25<sup>th</sup>. It is designed for cyclists of all abilities. They are doing a socially distant event with proper precautions, or a virtual event.

One more thing you should do is go for your [flu shot](#). This will help you enjoy fall and winter by keeping you and your family well.

You don't need to be reminded that we are in challenging times, but there are still many things we can safely do to keep active and entertained. Make the effort and you will reap the reward.

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