



# City of Albuquerque EAP Newsletter

*"The City of Albuquerque's most valuable asset is its employees!"*

September 2021

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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

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

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

## Accessing the EAP

By Dr. Lindsey Campos, EAP Manager



The City of Albuquerque Employee Assistance Program is a free service available to all city employees and eligible family members (dependents living in the home with the employee). Our services including counseling, referrals, copay reimbursement, workshops and trainings, fitness assessments, and ergonomic assessments. City employees can access the EAP at any time, no questions asked. We are currently scheduling most appointments by phone or teleconferencing at this time.

The EAP can assist with a variety of different issues, including but not limited to: symptoms of stress or anxiety, coping with symptoms of depression, exposure to trauma, family and marital issues, grief and loss, or any other mental health issues that might be creating trouble for you at work or in your personal life. EAP services are completely confidential, and we take your privacy very seriously. Your information will not be shared with anyone unless we have written consent from you. Accessing the EAP will not affect your employment status.

The EAP is also available to assist with any needs your department may have. Some of our offerings include stress management, team building, conflict resolution, practicing meditation and gratitude, and grief processing sessions. We are also able to tailor workshops specifically to your department's needs. If you are interested in learning more about or accessing these services, please call Dr. Campos at (505)768-4614 to discuss how the EAP can best serve you.

If you are interested in accessing the APD gym free of charge, you can schedule an appointment to complete a fitness assessment with our health and wellness coordinator, Dave Pulliam. Dave can assess where you are currently and help you to safely reach your fitness goals. You may also contact Dave if you are interested in an ergonomic assessment.

If you or an eligible family member would schedule an appointment for any of the services outlined above, please call our main number at (505)768-4613. We look forward to hearing from you, and be well!

## Monthly Inspirational Quote:

*"Let's trade in all our judging for appreciating. Let's lay down our righteousness and just be together."* –Ram Dass

## ***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) 254-3555

***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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## **Dave's Fitness Blog: Starting a Fall Program**

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



In the Fall, most of us lock in to a regular routine. Kids are in school, Summer travel is over, and our lives are more predictable. It is also a good time to restart an exercise program, or to start a new one.

First decide when you will exercise. The best time to exercise is when it will fit into your schedule. Do you like how it feels to get moving first thing in the morning? Would you prefer to move during your lunch hour instead of sitting at your desk? Does walking laps around your kid's soccer field sound more appealing than just sitting there? Do you want to give up one of your multiple hours of TV for something healthier? Pick what fits into your life.

Next, make a plan of what you are going to do, plus how and where you are going to do it. Break it down into a one week plan that gets you started (it should be easy to accomplish), a one month plan that builds on the first week, and a three month plan that you can maintain. Don't hesitate to change the plan as you change.

The purpose of the plan is to give you a chance to build your confidence. One of the biggest reasons people quit is because they don't feel confident about themselves when they are exercising. But, confidence takes time. Think about something you are good at doing. It could be your job, a hobby, or anything that takes skill. And, think about how you got there. It is usually through practice, trial, error and persistence.

To be honest, whether you are on the trail or at the gym, some people will judge you. You know their opinion doesn't matter, but it can still bug you. If you quit, to them their opinion is confirmed, but if you stick to your plan, you quiet their comments. You should also realize that the majority of people you see just want to get through their own workouts, just like you.

Be that person you want to see there. Smile. Find out and follow the rules, don't be that annoying person. Encourage others. Follow the Golden Rule. Recognize your little victories and successes, then build on them. This helps build your confidence. Jot down your progress, to prove you are growing. No one changes all at once, but your little changes add up. Kill negative thoughts. You don't need them. Instead, practice positive ones. It may seem silly, but thoughts impact actions. Laugh off your mistakes, but learn from them. And be curious. Read articles, ask advice from others, take a class or look into a trainer.

If you worry that you are at a lower level than everyone else, that is only temporary. Just like the person doing rehab for an injury, you will see progress, and much quicker than the regulars. But also like someone doing rehab, emphasize your technique and form, and build good habits.

If it becomes boring, do things to make it more enjoyable, or add new activities. Play some music, bring a friend, plan the rest of your day, or play mental games. Try a different activity one day a week, or try a different time of day. There are infinite possibilities for activity, and you can spend the rest of your life trying new ones or new variations.

The important thing is that you do something physical, that requires effort, and that you can enjoy the activity or at least the results. And Fall is an excellent time to try.

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