



# City of Albuquerque EAP Newsletter

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

Spring 2022

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## Helpful Links for you and your family:

### *Stress Management and Emotional Wellness Resources:*

#### Sleep Hygiene

This article from the Sleep Foundation discusses ways of practicing good sleep hygiene for better sleep

#### 17 Tips for Stress Relief

This article from Very Well Mind has 17 methods for relieving stress

#### Spring Clean Your Health

This article from Everyday Health offers 9 tips from cleaning up your health this spring

## The Importance of Sleep

By Paula Stubbs, LPCC, EAP Therapist



Sweet slumber is vital to our mental and physical wellbeing. Sleep quality impacts our work performance and relationships. A lack of sleep can wreak havoc on weight loss, focus, and concentration. Yet, with the worries of today it can be hard to carve out the 7-9 hours of sleep the CDC recommends each night.

March brought with it Daylight Savings Time, which may have caused a lag in our sleep cycles. Many things may impact our sleep duration and quality including our age, weight, gender, season, others in our household, and daily stressors. Adequate sleep can give your immune system and heart a boost, help prevent weight gain, while improving your mood and productivity! Good sleep hygiene are practices that can help you sleep well each and every night.

### Tips for better sleep:

- Maintain a routine with the same wake/sleep times
- Keep your bedroom dark, quiet, and a comfortable temperature
- Regular exercise and healthy diet
- Set a relaxing bed time routine to ready your mind and body for sleep
- Keep a journal next to your bed to jot down last-minute thoughts and concerns
- Get safe sunlight exposure during your day

### For a restful night avoid:

- Blue light: tablets, smart phones, computers an hour before bed
- Naps
- Trying to force sleep-get up and read or do another calming activity
- Eating too late or a heavy meal before bed
- Exercise, caffeine, nicotine, and alcohol before bed

### Relaxation Practice:

Body Scan – check in with your body before sleep as a mindfulness exercise that can calm and center you:

- Sit or lay in a comfortable place. Bring your attention to your breathing. Focus on the feeling of air filling your lungs, expanding your chest, and slowly leaving. Notice your scalp, the top of your head, your ears. Bring your attention to any physical sensations in those areas. Move slowly down your body checking in with your face, neck, chest, back, abdomen, groin, legs, feet, and toes. Spend 20 seconds to a minute with each area.

*“To sleep, perchance to dream, and oh what dreams may come!” - William Shakespeare*

### **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:**

Call our main number at  
(505)768-4613 and you  
will be forwarded to our  
dedicated crisis line.

### **Inspirational Quote:**

*“The meaning of life is to find your gift. The purpose of life is to give it away.” –Pablo Picasso*

### **Dave's Fitness Blog: Play Time**

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



If you have been very good with physical activity so far this year, you may be feeling that things are getting boring. Doing the same thing week after week is losing its appeal. You are starting to dream of something more exiting, more fun. The weather is warmer, you are breaking out the summer clothes, and you just might notice some progress from all that hard work. You think you deserve some reward. I agree with you. You have worked hard to improve yourself, now it is time to take that improved you out for some fun.

Fun does not have to be bad for you. If it involves movement it can be physically good for you. If you enjoy it, it can be mentally good for you. If it involves other people, it can have social benefits. If it gets you away from other people, it can be mentally good for you and them. The key concept is that it gets you to move, and it is fun. In other words, play.

Play can be as simple or as complex as you want. It can involve just you, one or more people, or an entire team. It can be structured, timed, have rules, or you can make it up as you go along. To gain benefits, you just need to feel you have exerted yourself, and you have smiled.

There are many examples. You can take a hike, go for a swim, ride a bike, shoot some baskets. You can play a sport you enjoy or try a new one: basketball, golf, ice skating, pickleball (really trendy right now), softball, tennis, soccer, volleyball, or even curling (that sweeping looks hard). You can go dancing, or take lessons. You can play with your kids or grandkids. Introduce them to a sport, or just play tag.

There are multiple resources out there to get you started. Just in the City, look to the Parks & Rec Department. They have Aquatics, Open Space, Tennis and Golf. Senior Affairs has Senior Centers and Multi-Generational Centers. Family and Community Services has Community Centers. Take a look, and you will find many things to get you moving.

Even a Google search will give you hundreds of ideas. Or, just ask your friends to see what they are doing. Ask your kids to see what they want to do. As long as you move and have fun, you are doing it right.

Even if you try something once or twice a month, it can inspire you to stick with your normal workouts. Or it may inspire you to add to your workout plan, or start a regular routine. And you will have an outlet for your new fitness. Plus, it will be fun.

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