



# City of Albuquerque EAP Newsletter

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

Summer 2022

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## Helpful Links for you and your family:

**Wellness Resources:**  
[Better Health Program](#)  
Click the link to view the Better Health Program webpage, which contains information and opportunities for employees to improve their wellness!

[4 Tips for Practicing Positive Affirmations](#)  
Check out this article for tips on how to practice positive affirmations

[10 Summer Wellness Tips](#)  
This article discusses 10 tips to increase your sense of wellness this summer

## Maintaining Mental Health Over the Summer

By Dr. Lindsey Campos, EAP Manager



Summer is here and the days are long and warm. Many people enjoy the summer months and feel a renewed sense of joy due to the increased daylight. But summer can also be a stressful time for many people. Bright days and warm weather can be a great time for a family gathering or a vacation, but these things can also increase our stress.

While we typically associate Seasonal Affective Disorder (SAD) with the darker fall and winter months, some people tend to experience more depression during the summer months. Some of the symptoms of SAD may include loss or increase of appetite, anxiety, irritability, insomnia, and sadness.

Whether you feel more energized and happier in the summer, or tend to get “the blues” during the summer months, there are several things you can do in order to maintain or improve your mental health during these months.

- **Spend Time Outdoors:** Summer is a great time to be outdoors. Check out some of the open spaces in the city, or take a day trip up to the mountains. Go for a swim at one of the outdoor city pools. Check out the Downtown Grower’s Market on Saturdays or the Railyards on Sundays. Just be sure to wear your sunscreen!
- **Use Your Vacation Leave:** You don’t have to be taking a trip to use your vacation leave! Plan a staycation or just take a day off to rest and catch up on bingeing one of your favorite shows, or do something else you find relaxing.
- **Plan Something to Look Forward to:** Summer is a great time to plan fun activities to look forward to. Plan a visit with friends, a barbeque with the family, or a day at the spa or pool. And of course, if you’re so inclined, you could plan a getaway, too!
- **Get Some Exercise:** Getting daily exercise is helpful for improving your health, both physical and mental. Exercise is one of the best ways to improve your mood

### **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:**

Dial our main number at  
(505)768-4613 and you  
will be forwarded to our  
dedicated on-call line

because your body releases endorphins when you exercise, and endorphins positively impact mood.

- **Eat Healthy and Stay Hydrated:** Summer is a time of bounty and there are many opportunities for increasing your fruit and veggie intake. Try to plan meals ahead, and try and limit sugar and processed foods. And make sure you're drinking enough water, as well! Eating healthy and staying hydrated can help to have a positive impact on our overall mood.
- **Practice Good Sleep Hygiene:** Getting good sleep is so important for your mental health. Practicing good sleep hygiene such as keeping a bedtime routine, turning off screens a couple hours before bedtime, and getting some safe sun exposure during the day can really help to improve sleep. For more detailed info on tips for good sleep check out our Spring 2022 newsletter which can be found on the EAP webpage on eweb under "Archives".
- **Don't Get Overheated:** Summer temperatures can get quite high here in the Duke City, so be sure you drink lots of water, don't over-exert yourself in the heat, and take time to cool off!
- **Practice Positive Affirmations:** Positive affirmations are a great way to improve your mood, perspective, and to increase self-esteem. For ideas on positive affirmations you can practice, check out the article link on the first page of this newsletter on tips for practicing positive affirmations.
- **Engage in a Mindfulness Practice:** Studies have shown that practicing mindfulness has great benefits for our overall health. The city of Albuquerque Better Health Program has a great Mindfulness-Based Stress Reduction Program to help you get started on engaging in a regular mindfulness practice. For more info on this and other Better Health programs, please click the Better Health Program link on the first page of this newsletter.
- **Start a Journal:** Journaling is an excellent way of coping with difficult and uncomfortable emotions. Keep a journal and a pen on your nightstand or desk to remind you to journal on a regular basis.
- **Talk to Someone:** If you're experiencing sadness, depression, anxiety, or other issues, find someone you trust to talk to. The Employee Assistance Program is also available to you and your eligible family members at no cost. To make an appointment to see a counselor, please call the main number at **(505)768-4613**.

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### **Inspirational Quote:**

*"The new dawn blooms as we free it. For there is always light if only we're brave enough to see it, if only we're brave enough to be it."* – **Amanda Gorman**

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