



# City of Albuquerque

## EAP Newsletter

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

Winter 2024

### In This Issue

- On Patience and Happiness
- Inspirational Quote
- Helpful Links

### Helpful Links for you and your family:

#### ***Stress Management and 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!

##### 10 Tips for Keeping Resolutions

This article shares tips for keeping New Year’s Resolutions

##### Beating the Winter Blues

This article discusses ways of coping with Seasonal Affective Disorder

### On Patience and Happiness

By Dr. Lindsey Campos, EAP Manager



Patience is defined as “the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset”. There is no doubt that all of us have experienced situations that may have caused us distress or discomfort at some point. We may have been able to approach some of these situations with patience and grace, whereas other situations may have caused us significant distress.

Patience may not come easily for all of us. I know for me, it has been something that I’ve had to learn and consciously work to improve. We live in a very goal-oriented society where we often expect instant gratification. And while reaching our goals and getting the things we want is very important and rewarding, it is also important for us to be present and enjoy the journey and the steps we take to reach our goals. There can be much satisfaction found in each moment from day to day, if we simply allow ourselves to stop and revel in the pure and simple joy of being alive.

Happiness is a perspective- not something we find outside ourselves. There may not be a lot of things that we can truly control, but one thing we always have the power to change is our current perspective of any situation. If we approach the world with a sense of curiosity rather than judgment, we open ourselves up to new possibilities. When we take time to be open, curious, mindful, and present, we can begin to appreciate the little things and find joy in the moment, and this helps to shift our perspective.

When we stop attributing success and happiness to something outside ourselves, we can really begin to tap in to the present moment. That’s not to say that we shouldn’t try to achieve our goals; having goals for ourselves is important for our personal growth and resilience. And we can be happy and celebrate our achievements as well, but our happiness doesn’t have to depend on outside

***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:**

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

circumstances. Being happy is a conscious choice – and we can hold happiness in the same space as grief, fear, or other emotions that we may consider to be uncomfortable. We can experience difficult times and still hold gratitude for the things that are going well. And increasing the practice of being mindful, present, grateful, and joyful will undoubtedly help us to improve our patience.

For more information on ways of improving patience, please click the links to the articles below.

- [Seven Tips for Better Patience](#)
- [How to Be More Patient Every Day](#)

There are many ways to cultivate patience and mindfulness, including meditation, gratitude, yoga, and exercise. The Employee Assistance Program can provide individual counseling to help you develop skills for mindfulness and emotion regulation, as well as other skills to assist in effectively managing your emotions and developing patience, including meditation and breath work. All City of Albuquerque employees are eligible to access EAP services including free access to the APD gym. Bhava yoga hosts a yoga class on Mondays and Wednesdays from 12:05-12:50pm exclusively for employees. For more info on purchasing classes please click [HERE](#). Prior to gaining access to the yoga program or APD gym employees must have a fitness assessment with the EAP wellness coordinator and sign a waiver. To make an appointment for any of our EAP services including counseling or to access the gym, please call the main EAP number at **505-768-4613**.

We look forward to your participation in our services!

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**Inspirational Quote:**

“If you change the way you look at things, the things you look at change.”– **Wayne Dyer**

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