



City of Albuquerque EAP Newsletter

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

March 20th, 2020

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Helpful Links for you and your family:

Stress Management Resources:

[Coping with Stress Information from the CDC on Coping with Stress](#)

[10 Minute Relaxation A Guided Relaxation Exercise](#)

[Managing Stress in a Difficult Time FREE Webinar](#)

The Solutions group is offering FREE webinars to help you manage stress. Click the link above to register for the webinar on Monday March 23rd from 10:30-11:30am.

A Message from Dr. Lindsey Campos, EAP Manager



During these stressful and uncertain times, the City of Albuquerque Employee Assistance Program is working to ensure that employees and their families still have access to our counseling and wellness services. If you or a family member is in need of our services, we have appointments available by phone or teleconferencing at this time. Please call (505) 768-4613 to set up an appointment. We look forward to hearing from you!

We plan to send out a weekly newsletter during the mandatory telecommute period. In our newsletter we will include resources for stress reduction, families, crisis management, and more. If you have any suggestions for newsletter content, please email Lindsey at lcampos@cabq.gov. Stay safe and healthy!

COVID-19: Tips for Staying Healthy

In order to prevent the spread of COVID-19, please be sure to do the following:

- **Wash your hands with soap frequently, and be sure to scrub for at least 20 seconds**
- **Maintain a healthy distance from others (at least 6 feet) and stay at home whenever possible (especially if you are sick!)**
- **Avoid touching your face with dirty hands**
- **Cover coughs and sneezes, and immediately wash your hands after covering your cough or blowing your nose**
- **Clean and disinfect frequently touched surfaces DAILY**

If you are experiencing symptoms, please call New Mexico Department of Health hotline at 1-855-600-3453. For more tips on preventing the spread of coronavirus please visit the CDC's website [HERE](#).

Dave's Fitness Blog: Exercise at Home



By Dave Pulliam, Health and Wellness Coordinator

While working from home, it's important to get some activity in your day. But if you are trying to get your job done and are dealing with other distractions such as kids, pets, chores, etc., exercise rarely gets accomplished. The key to putting exercise into each day is to schedule it and make it a routine.

COVID-19 Resources For Kids and Families:
Helping Children Cope with Stress During an Emergency
Information from the CDC on Helping Kids to Cope

Just For Kids: A Comic Exploring the New Coronavirus
Information for kids on the coronavirus in a fun and engaging format

Talking to Tweens and Teens About Coronavirus
The NY Times has some helpful pointers for talking with your tweens and teens

Physical Activity Resources
(Please consult your physician before starting any exercise program):
Yoga with Adriene
Daily Yoga Routines that you and your family can do from the comfort of your home

Les Mills
Free Cardio Workout that you can do at home!

Cosmic Kids Yoga
Yoga and stories for kids!

Home Learning Resources and Activities for Kids While Schools are Closed:
[Scholastic Learn at Home](#)
Day-by-Day educational activities for kids

[Mystery Science](#)
Science lessons that you can use remotely

[Brain Pop](#)
An online learning platform for a variety of ages

To protect yourself and others, consider solitary activities. If possible, get outside. You can walk, run or bike. You can keep your social distance, and observe plants coming to life with Spring. If you invite a friend, make sure to keep the recommended 6ft of distance.

You can do calisthenics, yoga, or strength work using YouTube videos or web classes. There are hundreds of thousands of videos you can find with just a few minutes search. Many don't require fancy equipment or lots of space. Please see links to *Physical Activity Resources* under "Helpful Links for You and Your Family" in the column to the left.

Your family needs to move, too. Little ones will benefit from short, frequent sessions during the day. Taking a callisthenic break every two hours or short walks throughout the day will help burn off some energy and give them something to anticipate. If you don't have yard space, go to a nearby park. Avoid the public equipment like swings or slides, and opt for the open areas. Take a ball or Frisbee with you. If you have older kids, turn off the Wi-Fi for an hour and invite them to walk, run or ride a bike. Have them help with games and activities for younger siblings.

If you have furry family members, get them involved. Your dog will love the chance to get out more to walk. Your cat, not so much. But even chasing them around the house will burn some energy and help you cope with being home all day.

Working out at home won't be the same as your normal routine, but it will definitely help you mentally cope with this change. You need activity in your day, whether you are at work or at home, and making it a part of your day will help you stay healthy. We may not be able to control the restrictions placed on us, but you can use activity to help you control how you deal with them.

Creating Healthy Habits

By Michele Heyman, EAP Counselor

We are all creatures of habit. We all have our own comfortable routines. Our habits and routine give structure, order, purpose and the feeling of accomplishment to our lives. We wake up and begin our day with routine. Even going to work adds a sense of routine. We drive the same route, park in the same place, greet our coworkers and begin our workday.

Now, with the changes we are facing, we could be finding ourselves without the comfort of those daily routines, those little things that we rely on to get us going and give our lives purpose everyday. We are out of sync with our old routines and our habits.

So why not use this time to create some new habits? Starting a new habit might add some purpose back into our daily routines. While things are different, you may find you have the time now to change some things in your life that your old routine didn't allow you the time to do. Maybe it's a weight loss goal, mindful eating, healthier diet or an exercise goal? Maybe it's a spiritual practice of prayer or meditation daily? Or even just taking a little time to learn one new thing every day? Try setting a small achievable goal for yourself each day to add some purpose to your new routine and accomplishment to your day. And who knows? Maybe you will add a new healthy habit that will become part of your daily routine...

If you are looking for ideas or inspiration, [HERE](#) is a link to a 28 day Healthy Habits Challenge. 28 different daily suggestions to try... and see if any of them fit for you!

Weekly Inspirational Quote:

"All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver." – Mister Rogers

**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:
lcampos@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)**

The Children's Corner: Keeping Kids Active

By Paul Grabowsky, EAP Counselor

Human beings are social creatures. We need and crave connection from others, both physically and emotionally. In school, children learn how to communicate with others, what is appropriate and what is not. They crave interaction with other children and from their teachers, principals, custodians, cafeteria staff and school secretaries. They also need routine and structure to feel safe. During this time when children are out of school, the need for all of these connections do not go away and without them, boredom can set in which could impact mood regulation. We live in a time when technology can help connect all of us. There are numerous free websites that can engage and stimulate the minds of our children (see *Home Learning Resources and Activities for Kids While Schools Are Closed* in the column to the left). Technology can be very helpful, such as using Skype or FaceTime to see and talk with others. Children can use this technology to stay connected to fellow classmates and teachers.

Equally important for children's development is play, and there are many toys that allow children to use their imaginations and learn how to self-entertain. However, toys can only provide so much for a child as they need to engage in play with others. Luckily, there are a great number of ways to play that do not require money or even specialized equipment. The following games have been played and enjoyed by children for many years and hopefully will continue to be enjoyed and passed on to future generations.

1. Follow The Leader
2. Tag
3. Simon Says
4. Capture The Flag
5. 3 legged Races
6. Musical Chairs
7. Hide And Seek
8. Charades
9. Telephone
10. Catch

In addition to play, children need structure and routine. Scheduling bedtime and wake up time, getting dressed for the day, and meal times creates structure that children count on to feel safe and productive.

Teenagers can be more of a challenge in these times. They want to go out see friends and interact in the community. They may grumble at first at the thought of playing these games; however, they have the same needs as younger children. Teenagers may relish the idea of lying around, sleeping more and playing online games; but they will benefit as much from a healthy game of "Capture The Flag" as their younger siblings. Teenagers and younger children will benefit from engaging in activities that involve the land, such as creating a garden, going on hikes and stargazing.

Engaging in simple, cost-free games that have been around for a long time can have long lasting benefits for the whole family system. This time together can deepen family relationships and provide educational opportunities.

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